STRENGTH EXERCISES
To improve strength and power

These exercises help improve muscle condition and you may ‘feel’ the muscles the next day.
They also help improve balance.
There are 4 exercises in total:
- Pole Lift
- Sit to Stand
- Back Arm Strength
- Upper Back Strength

You may not have all 4 exercises in your programme.
Pole Lift

To Improve Coordination, Balance and Strength

These exercises may need adapting by your specialist EfS instructor

- Hold the pole with both hands if possible, your EfS instructor will adapt the grasp to suit you
- Stand in front of a chair (use it as a target)
- Bend your knees and reach the pole towards the chair
- Return to upright standing, and now reach the pole forwards and upwards to shoulder height
- Try to keep weight equal across both feet, and body symmetrical
- Breath normally
- Start with 2 - 3 times, progressing to 8
- If you wear a splint, step this foot forwards, keep the heel down

Specific Notes For ________________________ Written by _________________________
Sit to Stand

To Improve Leg Strength, Power and Balance

• Sit in the centre of the chair
• Place your feet slightly back, heels down
• Stand up with power
• Step back until your legs touch the chair then **slowly** lower your bottom back onto the chair with control
• Equal weight across both feet when standing
• Start with 2 -3 times, progressing to 8

Specific Notes For _______________________ Written by_________________________
Back Arm Strength

To Improve Arm Strength, Power and Balance

This exercise may need adapting by your specialist EfS instructor

- Sit upright in the chair, with good posture
- Hold the band, pull backwards with control
- Take a 2-3-second rest after each repetition
- Start with 2-3 and progress to 8 times
- Rest 2-3 seconds in between each repetition
- Breathe normally

Specific Notes For ___________________ Written by ______________________

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Upper Back Strengthener

To Improve Strength Around Shoulders and Upper Back

• Hold the band - your EfS instructor will show you how
• Pull the band outwards and back, bringing the band towards your tummy
• Open the chest and bring shoulder blades together
• Breathe normally
• Rest 2 - 3 seconds after each repetition
• Start with 2 - 3, progress to 8

Specific Notes For ________________________  Written by __________________________