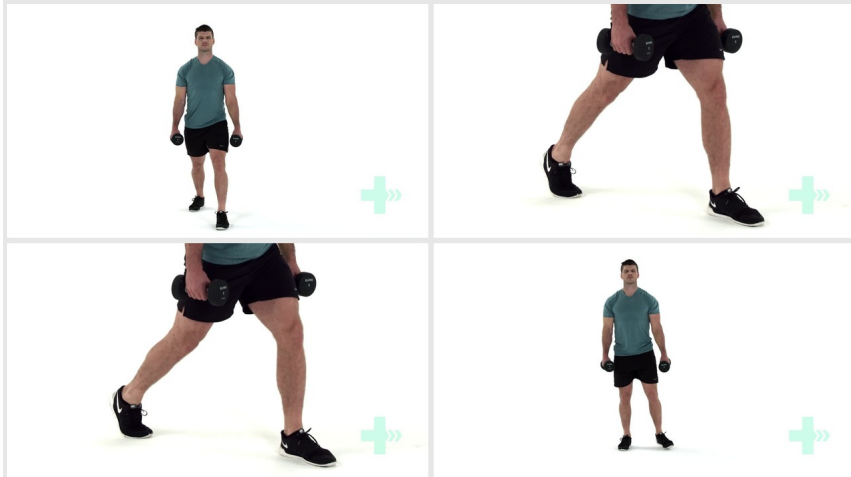


The White House Physiotherapy + BUPA
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1. Split squat - with dumbbells

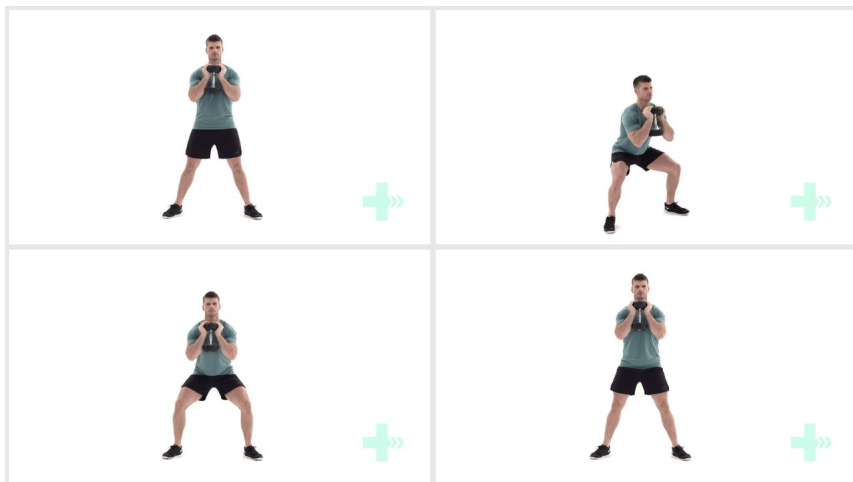
3 Sets / 10 Reps / 6kg weight



Stand with your feet in a staggered stance, holding a dumbbell in each hand at shoulder level. Initiate the movement by flexing at the hips, knees and ankles until your front thigh is parallel to the ground. Your back must remain straight and upright throughout the movement with the head up and your gaze forward. Keep your knee inline with your toe and do not allow your heel to rise off the ground. Stand by pushing through your hip and returning to standing position.

2. Goblet squat - weights

3 Sets / 10 Reps / 10kg weight



Hold on to the dumbbell, keeping it close to your chest.

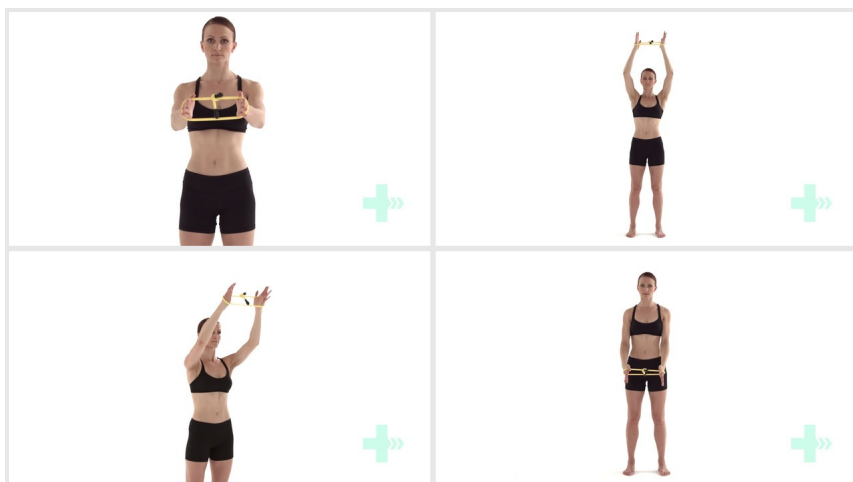
Step your feet wide apart and turn the toes out slightly.

