



Eccentric Strength Exercises:

VIDEO EXPLANATION HERE: https://www.youtube.com/watch?v=9xxt_w-Aofo

Squats

1. Stand with your feet shoulder-width apart in front of something sturdy you can hold onto.
2. Put a chair behind you. Grab onto the thing in front of you, and lean back until your arms are straight. All your weight should be on your heels.
3. Keep your head and shoulders back with your chest and collarbones open and your butt sticking out.
4. Lower down slowly on ONE LEG until your sitting. Use your other leg to balance if necessary.
5. You should ONLY BE ABLE TO LOWER YOURSELF FOR 10 SECONDS. If you can go longer, you're using your other leg too much. If you can't slow it down to 10 seconds, you need to use your other leg more.
6. Keep your knees behind your toes.
7. When your butt touches the chair, stand back up ON BOTH LEGS.
8. **Do 6 on each leg.**
9. Remove the chair when you can and squat as far as you can without lifting heels off the ground or knees going past your toes.

Pull Ups

1. Find something sturdy to hang from (A pull up bar you can secure above a door frame is perfect, or playground equipment). It should be no lower than your chin if you are standing on a chair.
2. Stand on the ground/chair so that your chin is slightly above the bar.
3. Take your arms slightly wider than shoulder-width, place your hands on top of the bar. Grip it tightly. Stick your chest out and draw your shoulder blades in towards the middle of your back.
4. Hold on tight with your elbows bent and chin still level with the bar. Bend your legs up so that you are now hanging. The more you bend, the harder it will be.
5. Bend your legs enough so that you can't hang on for longer than 10 seconds. Depending on your level of strength, you may not need to use your legs at all.
6. Your back and arms will get tired and you will slowly lower down until your arms are full extended. If you lower faster than 10 seconds, use your legs more, if you lower in more than 10 seconds use your legs less.
7. **Do 6 reps without resting.**

Push Ups

1. Lie facedown on the floor (or a yoga mat). Place your hands on the floor in line with your upper chest and a little wider than your shoulders.
2. Keeping your knees on the floor push yourself up using the palms of your hands. Keep your elbows soft.
3. Once you have only your knees and hands touching the floor, lift your knees up, shift your weight to your toes and lower yourself back down slowly to where your body is hovering above the ground.
4. Keep your shoulders back and chest out, keep your body straight.
5. Hold the hovering position for 10 seconds.
6. After 10 seconds, put your knee back down and push back up like you did at the start.

7. **Do this 6 times without resting.**

8. To advance, keep your knees off the floor for longer periods of time. You can even elevate your feet up off the floor.

Shoulder Press

1. Find something you can easily lift above your head using both arms. Make sure you can hold it safely above your head with ONE arm. A dumbbell is ideal here as it is small, heavy and easy to hold.

2. Lift it above your head using both arms. You should now be standing tall with your chest out, shoulders back and down holding something heavy over your head with your arms extended and elbows soft.

3. Very carefully let go with one hand (keep it close just in case!)

4. Keep the arm that is holding the weight to the side of you – don't let it creep in front of you – and always keep the other arm close by!

5. Lower for 10 seconds. If you can go for longer, get something heavier. Can't quite make it? Grab something a bit lighter.

6. **Repeat 6 times (without resting) each side.**

If you find that you have progress beyond these exercises, it's time to step it up and use some equipment! Please contact me and I will explain how.