

# 1. SQUAT



## Muscles worked:

Quadriceps, hamstrings, gluteals, erector spinae

## Why:

The squat is a compound movement that uses multiple muscle groups to improve balance and stability. The exercise helps create strong, flexible hips to sit and stand without discomfort or assistance and targets the gluteal and quadriceps muscles to help relieve pressure from your back and knees as you walk up or down stairs.

## Key points:

Keep your weight in your heels as you push your hips back, keeping your knees tracking over your toes and your chest lifted. Push your heels into the floor to stand tall and complete one rep. Begin with unweighted squats, adding weight as you progress.

## Progression Sequence:

Against a wall, no wall, with weights

## 2. PUSH-UPS

### Muscles worked:

Pectoralis major, deltoids, triceps, transverses abdominals, erector spinae

### Why:

Push-ups develop postural support and upper-body strength to aid in your daily life as you push and reach for things

### Key points:

Start with your knees or toes at hip-width (or a little wider than hip-width for more stability). Place your hands on the floor a little wider than your shoulders. Slowly bend your elbows and lower your body toward the floor while maintaining a neutral spine. Push back up to complete one rep, keeping your body in a straight line throughout the entire movement

### Progression Sequence:

Elevated, Knees, Toes





## 3. PLANK

### **Muscles worked:**

Rectus abdominals, transversus abdominals, erector spinae, quads, deltoids, obliques

### **Why:**

Planks develop postural support and strengthen your abdominal, shoulder, and core muscles.

Planks also increase stability and balance

### **Key points:**

Beginners should start on your forearms and knees: Start on your forearms, with bent elbows placed below your shoulders and your knees behind your hips. Maintain a neutral spine and neck while you hold the plank position as long as you can. Shoot for at least 10 seconds.

### **Progression to hands and toes:**

Come up onto your hands and toes to increase the difficulty. Place your feet hip-width apart, or step them a little wider for more stability.

Maintain a neutral pelvis, spine, and neck

### **Progression to forearms and toes:**

Come down to your forearms, with bent elbows placed below your shoulders. Maintain a neutral pelvis, spine, and neck.

### **Progression Sequence:**

Knees, Hands, Forearms