

HOME WORKOUT



Not able to get to the gym but still want to exercise?

We have put together some simple exercises that you can do at home - no equipment needed

Don't forget to share your workouts by tagging @britishwl and using #strongisnotasize



HOME WORKOUT



BRITISH
WEIGHT
LIFTING

- ★ **Bicep Curl - 3 sets of 5**
- ★ **Calf Raises x 5**
- ★ **Leg Extension - hold for 5 seconds, repeat 5 times on each leg**
- ★ **Mini Squats - repeat 5 times**
- ★ **Sideways Leg Lift - raise & lower each leg 5 times**
- ★ **Sit to Stand - 5 reps (slower the better)**
- ★ **Wall Press Up - 3 sets of 5 to 10 reps**



BRITISH
WEIGHT
LIFTING

BICEP CURLS

STRENGTH



A

Hold a pair of light weights or (filled water bottles) and stand with your feet hip-width apart.



B

Keeping your arms by your side, slowly bend them until the weight in your hand reaches your shoulder.



C

Lower again slowly.



BRITISH
WEIGHT
LIFTING

THIS EXERCISE CAN ALSO BE CARRIED OUT WHILE SITTING. ATTEMPT THREE SETS OF FIVE CURLS WITH EACH ARM.

#StrongIsNotASize



BRITISH
WEIGHT
LIFTING

CALF RAISES

STRENGTH



A

Rest your hands on a chair or sturdy object for balance.



B

Lift both your heels off the floor as far as is comfortable.
The movement should be slow and controlled.



BRITISH
WEIGHT
LIFTING

REPEAT THIS EXERCISE FIVE TIMES.
FOR INCREASED DIFFICULTY, PERFORM THIS
EXERCISE WITHOUT SUPPORT.

#StrongIsNotASize



BRITISH
WEIGHT
LIFTING

LEG EXTENSION



A

Rest your hands on the back of a chair or sturdy object for balance.

STRENGTH



B

Standing upright, raise your left leg backwards, keeping it straight. Avoid arching your back as you take your leg back. You should feel the effort in the back of your thigh and bottom. Repeat with your other leg.



BRITISH
WEIGHT
LIFTING

FOR UP TO FIVE SECONDS HOLD THE LIFT
AND REPEAT FIVE TIMES WITH EACH LEG.

#StrongIsNotASize



BRITISH
WEIGHT
LIFTING

MINI SQUATS

STRENGTH



A

Rest your hands on a chair or sturdy object for balance and stand with your feet hip-width apart.



B

Slowly bend your knees as far as is comfortable, keeping them facing forwards. aim to get them over your big toe. Ensure your back is straight at all times



C

Gently come up to standing, squeezing your buttocks as you do.

REPEAT FIVE TIMES.



BRITISH
WEIGHT
LIFTING

#StrongIsNotASize



BRITISH
WEIGHT
LIFTING

SIDEWAYS LEG LIFT

STRENGTH



A

Rest your hands on a chair or sturdy object for balance.



B

Raise your leg to the side as far as is comfortable, making sure to keep your back and hips straight. Avoid tilting to the right.



C

Return to the starting position.



BRITISH
WEIGHT
LIFTING

RAISE AND LOWER EACH LEG FIVE TIMES.

#StrongIsNotASize



BRITISH
WEIGHT
LIFTING

SIT TO STAND

STRENGTH



A

Sit on the edge of a chair with your feet hip-width apart. lean slightly forwards.



B

Stand up slowly, using your legs, not your arms. Look forward, not down.



C

Stand upright before slowly sitting down, bottom-first.



BRITISH
WEIGHT
LIFTING

AIM FOR FIVE REPETITIONS -
THE SLOWER THE BETTER.

#StrongIsNotASize



BRITISH
WEIGHT
LIFTING

WALL PRESS UP

STRENGTH



A

Stand at arm's length from the wall. Place your hands flat against the wall, at chest level, with fingers pointing upwards.



B

With your back straight, slowly bend your arms, making sure to keep elbows by your side. Aim to close the gap between you and the wall as much as possible.



C

Slowly return to the start.



BRITISH
WEIGHT
LIFTING

ATEMPT THREE SETS OF 5-10 REPETITIONS.

#StrongIsNotASize



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LIFTING