

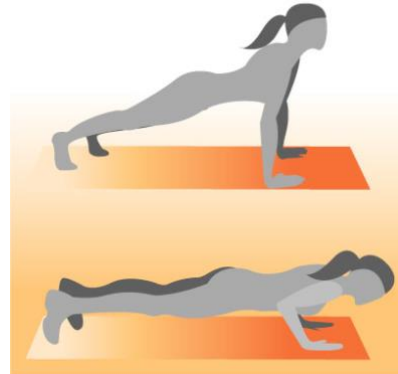
PUSHUP

Teaching points

- Kneel on all fours with the hands a little wider than shoulder width
- Straighten your legs out behind you so that your weight is distributed between your hands and toes
- Bend the elbows outwards to lower the chest towards the floor
- Push back up to the starting position

Variations & progressions

- To make the exercise easier, maintain the all fours kneeling position
- Push your hips forwards so that the weight is on the hands
- Bend the elbows outwards to lower the chest towards the floor



Muscles worked

- | | |
|------------------------------|---------------------|
| • Pectoralis Major | • Serratus Anterior |
| • Triceps Brachii | • Related injuries |
| • Anterior fibres of Deltoid | • Pectoral strain |

CHINUP

Teaching points

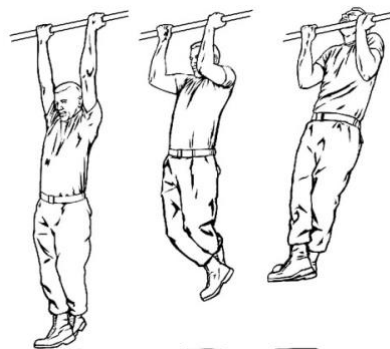
- Grasp an overhead bar with a wide grip
- Pull yourself up until your chin is above the bar
- Slowly lower yourself back down

Variations & progressions

- Perform with a reverse grip as shown

Muscles worked

- Latissimus Dorsi
- Biceps Brachii
- Brachialis
- Brachioradialis



TRICEP DIPS

Teaching points

- Sit with your back to a bench or chair
- Place your hands on the bench so your fingers are pointing to you
- Lift your buttocks off the ground and straighten your legs so only your heels are on the floor
- Bend your elbows out behind you to lower your buttocks towards the floor
- Push back up until your elbows are straight



Variations & progressions

- Perform with the feet raised up on another chair or bench to increase the difficulty

Muscles worked

- Triceps Brachii
- Pectoralis Major

PLANK

Teaching points

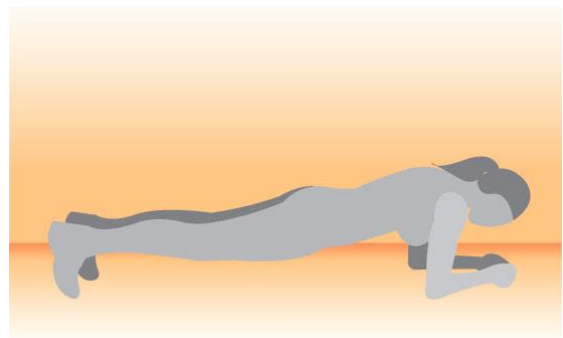
- Lay on your front and place your forearms and palms flat on the floor
- Lift your chest, stomach and legs off the floor and maintain your balance between your forearms and toes
- Keep a straight line from your shoulders, across your back to your feet
- Hold for up to 60 seconds

Variations & progressions

- To make the plank easier balance on your forearms and knees (with feet raised)
- Maintain a straight line from shoulders to knees

