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

🌟 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
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.

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

#StrongIsNotASize
Calf Raises

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.

Repeat this exercise five times. For increased difficulty, perform this exercise without support.

#StrongIsNotASize
LEG EXTENSION

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

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.

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

#StrongIsNotASize

STRENGTH
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.

#StrongIsNotASize
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.

Raise and lower each leg five times.

#StrongIsNotASize
Sit to Stand

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.

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BrEish WeigHt LiFtiNg

Aim for five repetitions - the slower the better.
WALL PRESS UP

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.

ATTEMPT THREE SETS OF 5-10 REPETITIONS.

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