

# STRENGTH EXERCISES FROM HOME

NO EQUIPMENT REQUIRED



**STAY STRONG  
STAY INJURY FREE**  
CREATED BY EXPERIENCED  
PHYSIOTHERAPISTS

# EXERCISE 1

## BRIDGE

**TARGET MUSCLES:** Glutes, Hamstrings, Core

**HELPS WITH:** Low back pain. Hip and knee OA. Patella femoral pain. Tendinopathy. Weakness



### HOW:

1. Begin on your back with knees bent at 90 degrees and feet shoulder width apart
2. Squeezing your glutes (bum muscles) and tightening your core muscles, raise your hips off the ground, while keeping your feet and shoulders on the floor.
3. Hold the bridge for 2 seconds then slowly lower your hips back to the ground. Start with 2-3 sets x 8 reps

### PROGRESSIONS:

**Level 1:** Bridge with both feet on the ground

**Level 2:** Bridge with only 1 foot on the ground and 1 leg in the air

**Level 3:** Complete the bridge off a raised step/ball

**Level 4:** Add weights over your hips for extra resistance



## FOR INQUIRIES

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# EXERCISE 2

## SIT TO STAND

**TARGET MUSCLES:** Quadriceps. Glutes. Hamstrings. Core

**HELPS WITH:** Hip and knee OA. Patella femoral pain. ITB syndrome. Tendinopathy.



### HOW:

1. Start seated with feet shoulder width apart
2. Rise from the chair maintaining good alignment from your ankles, knee and hips (do not allow knee to collapse inward)
3. Repeat to desired amount - Start with 2-3 sets x 8 reps

### PROGRESSIONS:

**Level 1:** Start from a high chair (use arm support if needed)

**Level 2:** Lower the chair height with no arm support

**Level 3:** Split foot stance - back foot will work harder

**Level 4:** Single leg sit to stand

**Level 5:** Hold additional weights

### BENIFITS:

- Improves strength and balance, reducing risk of falls
- Improves bone strength and health for conditions such as osteoporosis
- Great for walkers/hikers/runners



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# EXERCISE 3

## CALF RAISES

**TARGET MUSCLES:** Calf muscles

**HELPS WITH:** Calf tear. Achilles pain and Tendinopathy. Poor balance

**HOW:**

1. Start standing with both feet on the floor
2. Slowly rise onto your toes, keeping the weight evenly distributed through the big and little toes
3. Slowly lower to starting position
4. Repeat to desired amount - Start with 2-3 sets x 8 reps



**PROGRESSIONS:**

**Level 1:** Start using both legs to rise and lower

**Level 2:** Single leg raises

**Level 3:** Add weights to the calf raise (double leg then single leg)

Tip: Use books or canned food in a back pack for weights

**BENEFITS:**

- Improves strength and stability of the ankle and knee joint
- Improves balance, reducing risk of falls
- Essential for runners or distance walkers



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# EXERCISE 4

## PLANK

**TARGET MUSCLES:** Core. Back. Glutes

**HELPS WITH:** Low back pain. Hip pain.  
Abdominal weakness.  
Posture

### HOW:

1. Begin with forearms and toes on the floor
2. Maintain a straight line from your ears to your toes.
3. Engage your abdominal muscles by drawing your navel toward your spine.
4. Hold this position for 10-15 seconds, aiming for 3-4 repetitions



### PROGRESSIONS:

**Level 1:** Plank as above on your knees rather than feet

**Level 2:** Plank on toes

**Level 3:** Side plank - same as above however on one side

**Level 4:** Increase duration of plank - maintain a straight line through your body (no sag in back)

### BENEFITS:

- Improves posture
- Improves core strength to support the low back, hips and knees
- Great for desk workers



