



### Wall Push-Up

- Begin with your arms straight out in front of you and your hands flat against the wall
- Bend your elbows and slowly lower yourself towards the wall keeping your back straight
- Push against the wall and slowly return to the starting position



### Shoulder Press

- Hold the weights at shoulder height facing away from you
- Slowly lift your arms over your shoulders before slowly lowering back to your starting position



### Body Weight Squat

- Place your hand on a steady object, like a chair or a counter
- Bend your knees slowly and push your hips back while lowering your rear end towards the floor
- Try not to bend at the waist as you bend your knees

## Try these exercises at home to help build strong muscles!

- Try 10 repetitions of each exercise
- When that feels easy, try to do 2 sets of 10 repetitions with at least a minute break in between each set



### Knee Lift with Extension

- Begin with your feet flat on the ground
- While keeping one foot on the ground, lift the other knee up towards your chest
- You can then return back to the starting position and you've completed a knee lift
- If you want to make the exercise more challenging, lift your foot from the ground bringing your knee up and then extend your foot out away from you before returning to the starting position
- Repeat this exercise on the other leg

Use items you can find in your pantry at home for "weights"  
**Soda Cans or Soup Cans**  
 work great!



**The  
 University  
 of Georgia**

Created by  
 Susannah Gordon,  
 Chad Straight &  
 Christie Ward

# Strength Training at Home