

Muscle-In

'SNACKTIVITY' MUSCULAR ENDURANCE

Start gently with sets of 8 repetitions – you can expect to 'feel' the muscles you are working especially if you have not done these sorts of exercises before. Once you get stronger you can add another set and do 2 sets of 8, 12 or 16 repetitions.

SIT DOWN – STAND UP

Make sure your bottom pushes right to the back of the chair. *Do not use a chair with rollers!!! Stand tall each time and count to 3 before sitting down again.

>> *DO 8 or 12 or 16 repetitions* – you should feel this in your legs and bottom.

HEEL RAISES

Feet slight apart – hold onto the wall or a chair.

Rise up onto toes – hold for a few seconds then lower heels to ground.

>> *DO 8 or 12 or 16 repetitions.*

WALL PRESS UPS OR TABLE PRESS UPS

Feet apart or stand on one leg only – be sure to keep the abdominal muscles braced.

Hands a bit wider than shoulder width apart.

Take it gently to begin with.

>> *DO 8, 12 or 16 repetitions.*

REAR LEG LIFTS

Hold onto a wall or chair.

Slightly bend the supporting leg and lift the other leg.

Try not to lean forwards as you lift.

Squeeze the buttocks as you lift.

>> *DO 8, 12 or 16 repetitions on each leg.*

CHAIR DIPS

You need a sturdy chair – place it against a wall so it does not slip.

Put your hands on the seat of the chair and dip down towards the floor and back.

>> *DO 8, 12 or 16 repetitions.*