

Simple Exercises to do @ Home

It has been challenging for the past few months as the COVID-19 hits various countries, many of us now spend a lot more time at home and it is important to take some time out of our day to invest in ourselves!

The below exercises can boost your **immunity, confidence**, strengthens and tones your body. These exercises can be done anywhere and anytime.

Stability core

Main area being strengthened: shoulders, 360 core (upper, lower, internal, external and obliques)

Time: 3 sets of 12 reps on each leg

1. Start by feet together in high plank, shoulder over hands and push away from the chair, and pelvis tucked
2. Engage core, body strong and stable, drive the knee to the elbow (right knee to right elbow)
Advance: right knee to left elbow
3. Back to high plank

Benefits: **builds** solid core **foundations** for our everyday activities. Strengthens and stabilise shoulders.



Assisted tricep push up

Main area being strengthened: 360 core, upper body (triceps, chest, shoulders), glutes, ankles and tones the legs

Time: 3 sets of 12 reps (beginners aim for 8)

1. Start by feet together in high plank, shoulder over hands and push away from the chair, **keep** pelvis tucked
2. Engage core, body strong and stable, elbows pointing up and behind, stay close to ribs.
3. Chest and hips come down at the same time. Don't shrug shoulders!

Benefits: full body strengthening and toning



Glute bridge

Main area being strengthened: 360 core, glutes, hamstrings and ankles

Time: 3 sets of 12 reps each leg

1. Start **with** heels on the chair, hip distance apart, take one leg straight up to the ceiling
2. Brace core, tuck pelvis, push down with the heel on the chair
3. Lift hip off the floor by squeezing the bum. (Lift vertebrae by vertebrae)
4. Pause at the top for 2 seconds then lower down vertebrae by vertebrae
5. **Keep shoulders relaxed and neck long and chin down**

Benefits: **lengthens** and stretches neck **and can alleviate** lower back pain. Tones and strengthens legs



Level 1



Level 2 (straight leg)

Stretches

Kneeling hip flexor stretch

Main area being **stretched**: hip flexor, quads, abdominal, side of the arms that's up

Time: 30 second each leg

Benefits: **all who do a lot of hiking and exercise. Relieves tight hips and give you more mobility.**

Key points to mindful of: keep hips parallel, weight in the front heel, squeeze your bum of the back leg. Chest up tall.



Assisted Upper body stretch

Main area being stretch: upper chest, shoulders, lats, upper arms, abdominals, lower back

Time: hold for 3 times 30 seconds

Benefit **This** stretch improves posture and opens up our upper body. **Can** relieve neck and shoulder pain

Key points to mindful of: keep hips over knees, thumbs up pointing to ceiling, arms as straight as possible, exhale and sink chest and through the arms



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