

# 7 Exercises, 15 Minutes!

Try our easy strength-building programme twice a week ... you'll soon notice a difference.

Do 12 repetitions of each exercise. Face forward and keep your back straight. Tighten your tummy muscles or 'abs' as you start each exercise. Keep movements smooth. After a few weeks you may want to do the programme more often, or complete more 'sets' of the exercises. I've used an exercise cord with handles, but the inexpensive stretchy bands work just as well.



**1 DEAD LIFT**  
Breathe in; exhale while standing upright. Keep arms straight. Strengthens the thigh, back, ab and shoulder muscles, used when transferring from low to higher or upright positions.



**4 HORIZONTAL EXTENSIONS**  
Keep arms slightly bent. Breathe in, straightening arms out to sides. Keep arms straight, breathing out while returning to original position. Strengthens upper back muscles, rear shoulders and abs: muscles used when pulling weight or objects towards you.



**2 BENT ROWS**  
Breathe in, and smoothly pull arms to bent elbow position. Exhale while returning to starting position. Strengthens the back, bicep, shoulder and ab muscles, used when pulling weight towards you.



**5 LATERAL RAISES**  
Breathe in as you raise cord to shoulder height, keeping arm slightly bent at elbow. Breathe out while returning to starting position. Strengthens the outer shoulder, neck and ab muscles, all used for upward lifting movements.

*Swap arms for exercises 5, 6 and 7... use your weaker side first.*



**3 BICEP CURLS**  
Breathe in as you pull arms up to bent elbow position. Breathe out while returning to starting position. Strengthens biceps and abs, the muscles used for all lifting and transferring.



**6 FRONT RAISES**  
Breathe in while pulling cord or band to head level. Keep arms slightly bent. Exhale while returning to starting position. Strengthens front shoulders, abs, and forearms: muscles used to transfer weight from lower to higher positions.



## 7 ONE ARMED CHEST PRESS

Exhale while pushing cord until your arm is straight. Breathe in while returning to starting position. Strengthens the chest, front shoulder, ab and tricep muscles, used for pushing and rolling movements.