

Resistance Training at home

*Exercises to help reverse the
age-associated decline in muscle strength*



CRÍ

Fighting Heart Disease & Stroke

This home-based programme is designed to help you get started doing resistance training at home. Current physical activity guidelines recommend doing at least 2 sessions of resistance training in your weekly exercise schedule as well as 150 minutes of moderate intensity aerobic exercise, such as walking. The benefits of resistance training are many and include: increased muscle mass, bone and muscle strength and a reduction in your risk of falls. Resistance training is also associated with an overall improvement in your quality of life and wellbeing.

This booklet includes 6 exercises that work the major muscle groups including the chest, shoulders, back and legs. Each exercise is accompanied by detailed instructions on how to execute the technique correctly and safely. Please refer to page 8 of this booklet for general resistance training guidance to get you started.

Happy lifting!



Exercise 1: PRESS UP

The chest, upper arms and shoulders are working in this exercise.

Start Position



Finish Position



Instructions:

- **Don't forget your warm-up:** 20 controlled repetitions done standing up crossing arms across the chest and then bringing them behind the chest.
- We are using a wall but you can use any stable, immobile surface to do this exercise.
- Assume starting position with feet hip width apart, arms straight and hands just a little wider than the shoulders.
- Keeping the body in a straight line, slowly lower your chest towards the wall by bending the elbows [image 2].
- Push back up to starting position by straightening the elbows, exhaling as you push up.
- Do 10-12 repetitions; take 1 minute break and repeat 10-12 more.

Exercise 2: SQUAT

This is a great exercise for the front of the legs and for strengthening knee joints.

Start Position



Finish Position



Instructions:

- **Don't forget your warm-up:** 20 controlled repetitions with no weight.
- We are using a 15kg bag of dog food but you can also use a smaller, 10kg bag, a 5 litre bottle of water (5kg), or no weight at all if you are just starting off.
- Assume starting position with feet slightly wider than shoulder width apart and toes turned slightly out.
- Grip the sides of the bag and hold in the centre of chest.
- Squeeze shoulder blades together and keep chest up.
- Keep eyes straight ahead.
- Sit down as low as you can, as if to sit down on a chair. Keep knees behind toes as you sit down [image 2].
- Come back up to starting position by driving your weight through your heels, exhaling on the way up.
- Do 10-12 repetitions; take 1 minute break and repeat 10-12 more.

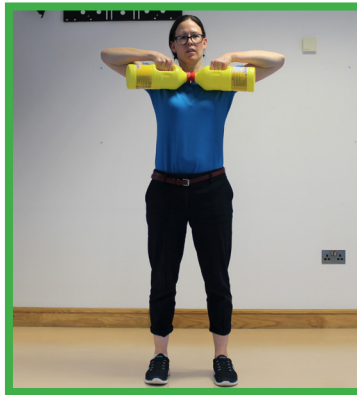
Exercise 3: UPRIGHT ROW

This exercise works the shoulder muscles.

Start Position



Finish Position



Instructions:

- **Don't forget your warm-up:** 20 controlled repetitions with no weight.
- We are using two 2 litre bottles of bleach (2kg each) but you can also use a 1 or 3 litre bottle (1kg, 3kg) or no weight at all if you are just starting off.
- Assume position in image 1, standing upright with feet hip width apart and bottles in front of your thighs, palms facing inwards.
- Slowly lift your arms up, leading with the elbows out to the side, until bottles are at shoulder height, exhaling as you lift [image 2].
- Make sure your elbows are higher than your wrists and that your shoulders are relaxed throughout the exercise.
- Slowly lower the bottles down to the starting position [image 1].
- Do 10-12 repetitions; take 1 minute break and repeat 10-12 more.

Exercise 4: STANDING ROW

This exercise targets the muscles in the upper back,
a great chest opener!

Start Position



Finish Position



Instructions:

- **Don't forget your warm-up:** 20 controlled repetitions done standing up crossing arms across the chest and then bringing them behind the chest.
- We are using an exercise band wrapped around a door handle.
- Assume position in image 1 with feet hip width apart, arms straight and gripping the band in both hands with palms facing inwards.
- Without disturbing this alignment, bend the elbows and pull the band to allow you to squeeze the shoulder blades together [image 2], exhaling as you pull. Focus on keeping the elbows tucked in.
- Slowly return to the starting position [image 1] by straightening the arms.
- Do 10-12 repetitions; take 1 minute break and repeat 10-12 more.

(You can buy a range of exercise bands of different strengths from your local Argos (<€10))

Exercise 5: LATERAL RAISE

This exercise also works the shoulder muscles.

Start Position



Finish Position



Instructions:

- **Don't forget your warm-up:** 20 controlled repetitions with no weight.
- We are using two 2 litre bottles of bleach (2kg each) but you can also use a 1 or 3 litre bottle (1kg, 3kg) or no weight at all if you are just starting off.
- Assume starting position, standing upright with feet hip width apart and bottles down by your sides.
- Slowly lift your arms out to the side until the bottles are at shoulder height, exhaling as you lift [image 2].
- Slowly lower the bottles back down to starting position [image 1].
- Do 10-12 repetitions; take 1 minute break and repeat 10-12 more.

Exercise 6: BICEP CURL

This exercise works the muscles in the front of the arms.

Start Position



Finish Position



Instructions:

- **Don't forget your warm-up:** 20 controlled repetitions with no weight.
- We are using two 2 litre bottles of bleach (2kg each) but you can also use a 1 or 3 litre bottle (1kg, 3kg) or no weight at all if you are just starting off.
- Assume position in image 1 standing upright with feet hip width apart and bottles down by your sides with palms facing outwards.
- Slowly bend your elbows and bring the bottles up to shoulder height, exhaling as you lift [image 2].
- Slowly lower the bottles down to the starting position [image 1].
- Do 10-12 repetitions; take 1 minute break and repeat 10-12 more.

