

RESISTANCE EXERCISE TOOLKIT



Standardized Exercise Programs Patient Instructions Resistance Exercises - Standing

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Resistance Exercises-Standing

- To get health benefits from resistance exercises, they need to feel at least somewhat hard to do.
- Progress the weight lifted over time so that it feels like an 8 out of 10 difficulty (where 0=no effort, 10=hardest effort you can give).
- The last repetition of each exercise should be difficult to complete. If it is easy to complete, you need to make the exercise harder by adding more weight or increasing the number of repetitions that you are doing.
- Remember to lift and lower the weight with control.
- Try to do these exercises at least 2x/week.
- Rest 1.5-3 minutes between your exercise sets to allow your muscles to recover.
- With resistance exercise, you should expect some muscle soreness. Taking a 2 day break between exercise sessions is a good idea.

 ***If you have any questions, please contact your physiotherapist.***

Images courtesy of SimpleSet™

RESISTANCE EXERCISE TOOLKIT



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Partial Squat (Dumbbells)

Sets: _____ | Reps: _____ | Frequency: 2 x/week

Preparation:

- Stand with good posture, feet shoulder-width apart
- Hold dumbbells as shown

Execution:

- Initiate squat by bending at the hips and sticking your bottom out (like you are going to sit in a chair)
- Squat part way down
- Rise up at the hips



Progression:

- Hold squat position for 3 seconds

Deadlift | Stiff-Legged (Dumbbell)

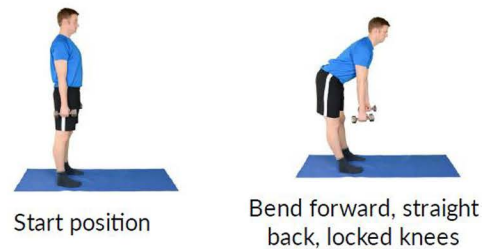
Sets: _____ | Reps: _____ | Frequency: 2 x/week

Preparation:

- Hold dumbbells as shown

Execution:

- Bend forward at the hips
- Rise back up keeping back knee straight



Reverse Lunge (Dumbbell)

Sets: _____ | Reps: _____ | Frequency: 2 x/week

Preparation:

- Stand with good posture
- Hold dumbbells by your side

Execution:

- Engage deep core by pulling your belly button in
- Step one leg back, and bend your knees as shown
- Return to start position, or continue lunging backwards



NOTE:

- Keep your front knee lined-up with your middle toe

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Bicep Curl to Shoulder Press (Dumbbell)

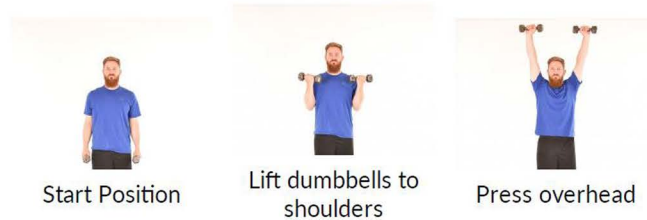
Sets: _____ | Reps: _____ | Frequency: 2 x/week

Preparation:

- Stand with good posture
- Hold weights, arms relaxed at sides

Execution:

- Bend elbows, lifting weights to shoulders (keep elbows close to your body)
- Now raise arms overhead
- Return to starting position



Chest Press (Band)

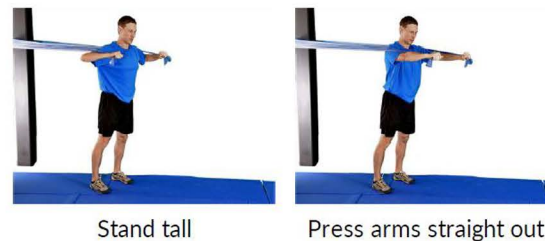
Sets: _____ | Reps: _____ | Frequency: 2 x/week

Preparation:

- Stand holding band in both hands at shoulder height as shown

Execution:

- Press arms straight out in front



Bilateral Row | Wide Grip (Band)

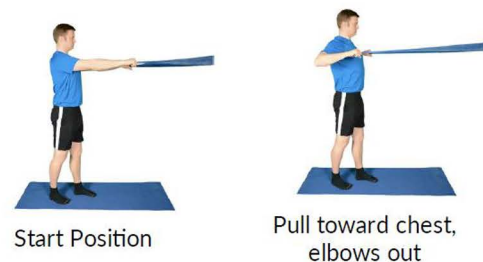
Sets: _____ | Reps: _____ | Frequency: 2 x/week

Preparation:

- Stand with good posture
- Hold band in both hands with arms straight out in front

Execution:

- Pull hands to shoulders, elbows out
- Pull your shoulder blades back and down



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Wall Plank | Forearms

Sets: _____ | Reps: _____ | Hold: 10 seconds and increase time as able |
Frequency: 2 x/week

Preparation:

- Position yourself with forearms against the wall as shown

Execution:

- Keep body straight, do not let lower back arch
- Hold this position



Plank against wall

Push Up (Wall)

Sets: _____ | Reps: _____ | Frequency: 2 x/week

Preparation:

- Stand an arm's length away from a wall
- Place palms on the wall at shoulder level
- Engage core by pulling belly button in, squeeze glutes

Execution:

- Imagine your body is a solid plank of wood.
- Bend elbows to lean forwards toward the wall, using your arms to control the movement
- Slowly return to the start position

Important:

- Keep hips and back straight



Start position



Push-Up against wall

Wood Chopper

Sets: _____ | Reps: _____ | Frequency: 2 x/week

Preparation:

- Hold a weight with both hands above your head

Execution:

- Slowly lower with arms straight down to your waist
- Maintain an upright position during the movement
- Return to starting position with control

