

Strength and Stability - Maintenance Program 01

Aim to complete a program like this two - three times each week

Make an effort to do some physical activity on at least two more days

Do Three - Five Rounds / sets of the Strength Exercises

Do Two - Four Rounds of Balance Exercises



Exercise	Number of Repetitions	Type	Notes
Star Step outs	20	Warmup	Go brisk enough to make you puff slightly
Bodyweight Squats	5 - 10	Warmup	Feet shoulder width apart, Chest up, Breathe
Hip Circles	8 - 10 each way	Warmup	Feet as wide as is comfortable
Arm Circles	10 each arm / direction	Warmup	Reach into finger tips, don't strain shoulder
High knee marching	20 steps	Warmup	Lift knee, go briskly
Short rest, shake out, drink, breathe - do all strength exercises then repeat 3 - 5 times, resting as long as needed in between			
Squats	10 - 20	Strength Building	As low as is comfortable, knees aligned with feet. Hold something to increase weight, use a chair if necessary
Push ups	8 - 20	Strength Building	Use counter, dining / coffee table, or floor higher is easier. Keep core tight, keep elbows in
Shoulder pull downs	10 - 20	Strength Building	Use a towel, rubber band, stick etc. Hold overhead, pull hands apart, keep tension and lower in front of chest, push up, repeat
Lunges / high knee walk	8 - 20 / side	Strength Building	Feet wide (sideways) to keep balance and pointing straight ahead, normal sized step, push back knee down, not too low
Wall angels	20	Strength Building	Standing (easier) do while holding a wall-sit position (harder) try to keep hips, shoulders, elbows and wrists in contact with wall
Step ups	10 - 20 each leg	Strength Building	Find a step (one is fine) and go up and down with control, lead with one foot first, then even up with the other. You can climb stairs instead
Short rest, shake out, drink, breathe - do all balance exercises then repeat 2 - 4 times, resting as long as needed in between			
One leg stand	30s each leg	Balance	Try each side for up to 30s. Re-set if you wobble. If too easy, try closing eyes. Hold on if necessary, as little as possible
Drinking Bird	5 / side	Balance	Go slowly, with control, engage core, tilt chest forward, but keep back and back leg as straight as possible
Hip Opens	5 - 10 / side	Balance	Lift one leg, bend the knee, open out to the side, return to the front and lower the leg.
Hip Bridge	10 - 20	CORE	Lie down (on a mat, on the bed, wherever it's comfortable) bend knees and press feet into the floor, push hips up so there is a straight line between knees and shoulders, lower down

REMEMBER

At home exercise means there is no one to watch you and check your form, so only do what feels manageable

If you have any questions or issues, please get in touch with me by emailing andy@independencemovement.com.au

If you would like help setting up a more personalised program, or want to arrange a free video call with me we can chat through what your options are

Stay active, and keep well