Muscles worked

- Rectus abdominus
- Transversus abdominus
- Erector spinae



SIDE PLANK

Teaching points

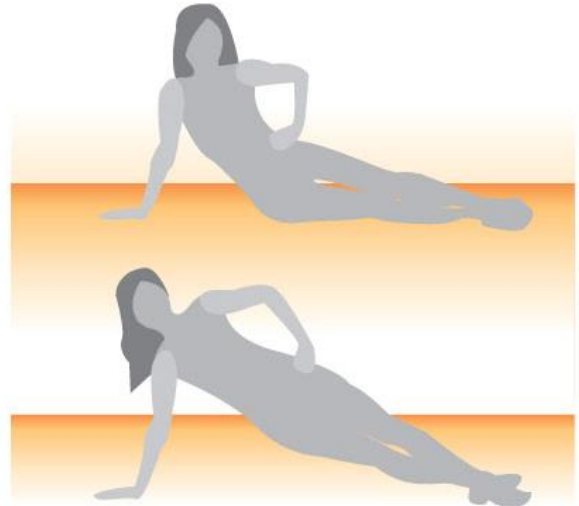
- Lay on your side with the forearm of the bottom arm on the floor and the elbow bent so the fingers point away from you
- Rest your other arm on your top side
- Keep one foot on top of the other and raise your body up, off the ground
- Maintain a straight line from neck to feet
- Hold for up to 60 seconds

Variations & progressions

- Place one foot just in front of the other to increase the base of support

Muscles worked

- Rectus abdominus
- Transversus abdominus
- Internal obliques
- External obliques



CRUNCHES

Teaching points

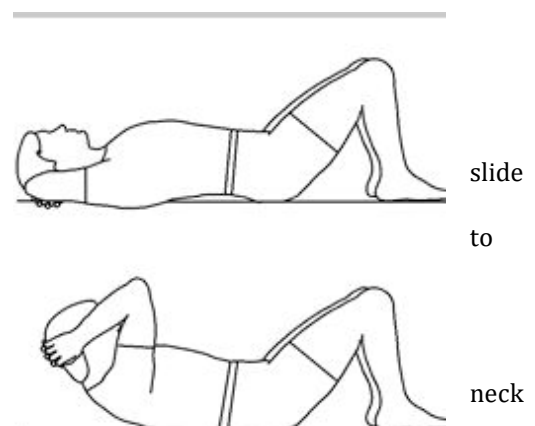
- Lay on your back with the knees bent
- Place your hands on your thighs
- Lift the head, neck and shoulders off the ground and your hands up, towards your knees
- Try to keep the same gap between your chin and chest avoid straining the neck
- Slowly return to the start position

Variations & progressions

- Have your hands behind your head to support your neck - don't pull your neck forwards

Muscles worked

- Rectus abdominus



- Transversus abdominus

REVERSE CRUNCHES

Teaching points

- Lay on your back, with the legs crossed in the air, knees slightly bent
- Place your arms on the floor by your sides
- Lift your hips a couple of inches off the floor
- Hold for 2-3 seconds before returning the hips to the floor



Variations & progressions

- Perform on a decline bench to increase the difficulty
- Place your hands over your head and grip the bench

Muscles worked

- Lower fibres of Rectus abdominus
- Transversus abdominus

DORSAL RAISE

Teaching points

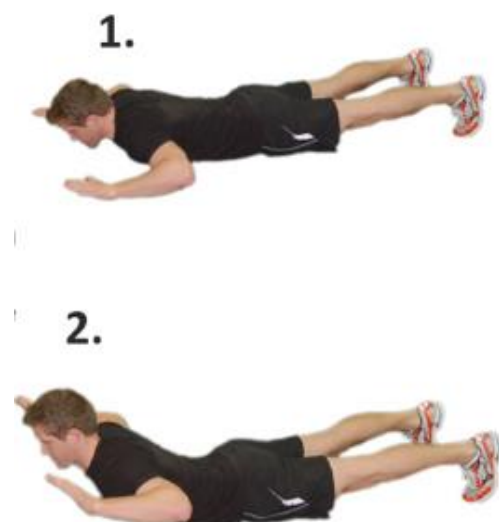
- Lay on your front with your arms bent and fingers on your temples
- Slowly lift your chest and stomach off the floor, keeping the hips and legs still
- Hold for 2-3 seconds before slowly lowering the upper body back to the floor
- Movement should be coming from your lower back only

Variations & progressions

- Extend your arms out in front of you to add extra weight to lift

Muscles worked

- Erector spinae
- Multifidus



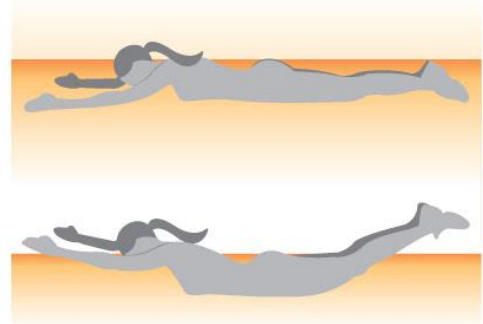
SUPERMAN

Teaching points

- Lay on your front with the legs straight and arms extended above your head
- Lift one arm and the opposite leg (i.e. right arm, left leg) a few inches off the floor
- Hold for 5 seconds and slowly lower back to the floor
- Swap arm and leg being lifted

