



8 WEEK HEALTH CHALLENGE

CREATE A HEALTHIER YOU

WEEK 2
BUILD A STRONGER BODY

Week 2: **Build a stronger body**

Your Challenge: Perform strengthening exercises 3x/week

What is so important about getting stronger?

- Slows down muscle loss that occurs as we age
- Reduce your risk of injuries
- Support bone strength and health
- Enhance your daily life, being stronger = can do more activities easier (think about carrying all your groceries in from the car or carrying children & grandchildren around)
- Help manage weight and prevent chronic health conditions

HOW? By adding resistance to your body and performing challenging movements that target various muscles around the body.

Resistance can be:

- Your bodyweight
- Resistance bands
- Free weights (dumbbells, barbells & kettlebells)
- Machines (pin loaded and plate loaded)
- Cable suspension



The idea is to reach a level of muscular fatigue where you could do 1-2 more repetitions but then you're too fatigued to continue without a little rest.

To be more effective, move slow and with purpose to ensure you get the most out of every repetition for every exercise.

As you get stronger, you then make the exercise harder by performing more repetitions, more sets or adding more resistance.

This is called **progressive overload**.

Build your own strength training routine:

1. Start with picking 4-5 exercises from our list.
2. Do 10-15 repetitions, that's 1 set.
3. Rest ~60s.
4. Repeat the same exercise for another 10-15 reps, that's 2 sets.
5. Perform 2-4 sets for each exercise.
6. Then move onto the next exercise.



On the next page see links to some exercises for each body area, then you can build your own strength training session.

Important!

Make sure you warm up properly before strength training to prepare your muscles and prevent injuries.

The most simplest and best warm up is the same exercise you are going to do but with reduced, or no weight!

So to warm up for a weighted squat, do some bodyweight squats.

**For example,
A whole body workout:**

- 1 - Floor push ups
- 2 - Bent over row
- 3 - Glute bridge
- 4 - Squat to press
- 5 - Ceiling taps

Upper body exercises:

Floor push ups: <https://youtu.be/LcxvvjnnpNc>

Bench push ups: <https://youtu.be/eW7kC7C30Vo>

Bent over row: <https://youtu.be/78JL3zv2lqU>

Wall sit with wall angels: <https://youtu.be/GIJEbWxV4pA>

Wall angels: <https://youtu.be/JNm0Sz4vyHg>

Tricep dips: https://youtu.be/lu_3MGTQWY8

Core exercises:

Ceiling taps: <https://youtu.be/A6rcKUz-YCI>

Table top ceiling taps: <https://youtu.be/RIVeVh-nku4>

Lateral plank walks: <https://youtu.be/buVWv7Z0tBY>

Side plank: <https://youtu.be/Hnh0xxV9dAY>

Lower body exercises:

Glute bridge: https://youtu.be/rHErh_Q2API

Hamstring bridge: <https://youtu.be/CrXHQckSeD8>

Hamstring slides: <https://youtu.be/iA4bgtnhIP4>

Single leg hamstring bridge: <https://youtu.be/XTOwllY26-Q>

Single leg calf raises: <https://youtu.be/r5dj2MDm-OY>

Squats: <https://youtu.be/iG8eg7lu5wo>

Single leg squats: <https://youtu.be/9d5abgMRQy4>

Squat to press: <https://youtu.be/S1yjqBcvuOY>

Romanian deadlift: https://youtu.be/Kvk7UcnE_z0