Drop down into a deep squat position, dropping your hips straight down past 90 degrees, keeping your feet on the floor.

Control the movement back to the start position.

3. Bilateral GHjt forward flexion with ER resistance

3 Sets / 10 Reps



Tie a light resistance band in a loop and place it around both hands.

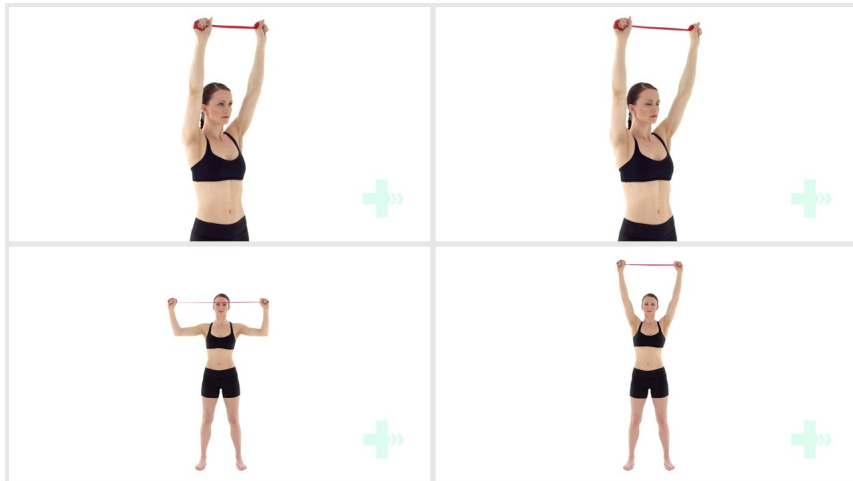
Bend your elbows and hold your hands apart with some tension in the band.

Keeping this distance between your hands, lift your arms forwards and up to towards the ceiling.

Control this movement back down to the start position and repeat.

4. Resisted pull downs in stand

3 Sets / 10 Reps



Stand up straight holding a resistance band in both hands.

Hold your arms above your head shoulder width apart and gather the ends of the band round your hands to create some tension.

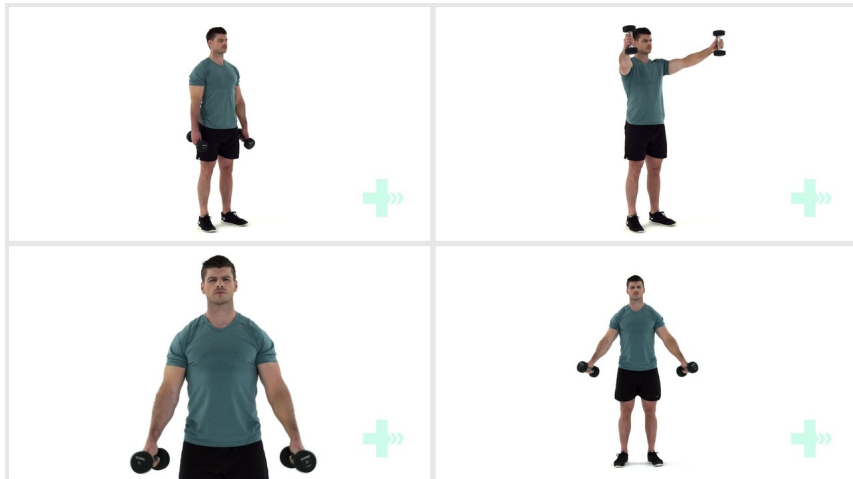
Keeping your shoulder blades relaxed and your neck long, bend your elbows pulling the band down towards the top of your head.

Ensure your elbows move out to the side and your forearms remain vertical.

Control the movement as you raise your arms back up to the ceiling and repeat.

5. Scaption with dumbbell

3 Sets / 10 Reps / 2kg weight



Stand with your feet shoulder-width apart, holding a dumbbell in each hand.

Pull your shoulder blades back and down towards your backside.

Contract your glutes and keep your stomach tight.

Abduct your shoulders 90 degrees and raise the weight out in front of your body then return to the starting position.