Variations & progressions

- Position yourself on your hands and knees
- Lift one hand and the opposite leg off the floor until they are level with the back as shown in the second picture
- Hold for 5 seconds and slowly lower back to the floor
- Keep the back still throughout
- A further progression is to perform this exercise on the hands and feet



Muscles worked

- Erector spinae
- Multifidus
- Transversus abdominus

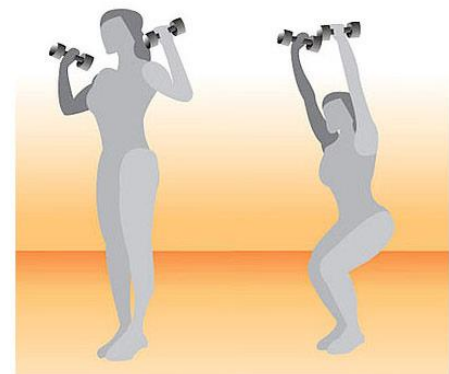
SQUATS

Teaching points

- Stand with your feet shoulder width apart and toes pointing straight forwards
- Keep the back straight as you initiate movement at your hips
- Push your buttocks out behind you and bend your knees
- Do not let your knees move in front of your toes
- Do not squat deeper than a 90 degree (right angle) at the knee
- Start with shallow squats and increase gradually
- Return to the starting position

Muscles worked

- Rectus Femoris
- Vastus Medialis
- Vastus Lateralis
- Vastus Intermedius
- Biceps Femoris
- Semimembranosus
- Semitendinosus
- Gluteus Maximus
- Iliopsoas
- Gastrocnemius
- Soleus



LUNGES

Teaching points

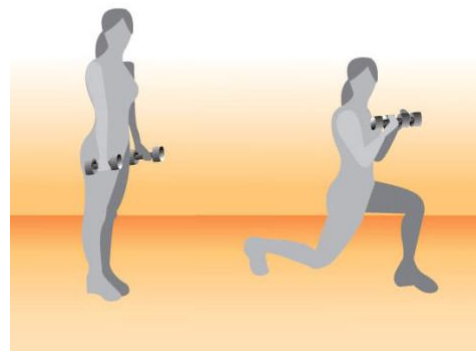
- Step forwards with one foot in a long stride
- Make sure your feet are in line and pointing straight forwards
- Keep your back upright as you slowly bend and lower the back knee towards the floor, raising the heel off the floor
- At the same time bend the front knee, making sure it doesn't go past your toes
- Don't let the back knee touch the floor before returning to the starting position

Variations & progressions

- Use a dumbbell in each hand
- Use a barbell over the shoulders
- Walking lunges - after completing one lunge as above, swing the back leg forwards so that it becomes the front leg and repeat

Muscles worked

- | | |
|----------------------|-------------------|
| • Rectus Femoris | • Semitendinosus |
| • Vastus Medialis | • Gluteus Maximus |
| • Vastus Lateralis | • Iliopsoas |
| • Vastus Intermedius | • Gastrocnemius |
| • Biceps Femoris | • Soleus |
| • Semimembranosus | |



WALL SITS

Teaching points

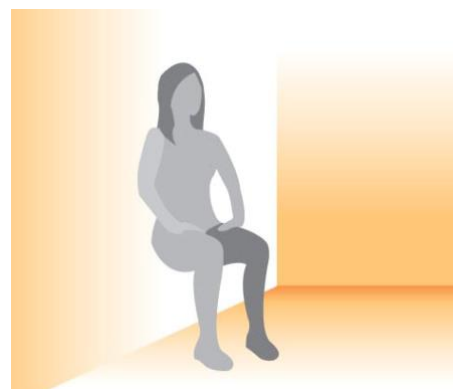
- Stand with your back up against a wall
- Your feet should be shoulder width apart and toes pointing straight forwards
- Take your feet approximately 1-2 feet away from the wall
- Bend your knees and slide your back down the wall
- Do not let your knees move in front of your toes
- Do not squat deeper than a 90 degree (right angle) at the knee
- Start with shallow squats and increase gradually
- Hold for up to one minute
- Return to the starting position

