

# mobile exercises

\* 4 Shoulder Exercises

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**BARNET**  
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# shoulder exercises

**Straight back posture with lower back naturally arched. Keep the core stiff. Feet must be flat on the floor.**

- 1. Shoulder Front Raises**
- 2. Shoulder Press**
- 3. Shoulder Reverse Flyes**
- 4. Shoulder Lateral Raise**

# shoulder exercises

**Straight back posture with lower back naturally arched. Keep the core stiff. Feet must be flat on the floor.**



## 1. Shoulder Front Raises

The front raise is a great exercise for developing the deltoids; performed by extending the arm in front of the body with the elbow extended. Primarily working the front of the shoulders, this exercise in turn also works the chest.

1. Take a dumbbell\* in each hand, ensuring palms are facing backwards
2. Stand with feet shoulder width apart
3. Start with the dumbbells\* resting on your thighs
4. Keeping the arms straight, raise the dumbbells to shoulder height
5. Once at shoulder height pause briefly
6. Using a controlled motion, lower the arms back to the start position to complete one rep.

**Start with 3 sets of 6. Intensity can be increased with heavier weights, more reps or more sets.**

\*Note: this can be done without dumbbells. Try a can of beans or with no weight.

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## 2. Shoulder Press

**This exercise works the deltoids and triceps and can be performed standing or sitting. If standing, follow the instructions from 2 onwards, and make sure that you are stood with feet shoulder width apart.**

1. Ensure you are seated comfortably with correct posture (can be supported with use of a bench) and balance the dumbbells on your thighs
2. Raise the dumbbells to shoulder height, and make sure your palms are facing forwards, by rotating your wrists
3. This is your starting position
4. Exhale. Keep your arms straight and raise them above your head until the dumbbells meet at the top. Pause briefly
5. Inhale and lower them back down to the start position slowly and with control
6. This is one repetition.

**Repeat for 3 sets of 6. Once you are comfortable, increase intensity with more weight or more repetitions.**

# shoulder exercises

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## 3. Shoulder Reverse Flies

The reverse fly is a shoulder exercise that trains the posterior deltoid and upper back. When this exercise is done correctly it helps maintain posture by maintaining the positioning in the shoulder girdle.

1. Start the exercise by holding two dumbbells in a neutral position (palms facing one another) ensuring you are standing with feet shoulder width apart
2. Bend slightly at the knees, bringing your torso forward by bending at the waist. Keep your head upwards and eyes facing forward
3. Elbow position should be slightly bent and the dumbbells should be directly under your chest, not touching
4. This is the starting position
5. Exhale and move only the shoulders, raise your arms in an outward motion until your arms are parallel to the floor
6. Keeping the elbows bent, squeeze your shoulder blades together
7. Slowly lower the dumbbells back to the starting position
8. This is one repetition.

**Start with 3 sets of 6 repetitions, then increase the difficulty by adding more weight or repetitions.**

# shoulder exercises

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## 4. Shoulder Lateral Raise

**This is a shoulder exercise that targets the deltoids.**

1. Stand straight with feet shoulder width apart holding the dumbbells by your side, with palms facing your body
2. Keeping the dumbbells slightly away from your body keeps the tension throughout the body
3. This is your starting position
4. Slowly with control raise the dumbbells up to shoulder height
5. Do not let your wrists go above your elbows while raising the weight, as this will put strain through your wrists rather than the desired muscle groups (deltoids)
6. Pause at the top of the movement
7. Slowly and with control lower the weight back to the starting position
8. This is one repetition. Do not let the dumbbells touch your body, resume the next rep from here.

**Start with 3 sets of 6 repetitions. Once you are comfortable, increase intensity by adding more weight or increasing the number of repetitions.**

# back exercises

**Straight back posture with lower back naturally arched. Keep the core stiff. Feet must be flat on the floor.**

**1. Bent Over Rows**

**2. Lower Back 'Deadlifts'**

**3. Floor Lower Back  
Extension**

# back exercises

Straight back posture with lower back naturally arched. Keep the core stiff. Feet must be flat on the floor.



## 1. Bent Over Rows

The bent over row is considered one of the best exercises for building muscle in the back and shoulders.

1. Stand with legs at shoulder width apart with a dumbbell in each hand, palms facing the body
2. Bend over to approximately 45 degrees keeping your back straight
3. The dumbbells should be kept at about shoulder width apart
4. This is your start position
5. Inhale in the start position, take a deep breath and pull in your tummy muscles
6. Keeping the back straight exhale and lift the weights upwards with control
7. Keep the arms parallel with the shoulders, going no higher
8. Inhale lowering the dumbbells. This is one rep.

