

# HUR Gym – home-based alternative exercises

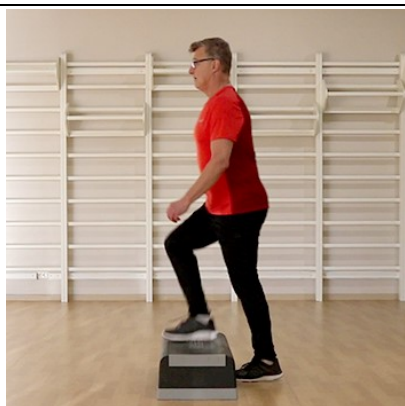


We have been contacted by clients for advice regarding possible home-based exercises to perform while not being able to go to the gym. While the benefits of the progressive resistance provided by HUR equipment cannot be replaced, it is still important to keep active with home-based exercises to maintain most of the strength gains you have made.

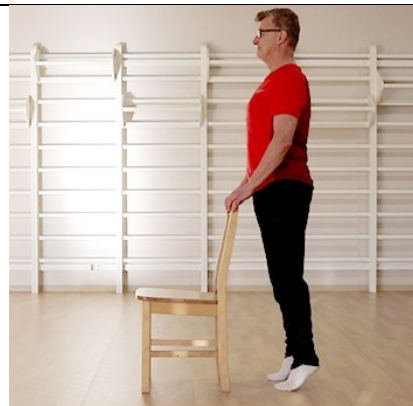


In this document you will find some ideas on exercises you can do instead of using your HUR gym equipment. You will also find a section containing balance exercises and stretches that you can do at home. When exercising at home, remember that the same safety precautions apply as at the gym – listen to your body, remember to breathe, do not rush your exercises. If you are unsure about doing any of these exercises, consult an accredited health professional. Aim to do 2 sets of 10 repetitions of each exercise.

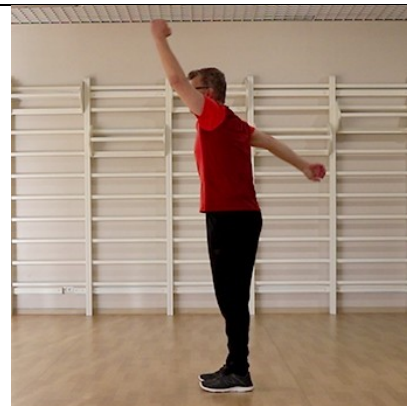
## Warm up exercises



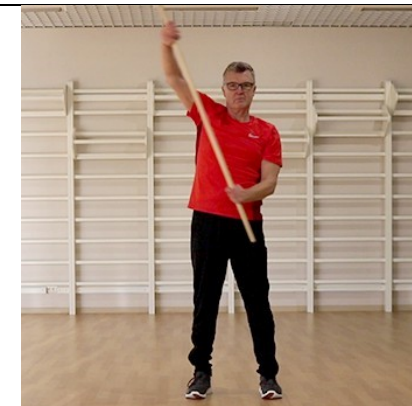
March on the spot. You can alter your steps by sometimes lifting your knees higher, sometimes taking lower but fast steps or use a stepping board. Stand upright in front of a stepping board (or any stable, flat object). Step up on the board on leg at a time and straighten your body while stepping up.




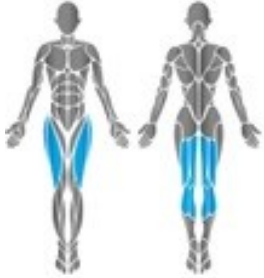



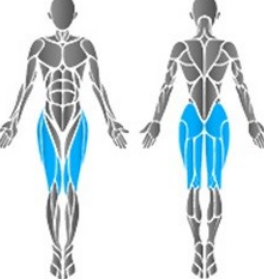

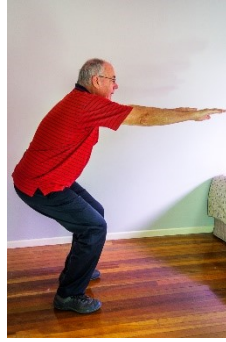

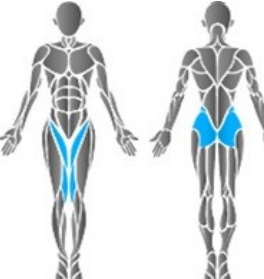
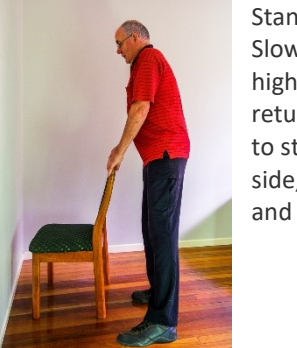

Heel raises are great for warming up, strengthening your calves and training balance. Hold on to a chair (or a table) and slowly raise to your toes, and lower back slowly.



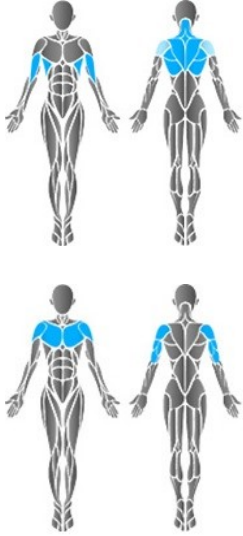


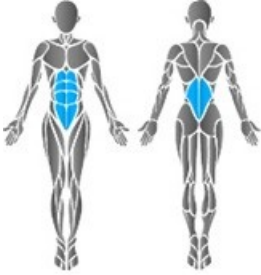




Stand upright with your feet shoulder-width apart. Swing your arms alternating back and forth in a relaxed manner. Bend your knees along the movement.