Variations & progressions

- Use a dumbbell in each hand to add weight

Muscles worked

- | | |
|-------------------|-------------------|
| • Gluteus medius | • Rectus femoris |
| • Gluteus minimus | • Vastus medialis |



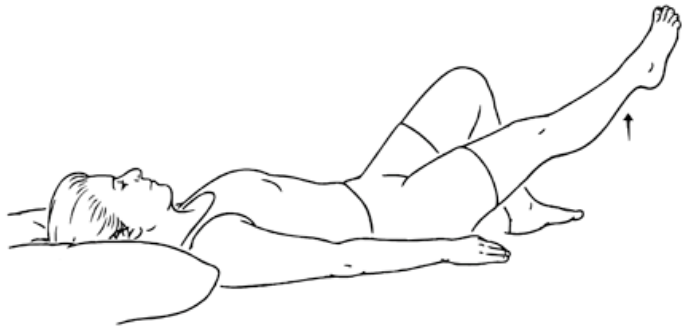
STRAIGHT-LEG RAISE

Teaching points

- Lay on your back on the floor with both legs straight
- Keeping the knee straight, raise one leg off the floor
- Start by lifting just a few inches and increase as you progress

Variations & progressions

- Lay on a bench with one leg bent and the foot on the floor to support you
- Start with the other leg straight and the heel on the ground (so your hip is in an extended position)
- Keep the knee straight as you raise this leg off the floor and above the level of the bench
- Add an ankle weight to increase the difficulty



Muscles worked

- Rectus Femoris
- Iliopsoas

BRIDGE

Teaching points

- Lay on the floor on your back
- Bend your knees and place your feet flat on the floor, halfway towards your buttocks
- Lift the hips and thighs off the floor to form a straight line between your knees and shoulders

Variations & progressions

- Perform with only one foot on the floor
- Lift the other foot off the floor and straighten the knee so the foot points diagonally to the ceiling

Muscles worked

- Gluteus maximus
- Biceps femoris
- Semimembranosus
- Semitendinosus



HIP ABDUCTION

Teaching points

- Lay on your side with the legs straight
- Lift the top knee away from the bottom knee, keeping the feet in contact
- Make sure your pelvis and lower back stay still
- Return to starting position

Variations & progressions

- To make it easier, perform with the legs bent, and the ankles remaining in contact while the top knee is lifted upward
- To make the exercise harder, lift the feet off the floor so only the bottom knee is in contact, as shown in the second picture

Muscles worked

- Gluteus medius
- Gluteus minimus
- Tensor fasciae latae



HIP ADDUCTION

Teaching points

- Lay on your side on the floor, with the top leg either bent so that the foot is on the floor behind the knee of the bottom leg, or raised on an object as shown
- Lift the bottom leg off the floor as high as possible, keeping the knee straight
- Slowly lower the leg back to the starting position

Variations & progressions

- Add an ankle weight to increase the resistance

Muscles worked

- Adductor Brevis
- Adductor Longus
- Adductor Magnus
- Pectineus
- Gracilis



CALF RAISE

Teaching points

- Stand with the feet about shoulder width apart and toes pointing straight forwards
- Keep the knees straight as you raise your heels off the floor
- Lift your heels as high as you can and then return slowly to the starting position

Variations & progressions

- Progress by performing the exercise on a step, with only the toes on the step as shown
- Hold onto the wall or banister as you raise the heels and then drop them down below the level of the step before returning to the starting position
- Alternatively perform on a single leg

Muscles worked

- Gastrocnemius
- Soleus



TOE RAISES

Teaching points

- Sit on a chair with the knees bent and feet flat on the floor
- Lift the toes and forefoot of both feet off the ground, keeping the heel in contact
- Lift as high as you can and really squeeze at the top and point the toes to the ceiling
- Return to the starting position

Variations & progressions

- Perform using only one foot

Muscles worked

- Tibialis anterior
- Extensor digitorum longus
- Extensor hallucis longus