**Increase intensity by adding more weight or increasing number of repetitions.**



# back exercises

Straight back posture with lower back naturally arched. Keep the core stiff. Feet must be flat on the floor.



## 2. Lower Back 'Deadlifts'

As the name suggests, this exercise works your lower back muscles.

1. To start, stand with your feet shoulder width apart and position the dumbbells on the floor so that they are on either side of your feet
2. Reach down and take the dumbbells in a neutral grip (palms facing the body)
3. Make sure your eyes are looking ahead, your body will follow your head so it is important you keep this position
4. Be sure to keep a straight back and never allow it to round
5. This is the start position
6. Focus on standing up with the dumbbells, ensuring you do not pull them from the floor, but lead with your head as you rise
7. Drive with your heels and lead with your head as you explode upwards
8. Once the dumbbells are at knee height, thrust your hips forward and contract your back by bringing your shoulder blades back
9. Pause here for a moment and then reverse the movement by bending at the knees while slowly lowering the weight with control
10. This is one repetition.

Start with 3 sets of 6 repetitions and progress by increasing weight or number of repetitions.

# back exercises

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## 3. Floor Lower Back Extension

These train the muscles of your posterior chain - the glutes, hamstrings and lower back.

1. Start by laying on your front with your legs extended, and ankles slightly apart
2. Clasp your fingers around the back of your head, with your elbows just above ear height. Your forehead should be lightly touching the mat
3. This is your start position
4. Inhale, ensure that all back muscles and your bottom is engaged (tensed), pull your shoulder blades together and lift your forehead and chest off the mat
5. Keep your head up and eyes forward
6. Hold at the top of the extension for two seconds
7. Inhale while lowering back to the ground. This is one repetition.

Start with 3 sets of 10 repetitions, and progress by increasing the number in each set.

# hip and leg exercises

**Straight back posture with lower back naturally arched. Keep the core stiff. Feet must be flat on the floor.**

- 1. High Knee Raises**
- 2. Hip Abductor and Adductor Exercise**
- 3. Partial Squats**
- 4. Side Lunges**
- 5. Front Kicks**

# hip and leg exercises

**Straight back posture with lower back naturally arched. Keep the core stiff. Feet must be flat on the floor.**



## 1. High Knee Raises

**These work the lower back and abdominal muscles, your quads and the hip flexors.**

1. To start, stand with feet shoulder width apart, keep your back straight and your shoulders back and your core engaged (tensed)
2. Your arms should be relaxed by your side
3. This is the start position. Inhale
4. Exhale and lift your right knee upwards until it is at right angles, pause at the top of this movement
5. Inhale lowering the leg back to the start position
6. Repeat action on the left leg
7. Bring your arms into play by using opposite the arm to leg as if you were running (optional).

**Start with 3 sets of 10 repetitions on each side, this can be progressed with more repetitions or by holding a set of dumbbells.**

# hip and leg exercises

**Straight back posture with lower back naturally arched. Keep the core stiff. Feet must be flat on the floor.**



## 2. Hip Abductor and Adductor Exercise

**These exercises tone your legs and strengthen your hip stabilizers.**

1. To start, stand with feet shoulder width apart, keep your back straight and your shoulders back and your core engaged (tensed)
2. Have a chair by your side and hold on to it to steady yourself
3. This is the start position. Inhale
4. Exhale and lift your right knee upwards until it is at right angles, then move the knee out the way as far as is comfortable keeping the knee level. Pause
5. Inhale and bring the knee back to neutral and lower the leg back to the start position
6. Repeat action on the left leg.

**Start with 3 sets of 10 repetitions on each side, this can be progressed with more repetitions or by removing the chair so that you are freestanding.**

# hip and leg exercises

**Straight back posture with lower back naturally arched. Keep the core stiff. Feet must be flat on the floor.**



## 3. Partial Squats

**This exercise works the hamstrings and glutes.**

1. Start by standing with feet shoulder width apart with your arms by your side, and your knees soft (not straight, but not at a bend either)
2. Keep your knees facing forward in a neutral position, keep your head up and your eyes forward
3. This is your start position. Inhale here
4. Exhale and bend your knees, pushing your bottom backwards and keeping your knees neutral
5. Do not bend to 90 degrees but stop somewhere that is comfortable between neutral and 90 degrees. If you start to lose form, your knees face inward or your heels come off the ground, you have "squatted" too far
6. Pause, inhale and stand slowly returning to the start position. This is one repetition.

