

## Total Body Strength Training (variation 1)

Note: 60 sec rest after each exercise

	Exercises	Reps	Sets	
1	Assisted squat	10, 12, 14	3	<ol style="list-style-type: none"> <li>1. Stand up with your feet shoulder-width apart.</li> <li>2. Bend your knees, press your hips back and stop the movement once the hip joint is slightly lower than the knees.</li> <li>3. Press your heels into the floor to return to the initial position.</li> <li>4. Repeat until set is complete.</li> </ol> <p>When doing squats maintain your back in alignment, by keeping your chest up and your hips back. Don't let the knees extend beyond the toes and put pressure on the heels of the feet. Breathe in as you squat and breathe out as you come up.</p>
2	Raised arm circles	30 s	3	<ol style="list-style-type: none"> <li>1. Stand straight with your feet shoulder-width apart.</li> <li>2. Raise and extend your arms to the sides without bending the elbows.</li> <li>3. Slowly rotate your arms forward, making small circles of about 1 foot in diameter.</li> <li>4. Complete a set in one direction and then switch, rotating backward.</li> </ol> <p>While doing arm circles engage your core muscles, keep your back and your arms straight and maintain a smooth and deep breathing pattern. Keep your head up and your body in a T formation during the entire exercise.</p>
3	Flutter kicks	30 s	3	<ol style="list-style-type: none"> <li>1. Lie on your back (or sit on a couch) with your hands by your sides or place them underneath your glutes.</li> <li>2. Alternate stacking your feet on top of each other.</li> <li>3. Repeat until set is complete.</li> </ol> <p>Maintain your abs and core engaged at all times and keep your lower back pressed against the floor. Breathe slowly and keep your chin off your chest, your head in a neutral position and your legs straight.</p>
4	Leg extension (R L)	10, 12, 12	3	<p>Begin seated in a chair, feet flat in front of you, palms grasping chair edge at sides or front.</p> <p>EXHALE: Keeping left foot planted and upper body still, extend the right leg (bending from the knee) until it is parallel with the floor. Hold here for 1-2 counts. INHALE: Bend knee to lower right leg back to floor to complete one rep. Complete all reps on one side and switch.</p> <p>Perform exercise very slowly and with control. Concentrate on flexing the leg muscles.</p>
5	Kneeling push up	10, 10, 10	3	<ol style="list-style-type: none"> <li>1. Place the knees on the floor, the hands below the shoulders, and cross your feet.</li> <li>2. Keeping your back straight, start bending the elbows until your chest is almost touching the floor.</li> <li>3. Pause and push back to the starting position.</li> <li>4. Repeat until the set is complete.</li> </ol> <p>Keep your head, hips, and torso in line. Maintain your core muscles tight and keep your spine in a neutral position. Inhale as you lower the chest and breathe out as you push back up.</p>