

Back Class Exercises

Exercise 1: Sit to Stand (with weight)



Sit on a chair, holding a weight.
Lean your body weight forwards and stand.
Sit down slowly and with control.

+ To make this harder, increase the weight you are holding or perform the exercise on one leg.

- To make this easier, perform the exercise without the weight.

Exercise 2: Lunge (with twist)



Take a step forward and bend the front knee.

At the same time, twist your upper body towards the front leg.

Stand back up by pushing through your heel and bring your foot back to the starting position.

Alternate legs each time.

+ To make this harder, hold a weight.

- To make this easier, hold on to a stable surface.

Exercise 3: Single Leg Stand



Stand on one leg.

Try to remain balanced.

Hold for 10 seconds and repeat on the opposite leg.

+ To make this harder, whilst standing on one leg reach down to the floor with your opposite hand. Straighten your non-standing leg behind you. Return to standing.

- To make this easier, hold on to a chair or stable surface for support.

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Exercise 4: Mountain Climbers



Start with your hands on a sturdy chair and feet on the floor behind you.

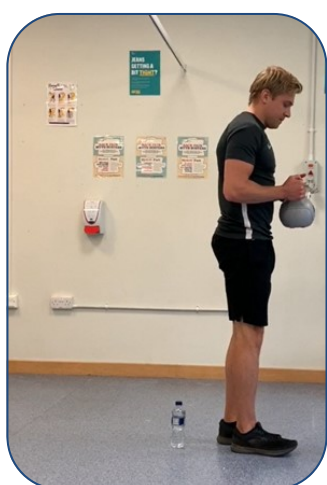
Lift your knee to your chest and return to the starting position.

Alternate legs each time.

+ To make this harder, increase the speed of the movement or perform the exercise with your hands on the floor.

- To make this easier, perform the exercise with your hands on a wall.

Exercise 5: Hurdles (with weight)



Stand holding a weight in front of 3 hurdles.

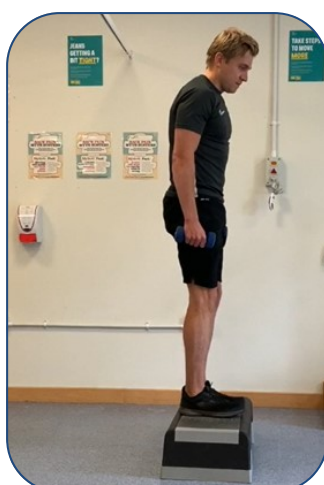
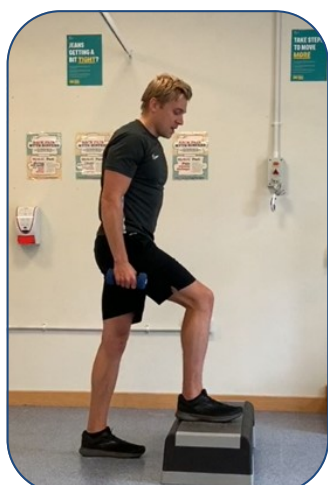
Step over each hurdle, one at a time.

When you reach the end, turn and repeat in the opposite direction.

+ To make this harder, increase the weight you are holding.

- To make this easier, perform the exercise without the weight.

Exercise 6: Step Up (with weight)



Stand tall behind a step, holding a weight in each hand.

Place your whole foot on the step and step up.

Step down slowly with control.

Alternate which foot steps up each time.

+ To make this harder, press the weights towards the ceiling as you step up.

- To make this easier, perform the exercise without the weight.

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Exercise 7: Press Up (on knees)



Start on your hands and knees with hands shoulder width apart.

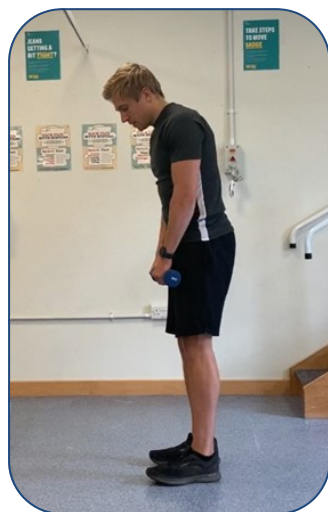
Lower your chest towards the floor.

Return to the starting position, pushing up through your hands.

+ To make this harder, perform the exercise with your legs straight behind you.

- To make this easier, perform the exercise against a wall.

Exercise 8: Back Bends



Stand tall holding a weight.

Bend forward and lower the weight to the floor by rounding your back. Keep your knees as straight as possible.

+ To make this harder, increase the weight you are holding or increase the speed of the movement.

- To make this easier, reduce the weight you are holding.

Exercise 9: Loaded Carry



Stand holding a weight in each hand, with space in front of you to walk in to.

Walk forwards with the weights by your side.

When you reach the end, turn and repeat in the opposite direction.

+ To make this harder, increase the weight you are holding.

- To make this easier, reduce the weight you are holding.

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Exercise 10: Single Arm Snatch



Start with your feet shoulder width apart, holding a weight in one hand.

Bend your knees, bring your hand to the floor.

Straighten your knees as you press the weight to the ceiling.

Repeat 5 times and alternate arms.

+ To make this harder, increase the weight or increase the speed of the movement.

- To make this easier, reduce the weight.

Perform each exercise for 1 minute.

Once you have completed all 10 exercises, you may rest for 2—3 minutes and then repeat the circuit if you are able to.

Exercise guidelines recommend that you should aim to do 150 minutes of moderate intensity exercise per week.

This is exercise which gets you warm and out of breath.

**** Participation Disclaimer ****

By performing any fitness programme without supervision, you are doing so at your own risk.

To reduce the risk of injury, you should check with your doctor or physiotherapist before beginning any fitness programme.