**Start with 3 sets of 6 repetitions, increase intensity by full squatting or by including weights.**

# hip and leg exercises

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## 4. Side Lunges

**This exercise targets the glutes, quadriceps and abductor muscles.**

1. Start by standing with feet shoulder width apart, knees neutral, head up and eyes forward
2. Engage (tense) your tummy muscles
3. Keeping your head facing slightly upwards, shift your weight onto your heels
4. This is your start position. Inhale here
5. Slowly step to the side while stretching your groin muscle
6. Once the stepping foot is planted, the upper body and the side knee should not move
7. Keep the upper body vertical, lower your lower body straight down until your straight knee comes close to the ground
8. Hold the tension in the side leg and pause at this point
9. Exhale and raise your body straight up and return to starting position
10. Repeat on opposite leg.

**Start with 3 x 10 repetitions on each leg. This exercise can be progressed by doing more repetitions.**

# hip and leg exercises

**Straight back posture with lower back naturally arched. Keep the core stiff. Feet must be flat on the floor.**

## 5. Front Kicks

**These target the hips and abdominals.**

1. Start by standing with feet shoulder width apart
2. Keep your hands up at face level with a loose fist
3. This is your start position
4. Bring one leg up in front of you until it is parallel with the floor
5. Lower it back down
6. Repeat on other leg
7. This can be done at speed with a bounce by coming on to the balls of your feet, creating momentum with small bounces and kicking the leg in the air (this is high intensity and should be worked towards).

**Start with 3 sets of 6 repetitions on each leg, then progress to sets of 8 repetitions when ready.**





# arm exercises

**Straight back posture with lower back naturally arched. Keep the core stiff. Feet must be flat on the floor.**

- 1. Bicep Curls**
- 2. Bicep Hammer**
- 3. Tricep Overhead Extension**

# arm exercises

Straight back posture with lower back naturally arched. Keep the core stiff. Feet must be flat on the floor.



## 1. Bicep Curls

This exercise work your biceps.

1. Start by holding a pair of dumbbells by your side rotating arms so that palms are facing forward
2. Keep feet shoulder width apart and knees soft (not straight, but not quite at a bend either)
3. This is your start position. Inhale here
4. Exhale bending the arms so that the dumbbells end up at shoulder height. Ensure the upper body stays still and you are not using momentum to move the dumbbells
5. Lower back to the start position in a controlled manner. This is one repetition.

**Start with 3 sets of 5 repetitions.**  
Progress by increasing the number of reps or weight.

# arm exercises

Straight back posture with lower back naturally arched. Keep the core stiff. Feet must be flat on the floor.



## 2. Bicep Hammer

These exercises train your biceps and lower arm.

1. Start by holding a pair of dumbbells by your side rotating arms so that palms are facing each other
2. Keep feet shoulder width apart and knees soft (not straight, but not quite at a bend either)
3. This is your start position. Inhale here
4. Exhale bending the arms so that the dumbbells end up at shoulder height. Ensure the upper body stays still and you're not using momentum to move the dumbbells
5. Lower back to the start position in a controlled manner. This is one repetition.

Start with 3 sets of 5 repetitions. Progress this exercise by increasing the number of reps or weight used.

# arm exercises

Straight back posture with lower back naturally arched. Keep the core stiff. Feet must be flat on the floor.



## 3. Tricep Overhead Extension

This exercise works your triceps, shoulders, chest, lats and forearms.

1. Start by standing with feet shoulder width apart. Take a dumbbell in one hand and extend the arm above your head, ensuring that your palms are facing forward
2. The other arm can either be reaching behind your back as if it's trying to reach up to your head, or you can use it as support by holding on to the other arm just below the elbow
3. This is your start position. Bend at the elbow and lower the dumbbell behind the head in a controlled manner
4. Pause at the bottom of this movement and straighten the arm again back to the start position. This is one repetition. Complete one set on each arm before changing to the other.

Start with 3 sets of 6 repetitions and progress by increasing repetitions or weight.



**Resting period times:**

**8 to 12 repetitions:** rest for **1 – 2 minutes.**

**13 repetitions or more:** rest for **one minute.**

Ensure you warm up properly before performing any of the suggested exercises.

**When performing exercises please ensure that the arm and leg joints have a soft bend in them and never 'locked' in a straight position.**