


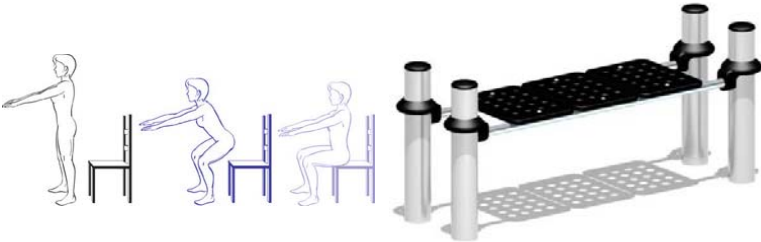




**Exercise Program – Age friendly exercise page, Priors Creek  
Lower Limb Strengthening**

- ❖ Ensure you begin and end your work out correctly. This includes a warm up (slow walk, mini squats, cycle, small leg swings and some light stretching) and cool down (see stretch station sign for ideas as well as a light walk);
- ❖ Consult with your Doctor or exercise specialist prior to commencing exercises;
- ❖ You are reminded that it is your responsibility to use the Fitness Park in a safe and responsible manner exercising all due care. It is a term and condition of the use of this equipment that Council and its servants or agents accept no liability of whatever description for any loss or injury which may occur with this facility, however caused.

Exercise Equipment	Purpose/ major muscle groups used/ cues	Sets	Reps	Workload
<p>Leg press</p> 	<ul style="list-style-type: none"> <li>• Adjust yourself so you are comfortable on the seat</li> <li>• Position your feet on the foot bar to have them about hip distance apart with the toes pointing slightly outwards</li> <li>• Breathe out as you push into the foot bar until your legs are almost fully extended               <ul style="list-style-type: none"> <li>○ Keep a slight bend in the knees to keep the joint safe!</li> </ul> </li> <li>• Return to the start position</li> </ul> <p><b>Purpose</b> → quadriceps strengthening</p>	2-3	12-15	<p>Leg press machine</p> <p>Increasing the speed will increase the difficulty</p>
<p>Step ups using plyometric box</p> 	<ul style="list-style-type: none"> <li>• Stand facing a step</li> <li>• Step 1 leg up onto the step then proceed to bring the other leg onto the step</li> <li>• Then step back down to the start position 1 foot at a time               <ul style="list-style-type: none"> <li>○ Motion is up, up, down, down</li> </ul> </li> <li>• Make sure your knee travels forwards over your toes during this exercise</li> </ul> <p><b>Purpose</b> → lower limb functional movements, cardiovascular fitness</p>	2-3	12/ leg	<p>Body weight</p> <p>Progression: add small hand weights</p>

Exercise Equipment	Purpose/ major muscle groups used/ cues	Sets	Reps	Workload
<p data-bbox="96 201 420 228">Mini squats at parallel bars</p> 	<ul data-bbox="884 201 1570 483" style="list-style-type: none"> <li>• Stand with your feet shoulder width apart, holding onto 1 of the parallel bars</li> <li>• Gently squat a quarter to a half range with your weight predominately on your heels and sitting your bottom back as if you are about to sit on a chair</li> <li>• Gently tense your bottom muscles at the bottom of the squat and use them to help straighten back to the start position</li> </ul> <p data-bbox="873 526 1514 586"><b>Purpose</b> → lower limb functional strengthening, knee alignment</p>	2-3	12-15	Body weight
<p data-bbox="96 600 420 628">Sit to stands off bench seat</p> 	<ul data-bbox="884 600 1570 954" style="list-style-type: none"> <li>• Start in a seated position <u>on the edge of the bench seat</u> with your arms crossed across your chest or out in front of you</li> <li>• Press predominately through your heels (without lifting your toes off the floor) and try to squeeze your bottom as you proceed to stand up</li> <li>• Ensure your knees travel in the same line as your toes and avoid collapsing in towards each other</li> <li>• Slow, controlled and without “flopping” sit your bottom back onto the bench seat and repeat</li> </ul> <p data-bbox="873 997 1560 1057"><b>Purpose</b> → lower limb functional strengthening, activities of daily living practice</p>	2-3	12-15	Body weight

Exercise Equipment	Purpose/ major muscle groups used/ cues	Sets	Reps	Workload
<p data-bbox="107 151 699 180">Hip abduction using theraband (tied around post)</p> 	<ul data-bbox="932 151 1577 651" style="list-style-type: none"> <li>• Stand up straight with a looped resistance band tied to a solid object at one side</li> <li>• Step the leg furthest away from the band into the loop - this will be the leg you exercise</li> <li>• Stand with your legs hips width apart and some slight tension in the band</li> <li>• Keeping your back straight and your hips level, lift your leg with the band attached out to one side but ensure you do not lean your body or hitch your hip</li> <li>• Your leg should remain straight and move directly out to the side</li> <li>• Control the movement as you bring your leg back in to the starting position</li> </ul> <p data-bbox="884 688 1583 717"><b>Purpose</b> → buttock strengthening for hip stability, balance</p>	2-3	12-15/ leg	Theraband
<p data-bbox="107 729 281 758">Wobble board</p> 	<ul data-bbox="932 729 1570 1154" style="list-style-type: none"> <li>• Hold onto handles prior to stepping onto wobble board</li> <li>• Stand onto wobble board with your feet about hip-width apart</li> <li>• Keep your hips and knees facing forward</li> <li>• Maintain a slight bend in your knees for joint safety</li> <li>• For additional work, seesaw the board forwards and backwards in a smooth movement while you continue to hold onto the safety handles</li> <li>• When exiting the wobble board, continue to hold on and step 1 foot off at a time</li> </ul> <p data-bbox="884 1192 1493 1260"><b>Purpose</b> → lower limb proprioception and balance training, ankle mobility, falls prevention</p>	1	1 minute	Body weight + wobble board

Acknowledgement and thanks to Carla Barletta, FNQ Health & Fitness, Atherton for developing this exercise program.

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