Resistance Training

SANFORD HEALTH

Welcome to resistance training. Your team may change some information in this book to meet your needs. If you have questions, please ask a member of your healthcare team to get your questions answered.

What Is Resistance Training?

Resistance training strengthens your muscles by making them work against resistance. This type of exercise may help you return to the activities you enjoy. Examples of resistance training includes the use of:

- Free weights
- Weight-lifting machines
- Resistance bands

Your team will work with you on how to correctly perform the exercise and what you will need to complete these at home.

Tips for Starting Your Training

Here are some helpful tips when starting a training program.

- Warm up with light weights or with a type of aerobic exercise. Aerobic exercise is an activity that makes your heart and lungs work harder than they do when you are at rest or walk normally. This can improve the way your heart and other muscles use oxygen. Examples include:
  - Brisk walking
  - Swimming
  - Running
  - Cycling
- You will be told by your therapy team:
  - If you will use weights and how much.
  - How many times you will do the exercise at each weight.
  - How many rounds you will do the entire series.
    - For example: Overhead press 5-pound weight, 10 times, 2 rounds. You will take your 5-pound weight to do 10 overhead presses, rest, then do 10 more presses to complete your 2 rounds.
- Stop when you feel like you can only do the exercise 3 or 4 more times.
- Keep your breathing normal during the exercise. Do not:
  - Hold your breath
  - Strain to complete the exercise
- You will be sore. You will be using muscles you may not have used in a while. This is normal. Pain that causes you to not do simple tasks around your home or lasts longer than 48 hours talk to your healthcare team immediately.
- If you ever have chest pain, stop, and get help now.

What You Will See When You Are Getting Stronger

It may take time for you to notice a change. You will notice these changes first:

- Increase how many times you can do the exercise without getting tired. When you first start the program, you may only be able to do a few reps.
- Progress to use heavier weights.

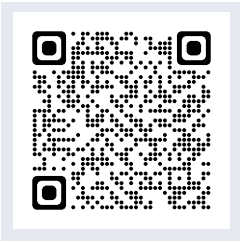
How To Use This Guide

Your therapist will create an individualized training program for you with the exercises provided in this guide. Your team may make notes on the exercises to help you. Use a pencil so you can erase and change the numbers. You will be shown how to use the free weights, weight machine, or resistance bands. This guide has instructions and videos that show proper movement technique as taught by your therapist to prevent injuries and help you reach your goals.

The Exercises

There are videos you can watch of the exercises below.

To view the videos, scan the QR code following the steps below:



1. You will need a smart device able to connect to the internet.
2. Open your camera app.
3. Hold the camera up to the QR code like you are taking a picture.
4. The camera will scan the code. Do not take a picture, it will scan by itself.
5. A link will appear on your phone.
6. Click on the link to watch the video.

Or type the URL: vimeo.com/showcase/9820362

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Chair Squats

Start by sitting in a chair with no wheels. Hold your weight close to your chest. Place your feet slightly wider than your hips. Hinge (bend) at the hips and push your legs down into the floor to stand up, keeping your chest high and looking forward. Stand tall. Hinge (bend) at the hips and push your buttocks to the back of the chair. Control your downward movement by slowly bending your knees into a sitting position. Keep your knees at hip width and your back straight. Sit in the chair, pause keeping your center of gravity towards your feet.

Weight: _____ Times: _____ Rounds: _____

Overhead Press

Stand or sit in a position that is comfortable for you. Hold a weight in each hand at shoulder height. Push the weight towards the ceiling with both arms. If you have limited shoulder movement, you can push the weight one arm at time. Keep the weight in-line with your body vertically. Control your downward movement by slowly lowing your arms back to shoulder height.

Weight: _____ Times: _____ Rounds: _____

Hamstring Curls

Start with both feet on the floor. Use the back of a chair, table, or counter to control your balance. Take one leg and bring your heel to your buttocks while keeping your knee pointed at the ground. Control your downward movement slowly by lowering your foot back to the floor. Complete the repetitions on one leg before moving on to your other leg. Attach ankle weights for more resistance as needed.

