

RESISTANCE EXERCISE TOOLKIT



Standardized Exercise Programs Patient Instructions Resistance Exercises - Lying Down/sitting

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Resistance Exercises - Lying down/Sitting

- To get health benefits from resistance exercises, they need to feel at least somewhat hard to do.
- Progress the weight lifted over time so that it feels like an 8 out of 10 difficulty (where 0=no effort, 10=hardest effort you can give).
- The last repetition of each exercise should be difficult to complete. If it is easy to complete, you need to make the exercise harder by adding more weight or increasing the number of repetitions that you are doing.
- Remember to lift and lower the weight with control.
- Try to do these exercises at least 2x/week.
- Rest 1.5-3 minutes between your exercise sets to allow your muscles to recover.
- These exercises are shown with a band but your physiotherapist may modify them to use weights instead of a band.
- With resistance exercise, you should expect some muscle soreness. Taking a 2 day break between exercise sessions is a good idea.

 ***If you have any questions, please contact your physiotherapist.***

Images courtesy of SimpleSet™

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Lying Down

Bridge

Sets: _____ | Reps: _____ | Hold: 5 seconds | Frequency: 2 x/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

Hip Abduction Sidelying (Band)

Sets: _____ | Reps: _____ | Frequency: 2 x/week

Preparation:

- Lay straight as an arrow, band around knees or just above your knees
- Keep pelvis still (you can lie with your back against the wall)
- Support your head with your hand or on a pillow

Execution:

- Lift top leg 1-2 inches against resistance

Progression:

- Hold your leg up for 3 seconds



On side, both legs straight



Raise top leg

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Lying Down

Dead Bug | Heel Touches + Shoulder Flexion

Sets: ____ | Reps: ____ | Frequency: 2 x/week

Preparation:

- Lie on your back, arms straight up to the ceiling, hips and knees at 90 degrees
- Engage core by pulling belly button in

Execution:

- Slowly lower one heel to the ground
- At the same time reach overhead with opposite arm
- Alternate sides
- Keep core engaged by pulling belly button in



Start position



Lower one heel, reach overhead with opposite arm

Sitting

Leg Press (Band)

Sets: ____ | Reps: ____ | Hold: 3 seconds | Frequency: 2 x/week

Preparation:

- Loop exercise band under foot as shown
- Sit tall with good posture

Execution:

- Straighten leg

This exercise can also be done while laying on your back



Loop exercise band under foot



Straighten leg

Hip Flexion (Band)

Sets: ____ | Reps: ____ | Frequency: 2 x/week

Preparation:

- Attach band over your knee and to the leg of the chair as shown
- Sit tall with good posture

Execution:

- Lift knee, as in marching

This exercise can also be done while laying on your back

Progression:

- Hold your knee up for 3 seconds



Sit in a chair with good posture



Lift knee, as in marching

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Sitting

Knee Extension (Band)

Sets: _____ | Reps: _____ | Hold: 3 seconds | Frequency: 2 x/week

Preparation:

- Loop band around your ankle and the leg of the chair as shown
- Sit tall with good posture

Execution:

- Straighten knee against resistance



Sit in a chair with good posture



Straighten knee against resistance

Knee Flexion (Band)

Sets: _____ | Reps: _____ | Frequency: 2 x/week

Preparation:

- Attach band to your ankle (the other end of the band can be attached to a stable object)
- Sit tall with good posture with your knee straight

Execution:

- Bend knee against resistance



Start position



Bend knee against resistance

Chest Press (Band)

Sets: _____ | Reps: _____ | Frequency: 2 x/week

Preparation:

- Loop band around trunk/shoulders
- Sit tall with good posture, arms at shoulder height

Execution:

- Push arms forward against resistance
- Make sure band does not slide up to your neck



Band looped around trunk



Push arms forward

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Sitting

Shoulder press (Wrist Weights)

Sets: _____ | Reps: _____ | Frequency: 2 x/week

Preparation:

- Attach wrist weights
- Sit tall with good posture

Execution:

- Hands beside ears
- Reach straight overhead

You can also do this with a band by sitting on the band



Hands beside ears



Reach straight overhead

Row | Wide Grip (Band)

Sets: _____ | Reps: _____ | Frequency: 2 x/week

Preparation:

- Sit tall with good posture
- Attach band to a stable object

Execution:

- Pull your hands back to your shoulders
- Pull your shoulder blades back and down



Sit with good posture



Pull against resistance

Tricep Extension-Dips (Chair)

Sets: _____ | Reps: _____ | Frequency: 2 x/week

Preparation:

- Sit with feet flat on the floor away from the chair
- Hold the arm rests firmly with elbows bent

Execution:

- Push up by straightening your elbows to lift yourself a few inches off the chair
- Keep your upper body tall (if you need to make this easier you can lean forward)
- Slowly lower yourself down

Progression:

- Lift yourself higher than a few inches off the chair



Sit, feet away from chair



Use arms to push body up

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Sitting

Elbow Extension (Band)

Sets: ____ | Reps: ____ | Frequency: 2 x/week

Preparation:

- Sit tall with good posture, band looped around body
- Band held in hand with elbow bent as shown

Execution:

- Straighten elbow against resistance



Loop band around trunk



Straighten elbow

Elbow Flexion (Band)

Sets: ____ | Reps: ____ | Frequency: 2 x/week

Preparation:

- Sit tall with good posture
- Band looped around feet

Execution:

- Bend elbow, bringing hand towards shoulder



Band looped around legs



Bend elbow, bring hand towards shoulder