Sit or stand upright. Take at least a shoulder width grip on the physical activity stick (or a simple broom stick) and start to "paddle" in the air. Paddle from side to side and use a big movement.

Equipment	Muscle groups	Alternatives		
 <p><b>Leg Extension/Curl</b></p>			<p>Sit stable on a chair with your back straight. If necessary, support yourself with your hands. Place potential weight or exercise band on your ankle. Extend your leg horizontal and return controlled into the starting position. Keep your other leg on the floor.</p> <p>Train both sides.</p>	 <p>Stand behind your chair (or table). Slowly lift up your heel, as high as you feel comfortable, then return back to the ground.</p> <p>Do the movement slowly.</p>
 <p><b>Leg Press</b></p>			<p><b>Sit to stand</b> Sit on a chair with your back straight. Lean forward and stand up. Sit back down in a controlled way.</p>	 <p>Stand with your feet hip-width apart, you can take support from a chair or a table. Squat down by shifting your hips back and down and keep your back in an upright, straight position. Make sure your knees and toes point straight ahead.</p>
 <p><b>Adduction/Abduction</b></p>			<p>Stand behind your chair (or table). Slowly lift up your leg to the side, as high as you feel comfortable, then return back to the ground. Remember to stand straight, do not lean to the side, try to activate your abdominals and buttocks.</p>	 <p>Sit stable on a chair with your back straight, feet hip width apart on the floor. Place a wide pillow between your legs. Squeeze the pillow for 10 seconds, then relax. Remember to breathe normally while activating your muscles.</p>

Equipment	Muscle groups	Alternatives
  <p data-bbox="138 683 349 751"><b>Chest Press</b> <b>Optimal Rhomb</b></p>		 <p data-bbox="1339 217 2056 440">Stand approximately one step away from the wall, facing the wall. Place your palms on the wall at shoulder level or slightly below. Lower yourself toward the wall by bending your elbows. Keep your body straight.</p>
 <p data-bbox="107 1086 304 1118"><b>Abdomen/Back</b></p>		 <p data-bbox="1352 759 1568 1002">Place yourself on all fours. Make sure your arms are under your shoulders and knees under your hips.</p> <p data-bbox="882 1010 1541 1150">Extend your legs horizontally one at a time. Add more challenge by extending horizontally your opposite hand at the same time with the leg. Keep your gaze pointing down so that neck maintains a good position</p>  <p data-bbox="1921 767 2181 1086">Lay on your back on the floor, knees bent and hands next to the body. Contract your buttock muscles, push through your feet and raise your hips toward the ceiling.</p> <p data-bbox="1599 1098 1957 1129">Do not overextend your back.</p>

## Balance exercises



**Tandem stand:**  
Place your feet one in front of the other, heel to toe and in line. Hold for 20 seconds.

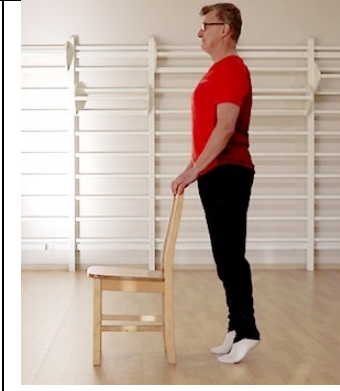
**Tandem walk:**  
Imagine that there is a straight line drawn on the floor that you have to walk along. Try walking both forward and backward.

Keep your head up, looking forward when doing these exercises. Use a chair or bench for support, if needed.



Stand upright with your feet shoulder-width apart. If needed, use support to maintain your balance. Look straight forward and lift your other leg into the air. Hold your supportive leg slightly bent.

Try to maintain your balance on one leg for 15 seconds and extend the time as your balance improves.



Stand up on your toes and press your heels back down.

Support yourself if needed to keep your balance.

## Stretches



Lift your other arm up towards the ceiling and stretch your side by bending your hand and upper body to the opposite side.

Stretch for 20 seconds and switch sides.

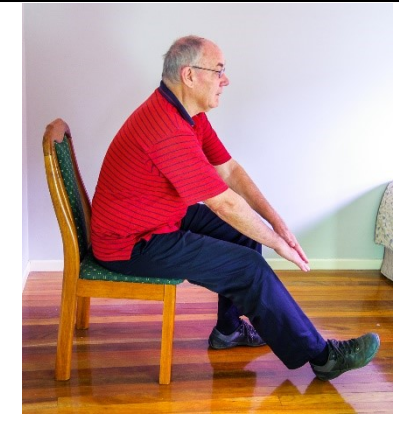


Stand upright with your feet shoulder-width apart. Grasp your other ankle behind your back and pull your heel towards your buttocks. Try to keep your knee pointing towards the floor. Hold your supportive knee slightly bent.

Stretch for 20 seconds and switch sides.



Hold your hands together in front of you with fingers interlaced. Round your shoulders and back. Feel the stretch in your upper back. Then, unlock your fingers and with your thumbs pointing to the ceiling open your arms wide, squeezing your shoulder blades together to open up your chest.



Sit on the edge of a chair with your back straight. Put one leg forward with knee straight and ankle bent. Bend forward as far as possible, keeping your back straight. Do not over-extend your knee. Feel the stretch in the back of your leg.

Stretch for 20 seconds for both legs.