Weight: _____ Times: _____ Rounds: _____

Bent-Over Row

This exercise is like pull-starting a lawnmower. Place a weight in one hand. With your other hand hold onto a chair to help you balance. Bend at your hip until your back is flat. Let the arm with the weight hang. Pull the weight toward top of your hip, pause. Control the downward movement slowly by lowering the weight back down to the starting position. Complete the repetitions on one arm before switching to your other arm.

Weight: _____ Times: _____ Rounds: _____

Knee Extension

Sit in a chair. Moving only at the knee, straighten your leg by bringing your foot up. Control the downward movement slowly by bring your leg back to the starting position. Complete the repetitions on one leg before moving on to the next. You can alternate each leg and attach ankle weights for more resistance as needed.

Weight: _____ Times: _____ Rounds: _____

Upright Row

Place the weights in each hand, palms facing you and hold them in front of your hips. While keeping the weights close to the body, bring both hands straight up in front of your chest toward the chin. Your elbows will be high. Bring the weight down in the same path to the starting position.

Weight: _____ Times: _____ Rounds: _____

Calf Raise

Start by sitting in a chair with no wheels. Hold your weight close to your chest. Place your feet slightly wider than your hips. Hinge (bend) at the hips and push your legs down into the floor to stand up, keeping your chest high and looking forward. Stand tall. Hinge (bend) at the hips and push your buttocks to the back of the chair. Control your downward movement by slowly bending your knees into a sitting position. Keep your knees at hip width and your back straight. Sit in the chair, pause keeping your center of gravity towards your feet.

Weight: _____ Times: _____ Rounds: _____

Bicep Curl

Stand in a position that is comfortable. Hold a weight in each hand. Keeping your arm at your side, bend at the elbow to raise the weight up to your shoulder height. Do not swing your arm to bring the weight up. Bring the weight down the same path you brought them up in a controlled downward movement to the starting position.

Weight: _____ Times: _____ Rounds: _____

Romanian Deadlift (RDL)

With weights in each hand, stand with your legs slightly bent. Keep your back flat and your hands in front of your legs at all times. Bend at your hip pushing your buttocks towards the back of the wall. Keeping your chest up, slowly lower your arms touching the front of your legs toward your knees until you feel a slight stretch in the back of your legs. Do not increase the bend of your knee during the downward motion. The bend should be in the hip joint and not your knees. In a controlled upward movement bring the weights up the same path until you are at the starting position.

Weight: _____ Times: _____ Rounds: _____

Wall or Counter-Assisted Pushup

Use the wall, a counter, or table to assist with the pushup. Place your hands comfortably shoulder width or wider apart. While keeping your flat back, in a controlled manner slowly bend your elbow to lower yourself closer to your hands. Press yourself back into the starting position. As you improve you may need to use a lower height counter or table to increase the difficulty of the exercise. This exercise can also be done on the floor.

Weight: _____ Times: _____ Rounds: _____

Dumbbell Floor Press

Place a weight in each hand. Lay with your back on the ground with your knees bent and feet flat on the ground near your buttocks. In the starting position your upper arms will be flat on the ground. Your elbows will be bent, and your hands will be pointed towards the ceiling. Keep your elbows close to your body, press your arms up toward the ceiling by straightening the elbows. Bring the weight down the same path you brought them up in a control downward movement to the starting position.

Weight: _____ Times: _____ Rounds: _____

Chair Dip

Start seated in a chair with no wheels. Place your hands on the sides or arm rests. Use your arms to push yourself up into a partial standing position. You can use your legs to help. Your hands should remain in contact with the chair the entire movement. Follow the same path in a controlled downward movement to the starting position.

Weight: _____ Times: _____ Rounds: _____

Glute Bridge

Lay with your back on the ground with your knees bent. Your feet will be near your buttocks. This exercise is like you are pushing the ground with your feet while flexing your glute muscles. Raise your hips until your head, hips and knees are in a straight line. Pause at the top. Follow the same path in a controlled downward movement to the starting position.

Weight: _____ Times: _____ Rounds: _____

Shoulder Shrug

Place a weight in each hand. Your arms will be by your side, palms facing your legs. Keep your arms straight and slowly raise your shoulders up to your ears. Pause for 3 seconds at the top, then slowly lower your shoulders back to the starting position.

Weight: _____ Times: _____ Rounds: _____

Notes

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Always follow your health care provider's instructions.

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