

Program
Muscle strengthening
Duration - 12 weeks
Frequency - 1 to 2 times a week



A. Standing, legs flexion

Standing, feet shoulders width, arms extended forwards. Bend your knees, pushing your gluteus backwards. Shoulders, knees and toes must be aligned at flexion. Don't bent too low. Attention - Don't do the exercise if knee pain. Alternative - Do the exercise holding the back of a chair.



		Enter the number of repetitions performed for each series					
		Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Sets	1-2 sets	/	/	/	/	/	/
Reps	to exhaustion						
		Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Tempo	very slow	/	/	/	/	/	/
Rest	90-120 secs						

B. Lunges backward

Back straight, arms along your body, a weight in each hand (optional). Take a step back. Your front leg is bent at a 90° angle and your knee should not go beyond your toes. The knee of your back leg does not touch the floor. Push off your front heel to return to start position. Alternate right and left leg.



		Enter the number of repetitions performed for each series					
		Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Sets	1-2 sets	/	/	/	/	/	/
Reps	to exhaustion						
		Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Tempo	very slow	/	/	/	/	/	/
Rest	90-120 secs						

C. Hip extensions

On your back, legs bent, arms along your body, slightly to the outside. Raise your hips. Your body forms a straight line, shoulders to knees. Don't raise too high to avoid pain due to hyperextension of your back.



		Enter the number of repetitions performed for each series					
		Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Sets	1-2 sets	/	/	/	/	/	/
Reps	to exhaustion						
		Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Tempo	very slow	/	/	/	/	/	/
Rest	90-120 secs						

D. Push Ups (on knees or toes)

On the floor supported by hands and feet, arms are extended, body straight, hands at the width of your shoulders. Bend your arms (elbow towards outside) until your face is at few centimetres of the ground. Return to start position. Attention - To decrease the level of difficulty, it is possible to do the exercise by using your knees as support.



		Enter the number of repetitions performed for each series					
		Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Sets	1-2 sets	/	/	/	/	/	/
Reps	to exhaustion						
		Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Tempo	very slow	/	/	/	/	/	/
Repos	90-120 secs						

E. Pulling, standing position

Feet at the width of your shoulders, knees slightly bent, back straight, and arms stretched out at the height of your shoulders. Hold both extremities of a rubber band solidly fixed to its center. Pull the rubber band towards the back keeping your elbows near your body and bringing your shoulder blades close to one another. Return to start position using control.



You can also do the exercise sitting on the floor, legs stretched, elastic passes under the feet.

		Enter the number of repetitions performed for each series					
		Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Sets	1-2 sets	/	/	/	/	/	/
Reps	to exhaustion						
		Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Tempo	very slow	/	/	/	/	/	/
Repos	90-120 secs						

Explanation

Sets: « 1-2 sets » If this type of exercise is new to you, the first week or weeks, you can start with 1 sets and gradually increase to 2.
 Reps: The number of repetitions "to exhaustion" means: You repeat the exercise until you are no longer able to perform it properly
 Tempo: « very slow » Which means that the speed of execution is very slow
 Rest: 90 to 120 secondes rest after each set.