



# Visual guide to bodyweight exercise

Core, lower and upper body exercises you can do at home.

## KNEE LIFT



**1.** Position two chairs with a stable base beside your hips as pictured. Kneel between them and, with straight arms, tuck your feet behind you, so your knees are not touching the ground.



**2.** Bring your knees up to your chest, lifting your bodyweight. Lower them back to the starting position. If you need more height use two books of equal size to boost yourself.

## WALL STEP-UP



**1.** Face away from the wall and have your hands in front of your shoulders with knees slightly bent.



**2.** Lift one leg up the wall and shift your bodyweight onto one foot.



**3.** Push through hands and foot to move your grounded leg up the wall to join other leg. Lower legs back down slowly to return to starting position. Repeat, alternating the lead leg up the wall.

## CORE SCISSORS



**1.** Lie on your back with your hands by your side. Take your right leg up as high as your current range allows and lift your left leg just off the ground.



**2.** In a controlled manner, lower your right leg towards the ground while bringing your left leg upwards in a 'scissor' motion. Alternate.

## PUSH-UPS



**1.** Position two chairs shoulder-width apart with your hands in the middle of the chairs. Your hands should be underneath your shoulders so adjust your foot position to achieve this. Engage your lower abdominals by slightly drawing your belly button into your spine. Your legs and trunk should be in a straight line.



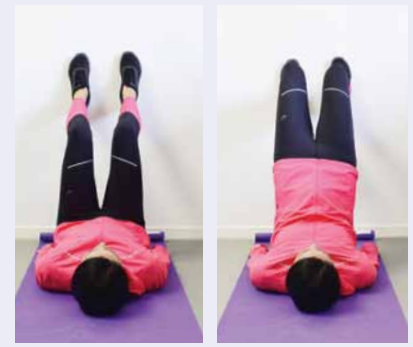
**2.** Lower your trunk downwards by bending at your elbows, going into an incline push-up. (If this position is too challenging, you can do wall push-ups.) Push through your hands straightening your elbows to return to the starting position.



### TRICEP DIPS

1. Position two chairs shoulder-width apart with your hands underneath your shoulders. Have your legs straight out in front of you.
2. Bend at the elbows and lower your body down to floor between chairs. Straighten your arms by pushing through your hands to return to starting position.

### HIP THRUSTS



1. Position yourself away from the wall so that your hips are at an angle just greater than 90 degrees with your hands by your side.
2. Push through your heels to raise your hips and pelvis off the floor, activating your glutes. In a controlled manner, lower your hips back down to the ground. Alter your feet position depending on your range and ability right now.



### LEG ROTATIONS

1. Position yourself away from the wall so that your hips are at an angle just greater than 90 degrees. Lie your arms out flat from your shoulders to help provide balance.
2. Slowly lower both knees across to your left side, while trying to keep your right hip on the ground. Lower as far across as you comfortably can. Return to the starting position.
3. Repeat movement to the right. There may be some differences in range between sides, but go with what feels right for you.



### Alternative position for extra challenge.

1. Start with the same position as above, lift your right leg off wall completely and keep it straight.
2. In a controlled manner, push through your left heel lifting hips and pelvis off the floor. Avoid rotating at your pelvis.



### JABS – FAST OUT FAST IN

1. Clench your fists with your hands out in front of you around shoulder height, in a fighter posture. Place your less dominant foot in front of the other.
2. Straighten your dominant arm directly in front of you as if you're punching. As you start the punch, pivot on your back foot and throw your outer hip forward. Aim to bring your fist fast out and fast in.
3. As you bring your dominant hand back to the starting position, extend your other fist forward, jabbing in front of you. Aim to move your hands fast out and fast back, pivoting around your back foot as you switch hands.

## DOWNWARD DOG PUSH-UPS



**1.** Start with hands spread slightly at shoulder-distance and feet at hip-width apart. Lift your hips into the air, pushing through your hands to open out your shoulders. Aim for length down the back of your legs. Aim for straight legs but, depending on your range and ability right now, you can bend at your knees. Aim for your heels to be on the ground.

**2.** Push your weight forward onto your hands, lowering your hips.

**3.** Come into a high plank position and lower into a push-up by bending at the elbows and lower yourself to the ground.

**4.** Push through your hands to straighten elbows and flow back through to starting downward dog position.



## STANDING JUMP SHUFFLING BACK

**1.** Start with a slight knee bend and your hands behind your hips, preparing to jump forward.

**2.** Throw your hands forward as you jump forward.

**3.** Land safely into a squat position with soft knees.

**4.** Shuffle backwards to return to the starting position to get ready for next jump.

## CORE BICYCLES

**1.** Lie on your back with your hands by your side. Slightly lift your shoulders and head off the ground. Bring your legs up to starting position with left hip at 90 degree flexion and right leg slightly lower to the ground.

**2.** In a pedaling motion, bring right leg up and prepare to lower left leg down.





## OBLIQUES

1. Lie on your back with your hips and knees at 90 degrees. Support your neck with your fingers interlaced behind your head.
2. Lower your left leg towards the ground and, at the same time, crunch up and across so your left elbow aims to touch your right knee. In a controlled manner, lower back down and repeat on the other side.



## UPPER CUTS

1. Start in a boxer's position but have your wrists slightly more faced towards your body.
2. Place your less dominant foot in front of the other.
3. Move your dominant hand down, twisting through your trunk and pivoting slightly, putting weight back onto your back leg.



4. Lead with your less-dominant leg and pivot to bring your hip around. Follow through with your fist in an upward direction (an upper cut).
5. Rotate to the other side, shifting your weight to bring your other hip and fist through in another upper cut.



## SPEED SKATER BOUNDS



1. With knees slightly bent and your arms behind your hips, prepare to jump sideways.



2. Step one leg across and push through the other to jump across. Swing your arms throughout to help you get more momentum.



3. Land softly on your leg and return to the starting position, ready to repeat exercise back in the opposite direction.



## SPARROWS

1. With one foot slightly in front of the other and knees slightly bent, prepare to jump upwards. Have your hands out in front of you to use them to get momentum.
2. Push through the floor to jump upwards, and swap legs mid-air. If you're not ready to jump yet, alternate with lunge steps.
3. Land with soft knees, and prepare to repeat exercise.