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=harshest 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.*
Partial Squat (Dumbbells)

**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

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Deadlift | Stiff-Legged (Dumbbell)

**Preparation:**
- Hold dumbbells as shown

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

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Reverse Lunge (Dumbbell)

**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
**Bicep Curl to Shoulder Press (Dumbbell)**

**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

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

**Chest Press (Band)**

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

**Execution:**
- Press arms straight out in front

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

**Bilateral Row | Wide Grip (Band)**

**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

**Sets:** _____  |  **Reps:** _____  |  **Frequency:** 2 x/week
**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](image_url)

**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](image_url)  |  ![Push-Up against wall](image_url)

**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

![Wood Chopper](image_url)