



## Muscle-strengthening activities

Besides aerobic activity, you need to do things to strengthen your muscles **at least two days a week**. The best activities work all the major muscle groups of your body (legs, hips, back, chest, abdomen, shoulders, and arms).

## Why do strength training?

- To strengthen your entire body.
- To control your weight.
- To develop strong bones and reduce risk of osteoporosis.
- To reduce the risk of injury by increasing strength and balance.
- To add variety to your workout.

## Strength training workout includes:

- 1. Warm-up:** Spend at least 5-10 minutes warming up by moving or walking.
- 2. Strength training:** Begin with one set of 8-12 repetitions, or do what you can. For intermediate and advanced exercisers, increase to two or three sets of 8-12 repetitions.
- 3. Cool-down:** Spend at least 5-10 minutes cooling down with moderate intensity cardiovascular activity.



## Your Exercise Routine

- Focus on having good form for each exercise.
- A **repetition** is one complete movement of an activity, like lifting a weight or doing a sit-up. Try to do 8-12 repetitions per activity that count as one set. Try to do at least one set of muscle-strengthening activities. To gain even more benefits, do two or three sets.
- You should use enough weight or resistance that you can't do more than 12 repetitions without help. Adjust weight or resistance to meet this recommendation as you gain more strength.

Strength training can be done without weights or resistance bands by using common household items like cans of food, milk jugs, water/soda bottles, etc.

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Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury, talk to your doctor before beginning this exercise program.

The advice presented is in no way intended as a substitute for medical consultation, and the Utah Department of Health disclaims any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and talk to a doctor.

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## Muscle-Strengthening Exercises

**A Fun and Convenient Way  
to Add Strength Training**





### Overhead Shoulder Press

Sit and place your hands in “goal post” position, with back tall. Extend your arms straight up toward the ceiling without locking your elbows. Slowly return to start position. Repeat 8-12 times for one set.

**Advanced:** Add light weights.



### Lunges

Stand with your feet together. Lift one foot off the floor and step forward. With one leg forward and one leg back, slowly bend your knees, lowering into a lunge while keeping your front and back knees at 90-degree angles. Keeping the weight in your heels, push back up to starting position. Avoid locking your knees at the top of the movement. Repeat 8-12 times for one set, then switch to the other leg.

**Advanced:** Add a weight in each hand or hold a resistance band and place under your front foot.



### Calf Raises

Stand on a flat surface with your feet hip-width apart. Hold onto the back of a chair for support. Slowly raise your heels off the ground until you are standing on your tip toes. Hold the position for a few seconds, then slowly lower your heels back to the ground. Repeat 8-12 times for one set.

**Advanced:** Stand on a step, hold a railing and allow your heel to hang off the step.

### Side Leg Raises

Stand behind a chair for support with your feet together. Slowly raise your right leg to the side at a 45-degree angle with your knee straight, hold, then lower back to start position. Repeat 8-12 times for one set and then switch to the other leg

**Advanced:** Add weights to the ankles.



### Push-ups

Stand about arm’s length in front of an empty wall. Place your hands flat on the wall with arms outstretched while your body and legs are straight. Slowly bend your elbows until your nose almost touches the wall. Pause, and then slowly push your body back to start position. Repeat 8-12 times for one set.



### Chair Squats

Stand in front of a chair with your feet hip-width apart. Slowly bend at the knees, lowering your body as if you’re going to sit. Keeping the weight in your heels, slowly stand back up without locking the knees. Repeat 8-12 times for one set.

**Advanced:** Complete the exercise without using a chair and/or add weights/resistance band in each hand with arms bent and hands above shoulders.



### Bicep Curls

Sit up straight with good posture and tighten your abdominal muscles. Place your elbows to your side with palms facing inward. Keeping your upper arms and elbows close to your body, rotate your forearms and bring your palms toward your chest. Pause. Slowly return to the start position. Repeat 8-12 times for one set.

**Advanced:** Add light weights.



### Tricep Extensions

While sitting, lift your hands toward the ceiling with your elbows close to your ears. Bend your elbows to lower your hands behind your head. Keep your arms “glued” to your head as you straighten your elbows. Repeat 8-12 times for one set.

**Advanced:** Add light weights or resistance band.



### Balancing Table

Start on your hands and knees with your hands directly below shoulders and knees below hips. Looking at the floor and pulling your belly button tight, extend your left leg straight behind you and your right arm

forward. Hold for a count of 3, release, then extend your right leg straight behind you and your left arm forward. Hold for a count of 3, then release. Repeat 8-12 times for one set.



### Modified Core Crunches

Start by sitting on a chair with your feet on the floor, back straight, and hands behind your head. Keeping your back 1-2 inches away from the back of the chair, contract your abdominal muscles, lean forward about 3 inches, pause, and then slowly return back to start position. Repeat 8-12 times for one set.