



## **All Over Body Strength Program (20 – 30 minutes)**

A quick and easy program that will have you seeing results in no time!

5-10 minute warm up. Walking, cycling or climbing stairs.

### **3 sets x 15 reps – Squats or sitting in chair, standing up then sitting back down.**

Tips – weight through heels, chest lifted, back straight and Abdominals pulled in tight.

Muscles being worked – Quads, Hamstrings and Gluteus

### **3 sets x 15 reps - Push ups on knees or box push ups.**

Tips – hands wider than shoulders, bend the elbows out to the side, dropping the chest between the hands.

Muscles being worked – chest, triceps and shoulders.

### **3 sets x 15 reps – Calf Raises.**

Tips – Standing on floor or step, holding onto wall for support, rise up onto the balls of the feet.

Muscles being worked – calf muscles and strengthen ankles.

### **3 sets x 15 reps – Bicep curls** with dumbbells or whatever weights you have (even a couple of cans of baked beans will work)

Tips – bring weights up to shoulders and lower back down to thighs.

Muscles being worked – Biceps.

### **3 sets x 15 reps – Over head shoulder press.** Using same weights as in biceps curls.

Tips – press the weight over the head keeping the arms just in front of the body.

Muscles being worked – Shoulders.

### **3 sets x 15 reps – Abdominal crunches.**

Tips – Lay on back, knees bent, feet on floor. Arms either crossed over chest or fingers to side of head. Slowly lift the head, shoulders and shoulder blades off the ground contracting the abdominals.

Muscles being worked – Abdominals.

### **3 sets x 15 reps – Back Extension.**

Tips – lay on stomach, arms down by side, keeping chin tucked in so spine is long. Slowly lift the head, shoulder chest and arms off the floor keeping tension in the shoulder blades. Squeeze bottom as well.

Muscles being worked – Back.

### **3 sets x 15 reps – Tricep dips**

Tips – sitting on a stable chair or the edge of a bed with fingers over the edge. Bring your bottom away and slowly lower the body keeping it close to chair or bed, bending the elbows back until they are at about 90 degrees and push back up again.

Muscles being worked – Triceps.

5 minute stretch to finish.