

General Strengthening Program

- Go through this general conditioning program 3 to 5 times a week to improve your muscle strength.
- You need an exercise band to complete some of the exercises.
- If it feels uncomfortable then reduce the resistance.
- If discomfort continues despite lowering the resistance then stop the exercise altogether and seek further advice.

Lat Pull | Straight-Arm Row (Band)

Sets: 2 | Reps: 10 | Frequency: 3 to 5 per week

Preparation:

- Anchor tubing at chest level.
- Stand with good posture.
- Hold tubing in both hands, arms out front.

Execution:

- Keeping elbows straight, draw hands to hips.
- As you pull, squeeze shoulder blades back and down.



Arms out front



*Pull hands to hips,
elbows straight*

Shoulder Adduction | Mid Range (Band)

Sets: 2 | Reps: 10 | Frequency: 3 to 5 per week

Preparation:

- Arm at shoulder height holding a band

Execution:

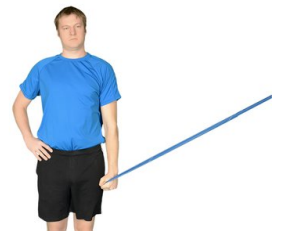
- Bring your arm down by your side against the resistance



Arm at shoulder height



*Bring arm down against
resistance*



Chest Press (Band)

Sets: 2 | Reps: 10 | Frequency: 3 to 5 per week

Preparation:

- Stand with good posture holding band

Execution:

- Press arms forwards in front of you
- Return to the start position



*Anchor cable at chest
level*



Punch both arms forward

Leg Press (Band)

Sets: 2 | Reps: 10 | Frequency: 3 to 5 per week

Preparation:

- Sit in a chair
- Loop exercise band under foot as shown

Execution:

- Straighten leg



Loop exercise band under foot



Straighten leg

Calf Raise Concentric | Bilateral (Chair)

Sets: 2 | Reps: 10 | Frequency: 3 to 5 per week

Preparation:

- Stand holding a chair as shown

Execution:

- Stand on your tip toes, lifting your heels as high as you can



Start Position



Stand on tip toes

Bridge

Sets: 2 | Reps: 10 | Frequency: 3 to 5 per week

Preparation:

- Lie on your back with arms resting at your sides, palms up
- Bend hips and knees, placing feet on flat surface
- Pull belly button in

Execution:

- Lift your hips off the surface to make a bridge
- Do not arch your back
- Keep belly button pulled and squeeze glutes during movement
- Lower slowly



Lie on back, arms resting at your side, palms up; Bend hips and knees, place feet on flat surface



Keep belly button pulled and squeeze glutes during movement



Lower slowly back to start position