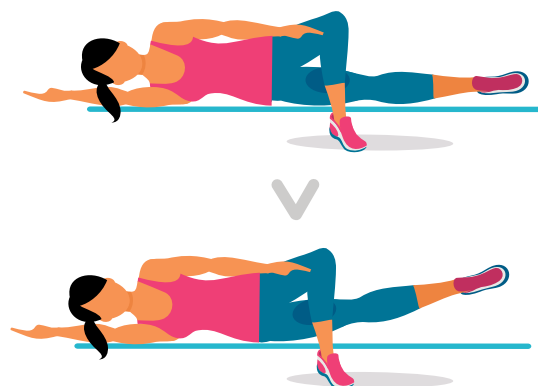


# Your EASY AT-HOME strength building plan

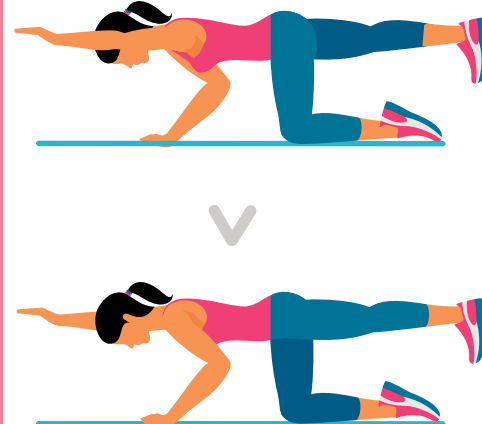
You might already include aerobic exercise, such as walking or swimming, in your week. However, research shows strength training at least twice a week is the most effective way to protect and preserve muscle mass, strength and function. Plus, more muscle means a faster metabolism, which supports long-term weight management.

Remember, it's not about lifting heavy weights and bulking up. The following dynamic exercises target the body's major muscle groups – no equipment required. They're suitable for most ages, too, so get started on them today!



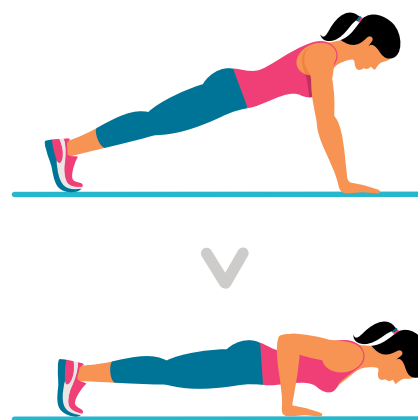
## Inner-thigh lift

Lie on your right side with your head on your outstretched arm, both legs straight. Bend your left knee and place your left foot on the ground over and beside your right knee. Slowly lift your right leg using your inner thigh muscle, rather than swinging the leg up. Lower your leg but don't let it touch the ground. Repeat 8 to 12 times, then lie on your left side and lift your left leg 8 to 12 times.



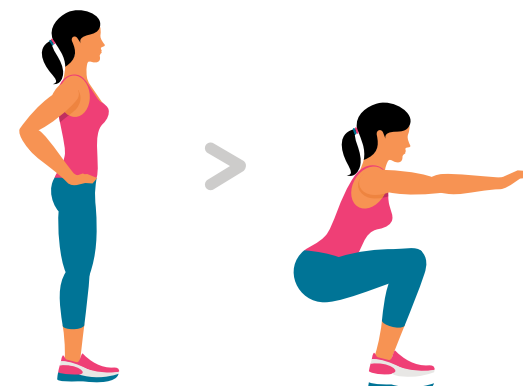
## Arm-leg raises

Starting on your hands and knees, lift your left arm and right leg in line with your back. Lower them back down to the ground, then repeat using right arm and left leg. Repeat 8 to 12 times.



## Push-ups (floor or standing)

Start on your hands and feet (or knees) with hands slightly wider than shoulder-width apart. Slowly lower your torso to the ground, stopping when your elbows are at 90 degrees. Push back up to the starting position. Repeat 8 to 12 times. For an easier option, do push-ups standing up, with your hands on a wall.



## Squats

Stand with feet hip-width apart and hands on waist. Bending your knees, lower your bottom towards the ground while raising your arms straight out in front. Work towards stopping when your thighs are parallel to the ground and your arms are level with your shoulders. Push through your heels to revert back to the starting position. Repeat 8 to 12 times.

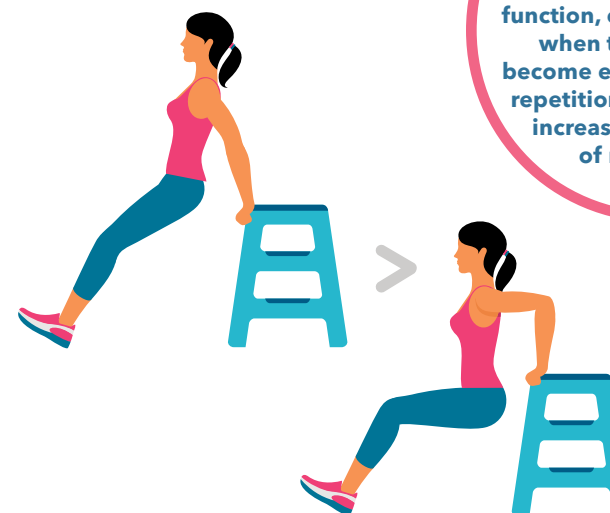


## One-legged toe touch

Stand on your left leg. Bend your right leg behind you. Bend your left knee slightly as you lean forward to touch your left toes with your right hand, then lift yourself back up. Repeat 8 to 12 times before swapping sides.

## HFG TIP

To encourage healthy muscle growth and function, challenge yourself when these exercises become easier by doing the repetitions more slowly or increasing the number of repetitions.



## Tricep dips

Place your hands on the seat of a sturdy chair or bench behind you. Keeping your heels on the floor, bend your elbows as you lower your bottom towards the floor. Stop when your shoulders are level with your elbows. Raise yourself up again, then repeat 8 to 12 times.



## Knee drives

Place your hands on a sturdy chair in front of you, keeping your spine straight in a push-up position. With your arms straight, draw your belly button into your spine as you raise your right knee towards your chest, then lower it. Do the same with your left leg. Repeat 8 to 12 times. [hfg](#)