

# BEGINNERS' STRENGTH TRAINING EXERCISES FOR UPPER AND LOWER BODY



This body weight resistance workout is perfect for you if you have not done any strength or resistance training before but want to get started.

## GENERAL INSTRUCTIONS

Don't forget to warm up and cool down before and after every session by doing 5 to 10 minutes of cardio (such as walking or cycling). After cooling down, stretch.

Aim to do resistance training at least twice to three times a week every other day.

You could do upper body and core in one session and then lower body in the next or a mix in each session.

Start by doing two sets of the exercises below (1 set is 12 repetitions).

Always follow the exercise instructions, because you can hurt yourself if you do the exercise wrong and it won't work your muscles as well as doing the exercise right.

Always get medical clearance before starting on any exercise programme.



## LOWER BODY EXERCISES

### Forward lunge (works your abs, hamstrings, calves and quads)

- 01 | Place your hands on your hips. Stand up straight with your abdominals contracted, feet hip-width apart, toes facing forward.
- 02 | Lift your right foot slightly and leading with your heel, step forward about a stride's length.
- 03 | As your heel touches the floor, bend both knees until your right thigh is parallel to the floor and your left leg is bent at 90 degrees, your left knee stopping just above the floor.
- 04 | Make sure your right knee does not extend over your toes on your right foot.
- 05 | Now push off the ball of your right foot and step back to the starting position. Repeat this movement on the left side. Perform 12 repetitions on each leg and repeat 2-3 times.



## BODY WEIGHT SQUAT (WORKS YOUR GLUTES, QUADS AND HAMSTRINGS)

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- 01 | Stand with feet shoulder-width apart, back upright and both feet facing forward. You can place your hands on your hips or out in front of you to help you balance.
- 02 | Bend your knees and “sit back” as if you are about to sit on a chair. Make sure that your weight is on your heels and not on your toes. Don’t squat any lower than the point at which your thighs are parallel to the floor.
- 03 | Hold for a few seconds and then return slowly to the starting position. Perform 2-3 sets of 12 repetitions.



## SIDE LYING LEG ADDUCTION (WORKS YOUR GLUTES AND OUTER THIGH)

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- 01 | Lie on your left side, with your left leg bent at a 60-degree angle and the right leg out straight. Rest your head on your left arm and let your right arm support you.
- 02 | Tighten the outer muscles of the right thigh and slowly lift this leg about 30 cm from the floor, hold for 3 seconds and then lower it.
- 03 | Perform 2 to 3 sets of 10 to 12 reps, alternating between sides with each set. Repeat lying on your right side.



## SIDE LYING LEG ADDUCTION (WORKS YOUR INNER THIGH)

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- 01 | Lie on your left side with your left leg straight and your right leg bent at a 90-degree angle. Rest your head on your left arm and use your right arm to support you.
- 02 | Tighten the inner muscles of the left thigh (the leg on the side which you are lying on) and slowly lift this leg about 15 – 20 cm from the floor; hold for 3 seconds, then lower it. Repeat 2 to 3 sets of 10 to 12 repetitions, alternating sides between sets.



## WALL SITS (WORKS YOUR QUADS AND GLUTES)

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- 01 | Find a smooth, flat wall. Place your back against the wall, and move your feet about 2 foot lengths away from the wall so that you are leaning into the wall with your back.
- 02 | Keeping your back upright and flat against the wall, bend your knees until your thighs are parallel to the ground. Your knees should not move past your toes, if they do, move your feet further away from the wall.
- 03 | Hold this squat position for 5 seconds, and return to the starting position. Perform 2 to 3 sets of 10 to 12 repetitions.

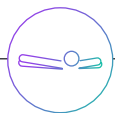


## UPPER BODY EXERCISES

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### Tricep dips

- 01 | Stand in front of a chair or couch seat. Turn so your back faces the seat. Place your hands on the seat with your fingers pointing forward. Keep your back flat and walk your legs out in front of your body (you can keep your knees bent). Bend your arms and lower your buttocks towards the ground, being sure to keep your elbows directly behind your body.
- 02 | Straighten your arms to complete 1 rep. Do 2-3 sets of 10 to 12 reps.



## SUPERMAN HOLDS (WORKS YOUR SHOULDERS, GLUTES AND BACK MUSCLES)

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- 01** | Lie face down on a mat or carpet with your arms out to your sides at shoulder height and your thumbs pointing up to the ceiling.
- 02** | Lift your head, chest, arms and legs off the ground at the same time, pause for 3 seconds and then lower them to the ground. Do 10 to 12 reps.



## PUSH-UPS (WORKS YOUR TRICEPS AND SHOULDERS)

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- 01** | Start in a plank position on a mat or carpet with your hands on the ground directly below your shoulders, elbows straight and fingers pointing forwards. If you are a beginner, bend your knees so that your weight is on your hands and knees. Keep your back straight. If you are fitter, you can begin on your feet.
- 02** | Bend your elbows and lower your chest as close to the ground as possible. Keep your back straight and your chin in a neutral position. Push through your palms to straighten your arms. Do 10 reps. Perform 2 to 3 sets.
- 03** | If you find this exercise too challenging, hold the plank position with straight arms for intervals of 10 seconds until you can progress bending your elbows.

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