

# Let's talk about Muscle Strengthening activity at home

## What is Muscle Strengthening activity?

Muscle strengthening activities use resistance to build muscles. Perform until another repetition is difficult do without help. Gradually increase reps, sets or resistance to keep challenging your muscles.

## Tips for success

- Warm up first: 5-10 min light cardio or dynamic stretches
- Focus on form: proper technique prevents injury and maximises results
- Start small: begin 1-2 sets 8-12 reps per exercise
- Train muscle groups: legs, back, chest, arms and core
- Allow 48 hours rest between sessions for muscle recovery
- Stay consistent: include as part of your daily activity at least 2 days per week
- Use your bodyweight or household items as weights: water bottles, back packs filled with books
- Use space around your house: walls, bench, beds or steps

## Examples of Muscle Strengthening activity at home



Squats - works legs & glutes



Lunges - works legs and core



Pushups - works chest, shoulders and arms



Glute bridges - works hips and lower back