## FOR INQUIRIES

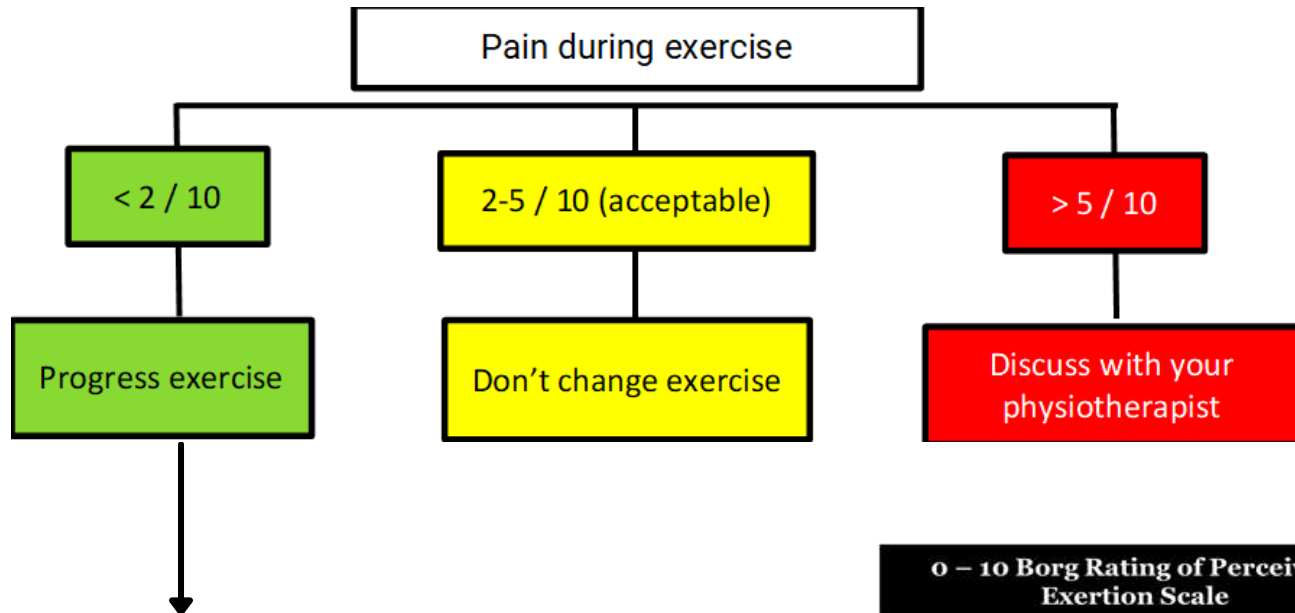
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# GUIDE TO EXERCISE PROGRESSION



**IF YOU ARE ABLE TO COMPLETE YOUR EXERCISE PROGRAM WITH MINIMAL PAIN OR DISCOMFORT TRY INCREASING THE LOAD, SETS AND/OR REPS**

0 – 10 Borg Rating of Perceived Exertion Scale	
0	Rest
1	Really easy
2	Easy
3	Moderate
4	Sort of hard
5	Hard
6	
7	Really hard
8	
9	Really, really, hard
10	Maximal: just like my hardest race

**1. YOU CAN USE THE 0-10 BORG SCALE TO MEASURE YOUR EFFORT WHILE YOU EXERCISE.**

**2. BY MEASURING YOUR EFFORT AND TRACKING IT, YOU ARE ABLE TO PROGRESS YOUR EXERCISES TO ENSURE YOU ACHIEVE THE BEST OUTCOMES.**

**3. TRY STARTING EACH EXERCISE AT A DIFFICULTY LEVEL YOU RATE AS 'HARD' (I.E. 5/10), AND THEN INCREASE IN SUBSEQUENT SESSIONS.**

**4. IF AN EXERCISE DOES NOT ALLOW YOU TO KEEP YOUR PAIN UNDER 5/10 AND SETTLE WITHIN 24 HOURS REDUCE THE DIFFICULTY LEVEL.**

**5. AIM TO INCREASE LEVEL OF DIFFICULTY TO BETWEEN 7 AND 9/10 BY INCREASING LOAD (WEIGHT) OR PROGRESSING TO A NEW PHASE. YOUR PHYSIOTHERAPIST WILL HELP GUIDE THROUGH WITH PROGRESSIONS.**

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