Commercial Team Strength exercises

(Perform 10 reps x 3 sets each)

These exercises will help you strengthen the muscles required for your role to keep you strong & healthy and age like fine wine!

1: Squat

Have your legs hip width apart and imagine sitting down into a chair.

2: Banded Bentover Rows

Stand on the center of the band and hold each end of the band in your hands. Start with your arms straight, draw your hands towards your waist, squeezing your shoulder blades and then return to the original position in a slow controlled manner.

3: Diagonal Pull aparts

Pull the band apart at diagonals, hold for 3 seconds before slowly returning to the start. Repeat in the opposite angle.

4: Front Raises

Holding the band, raise your arm up to 90 degrees in front of you in a slow and controlled manner.

5: Wall Push Ups

Place hands at shoulder height. Lower yourself towards the wall by bending your elbows. Push back up and repeat.

GUIDELINES

- Gently ease into each exercise and perform in a smooth controlled fashion.
- For best results, aim to perform these exercises at least 3 times a week.
- Over time, you can increase the resistance of the band or the number of repetitions as you get stronger.

PRECAUTION

- These exercises should not cause any discomfort or exacerbate any current existing symptoms.
- Cease the exercise and consult your onsite physiotherapist or manager if exacerbation occurs.