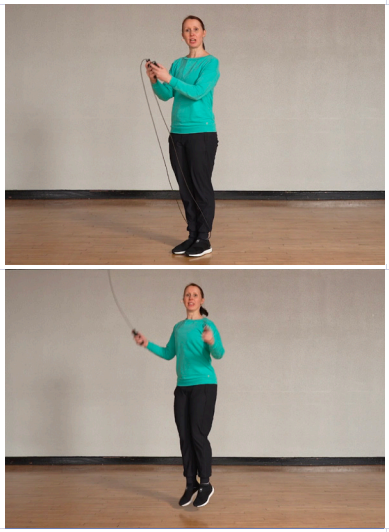
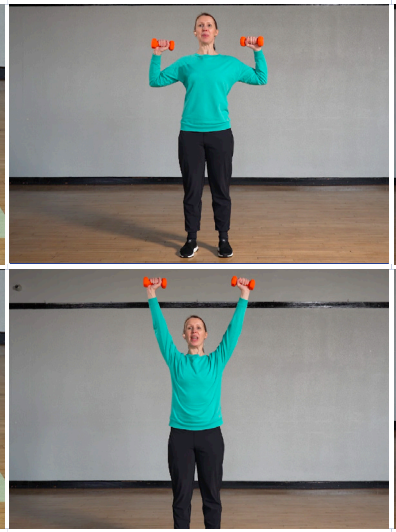
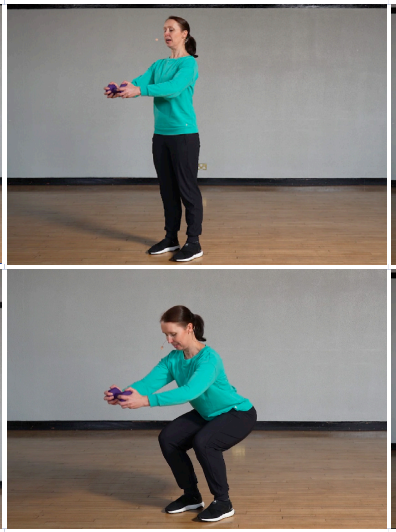
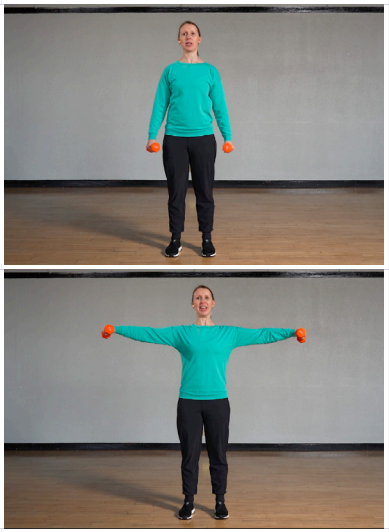
# STRONGER FOR LONGER

## 10 strength exercises for strong bones and muscles

## INTERMEDIATE LEVEL

**Aim for 3 sets of each exercise twice a week.** Remember: you can do more or less, but always listen to your body.

| 1. Skipping | 2. Plank | 3. Shoulder press | 4. Squat | 5. Lateral raise |
|---|---|---|---|---|
|  |  |  |  |  |
| Hold the rope handles behind you. Swing it over your head (if you don't have a skipping rope, mimic the motion) and jump when it reaches your feet.<br>Keep jumping in a steady rhythm. | Start on the floor in a table-top position, straight back. Curl toes and hover knees off the floor. Pull your tummy in. Do not lock elbow joints. | Stand with feet hip-width apart, weights at shoulder height.<br>Push weights up towards the ceiling, then lower back down to shoulder height. Pull your tummy in. Do not lock elbow joints. | Stand feet hip-width apart. Add weight held in front. Squat down, until thighs are parallel with the floor, back straight. Do not allow knees to go forward over toes. Return to the starting position. | Stand with weights at your sides. Raise arms out to the sides to shoulder height, then lower down with control. Pull tummy in. Do not lock elbow joints. |
| DO FOR 1 MINUTE | HOLD FOR 30 SECONDS | 10 REPS | 10 REPS | 10 REPS |

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Dudley Metropolitan Borough Council

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| 6. Lunge | 7. Mountain climber | 8. Tricep dip | 9. Press up | 10. Star jump |
|---|---|---|---|---|
|   |   |   |   |   |
| Feet hip-width apart, with weights by your side. Step forward with one leg into a lunge. Try to get the back knee close to the floor. Do not allow the front knee to go forward over the toes. Push back up to standing, repeat on the other leg. | Start in a push-up position on the floor. Bring knees to chest one at a time in marching pace. Do not lock elbow joints. | Sit on a chair edge, hands gripping front, bent legs. Lower your body by bending elbows backwards, then push back up. Do not lock elbow joints. | Start on floor on all fours, lower your chest close to the ground. Push back up to start. Do not lock elbow joints. | Stand tall, feet together, arms at your side. Bend knees and jump into a star shape with arms and legs out wide. Land softly with bent knees jumping feet back together. |
| 10 REPS (5 ON EACH LEG) | 10 REPS (5 ON EACH LEG) | 10 REPS | 10 REPS | 10 REPS |

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