

Easy & Effective Exercises For Teens & Adults

1

Push Ups

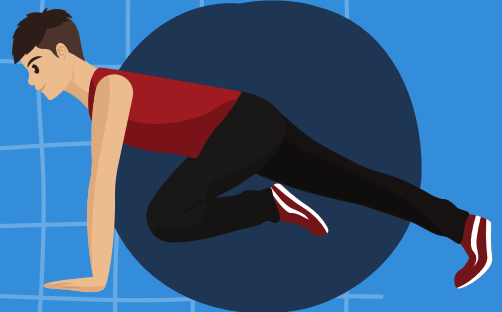
Great for building strength in the chest, shoulders, and triceps. Start with 3 sets of 8 repetitions, adding another rep to each set when comfortable.



2

Mountain Climbers

Good for strengthening the core and hip flexors. Start with 3 sets of 20 repetitions and build from there.



3

Lunges / split squats

Great as a general lower body exercise with an added balance component. Start with 3 sets of 8 repetitions on each side.



4

Squats

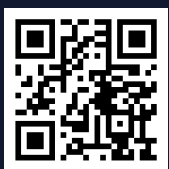
Another essential lower body strengthening exercise, with greater emphasis on the thighs and gluteals. Begin with 3 sets of 10 repetitions, try adding some weight to increase the challenge.



5

Walking / running

A daily walk or run is a good cardiovascular exercise, and will help you reach your daily movement goals (whether it's 10,000 steps or 30 mins of moderate intensity exercise each day).



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