

The “golden rules”

“For general fitness purposes lower body Programmes can be completed near daily, however if you are using relatively heavy weights then the routine should be completed twice per week”

“Make sure that you use proper exercise technique”

“If you are not using a fitness centre or weights at home, then improvise so that the exercise steadily becomes more difficult eg use elastic bands, ankle weights, self resistance, partner resistance etc”

“You can vary your programme slightly from day to day so that it is more interesting”

“Except by surgery, you cannot spot reduce fat. The best way to see your muscles is to loose the fat overlying them”

“Ask your Physiotherapist for advice on core strengthening”

Technique

There is no absolute right or wrong way. The important point is that you use smooth controlled motion at all times, don't jerk or bounce.

Frequency

Each exercise is completed 5-25 times for 1-5 sets. How many repetitions and sets you do will depend entirely on your fitness, discomfort and strength. Get into a regular routine so that you do the exercises. If you already have a daily exercise routine eg dancing, swimming, cycling, exercycle, walking, running, etc, then add the exercises in this pamphlet to your routine. Otherwise do the exercises at a set time eg first thing in the morning. If you are going to be using some form of resistance eg weights, to make the exercises more difficult, you should first seek advice from your physiotherapist. Summary - create a circuit with the exercises, completing it between 1-5 times.

Anatomy

The trunk comprises of the lower back, abdominal, hip and upper leg muscles. Strengthening all of these areas will give you what is known as “core stability”.

Hip/Abdominal muscles.

Lower back, hip and abdominal muscles are closely related. A problem with one, can cause a problem with the other. Unless you know a lot about training programmes it is not possible to self diagnose weakness and organise your own routine. You need professional advice. For an exercise programme to produce results you have to strictly follow it. Strong hip and abdominal muscles will provide necessary support to your back.

Discussion

There are numerous resources (eg books, internet) available which provide an inexhaustible source of information. There are many different points of view with regard to repetitions and the velocity for each movement. The guideline is “keep it slow, perfect the technique”. Each repetition should take at least 3 seconds.

Photographs and content prepared by Kapiti Coast Physiotherapy Limited

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Trunk and Leg Muscle Training

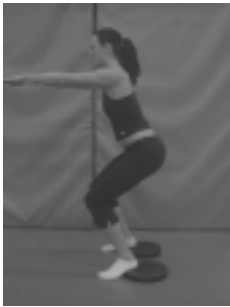
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Trunk and Leg Exercises

"If you want to have toned muscles...exercise them"!



1/4 Squat

Stand with your feet shoulder width apart. Squat down to a level where your knees are at 90 degrees flexion. If your heels cannot remain in total contact with the floor throughout the movement then your

should place your heels on a board or weight plates while completing the squatting exercises.

1/2 Squat

Stand with your feet shoulder width apart. Squat down to a level where your thighs are parallel to the ground. This movement can be completed with weight on your shoulders, or can be completed while holding onto a support eg door jam, so that you can achieve the correct depth.



Lunge

Start in standing with the feet together. Progress until you are low enough that both knees are flexed to



Straight Leg Raise

Lie flat on your back. Keep the leg straight and the toes flexed toward the knee. Lift the left upward, aiming for 90 degrees. You can alternate between sides or complete all of your repetitions on one side at a time.

Side Lying Leg Raise

Lie on your side. Make sure that your pelvis is at right angles to the floor - you could lean slightly forward. Keep your leg straight as you raise it as high as you can.



Prone Leg Raise

Lie flat, face down. Keep your leg as straight while you lift it as high as possible. You can lift both legs together.

Four Point Kneeling Superman

Start in the kneeling position. You can complete alternate arm and leg raises as illustrated. You could do "doggy lifts" or alternate leg lifts. These variations can be completed while lying face down.



Alternate Arm and Leg Raises.

Lie flat, face down. Keep your leg and arm as straight while you lift it as high as possible.

Bridging

Lie flat on your back with your knees flexed to 90 degrees. Lift your pelvis off of the floor as far as you can, holding elevated for 1-2 seconds. You can try putting one foot on top of the opposite knee or elevate one leg so that it is at right angles to the floor.



Additional Exercises

You will need guidance with these exercises:

1. Cardiovascular Exercise eg rowing, walking, biking, stair climber, ski machine, etc
2. Body Balance
3. Abdominal Programme: see pamphlet
4. Hip Flexor (Captains Chair)
5. Swiss Ball Exercise Routine
6. Supine Trunk Lifts (Reverse Crunch)
7. Hovers (Plank)
8. Dumbbell Side Bends
9. Barbell Swing
10. Medicine Ball Sit Ups
11. Oblique Crunches
12. Hanging Leg Raises

Note : some sporting activities produce strong trunk musculature eg grappling sports, gymnastics, surfing, etc.

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