COOL DOWN STRETCHES

Aim to hold each stretch for at least 30 seconds and repeat each stretch twice. Remember not to hold your breath!



Chest forwards, straight leg



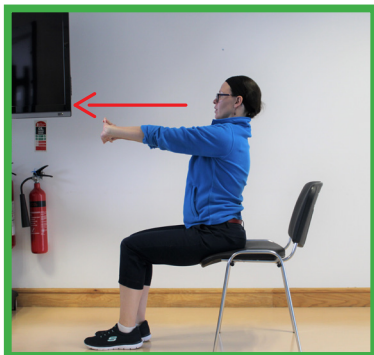
Heel towards bum



Push heel down, hands towards ceiling



Squeeze elbows together



Push through heel of hand



Push knee behind with elbow

IMPORTANT GENERAL INSTRUCTIONS FOR RESISTANCE TRAINING AT HOME

- Never hold your breath, follow the instructions for each exercise detailing when to exhale.
- Always warm up and cool down to reduce risk of injury.
- You can never check your posture too much! It is the key to safe and effective resistance training. A mirror can be a great guide.
- Do each movement with control, aiming for each repetition to take 5-6 seconds.
- Guidelines for increasing muscle strength and endurance are to do 10-12 repetitions of each exercise 2-4 times in total [12 repetitions of each exercise X 2-4 rounds] with a minute between each round.
- If you want to keep increasing strength, keep challenging yourself by lifting more. This needs to be done in a safe and controlled manner. If you do an exercise and can easily do 14/15 repetitions, you need to consider increasing the weight. Likewise, if you can only do 6/7 repetitions you need to lower the weight so that you can lift closer to the 12 repetition guideline. To help with this, keep a record of how much you are lifting each session using the table on page 9.
- Leave 48 hours between resistance training sessions to allow for recovery.
- If you can, weigh the items you are using as weights before you begin so you are sure of what you are lifting.
- Check equipment regularly for signs of wear and tear.

Week	Exercise	Press Up	Squat	Upright Row	Standing Row	Lateral Raise	Bicep Curl
1	Weight						
	Repetitions						
2	Weight						
	Repetitions						
3	Weight						
	Repetitions						
4	Weight						
	Repetitions						
5	Weight						
	Repetitions						
6	Weight						
	Repetitions						

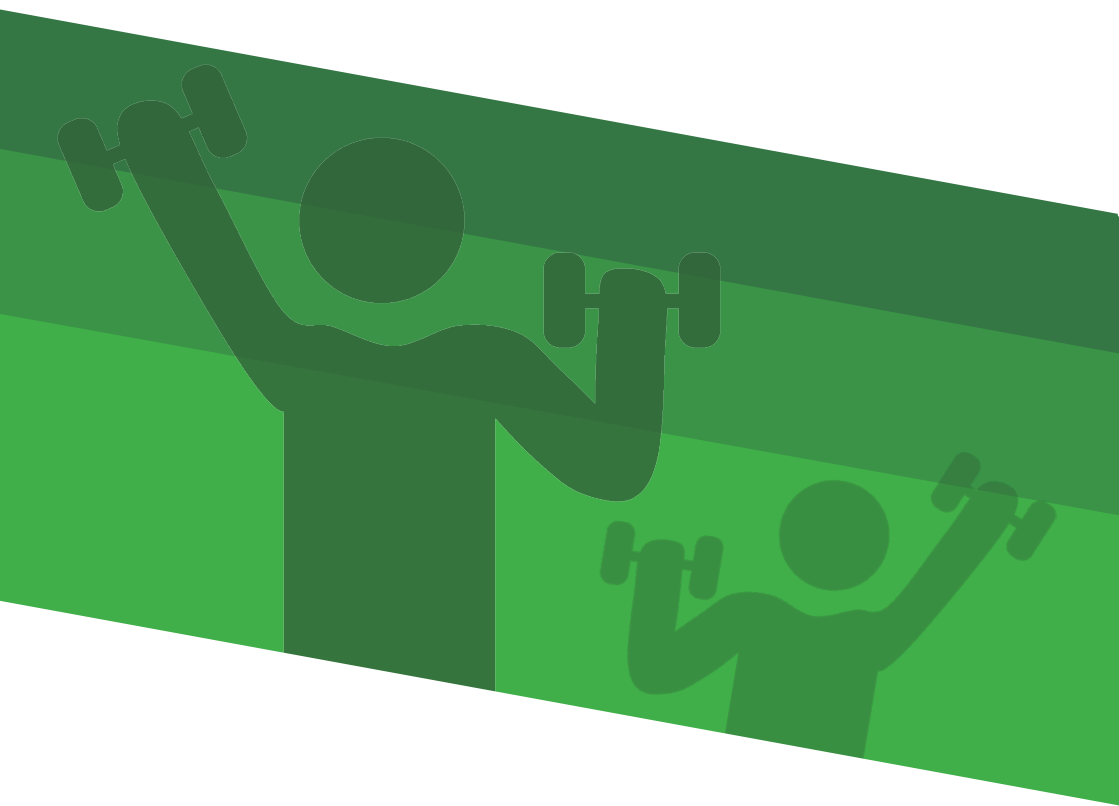


Fighting Heart Disease & Stroke

Croí, The West of Ireland Cardiac and Stroke Foundation

Moyola Lane, Newcastle, Galway, H91 FF68

Tel: 091 544310 | Email: info@croi.ie | www.croi.ie



*Printing funded from the Government of Ireland's Sláintecare
Integration Fund 2019 under Grant Agreement Number 121.*

Sláintecare.



Rialtas na hÉireann
Government of Ireland