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**Specialist Clinic. Internal Medicine. Infectious Diseases. Hepatitis B & C. Chronic Pain.
Lifestyle Medicine Clinic. Stress Reduction Clinic**

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Bodyweight Exercises (no equipment needed)

Below are a few bodyweight exercises you can incorporate into your exercise routine that require no equipment. Be sure to take it at your own pace and listen to your body. If you have any questions, reach out to the IHE at your next follow up.

Planks. Planks are a great full body exercise, with a focus on core, shoulders, and chest. There are many different versions of a plank, below are some options. Choose the version that best suits your abilities. Aim to hold the plank for 30-60 seconds. Rest for 1 minute and repeat 4 times.



Wall plank: place your hands shoulder width apart, on the wall and step your feet back slowly as much as you can. Ensure that your hips are not dipping down or that your bum is not up too high. Place your feet together and push the wall away, engaging your core the entire time. When you feel like you need to come down, slowly step your feet in.



Incline plank: Similar to wall plank, however your hands are on a surface that is slightly elevated from the floor. Again, ensure your hips are not dipping or that your bum is not sticking up. Press into the surface your hands are on and engage your core. Keep your feet together.



Modified plank: Hands are shoulder width apart on the ground, directly underneath your shoulders. Knees are also on the ground slightly behind your hips (we do not want your knees under your hips as that would cause your bum to stick up and you would be unable to engage your core properly). Keep your feet uncrossed and up during your hold. Please refer to the image for more details.



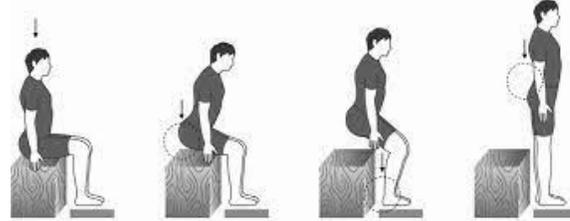
Plank: Full plank is when your hands are directly underneath your shoulders, you are pressing the floor away, feet are together, and knees are up off the floor. Ensure your bum is not sagging down or up too high. Engage your core and squeeze your bum and thighs together.

Deadbug: is a great core exercise where you are lying down on the ground on your back. Aim to hold for 10 seconds and slowly increase by 10 seconds. Rest for 30-60 seconds and repeat 4-10 times.

You want to first set yourself up by lying on the ground on your back. From there bend your knees and lift your feet off the ground. Your shins will be parallel with the floor. From there we want to crunch our shoulders up off the floor and press our low back down into the floor. Hands are straight by your side floating off the floor or they can be straight up hands over shoulders, as seen in the image. Be sure to breath during this hold and to not hold your breath. Once you feel your low back lift off the floor, you should come down.



Squats: squats are a great bodyweight exercise that works not only your legs, but also your core. To begin you want to set yourself up against a chair or couch. Sit down just at the edge of the seat. Place your feet about hip width apart. From there stand up without using your hands, if possible. Once you can comfortably do 10 reps for 4 sets you can

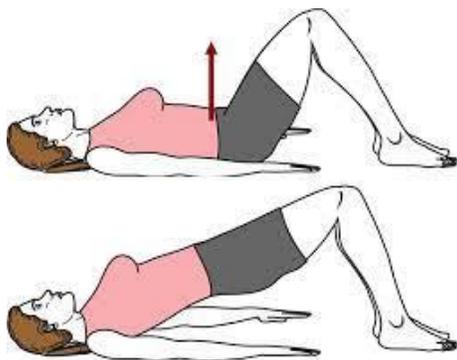


progress to bodyweight squats. **Start position** **Phase 1. Flexion moment** **Phase 2. Transfer moment** **Phase 3. Extension**

When doing your bodyweight squats you are going to use the same motion as the above sit to stand. Feet are hip width apart, slowly sit down and back like you are sitting on the chair. Be sure to keep your chest proud. Hands can be out front, on your head, or in front of your chest. Once your hips are 90 degrees to your knees, press down into your heels and stand back up. Aim for 10 reps, rest for 1 minute and repeat 4-5 times.



Hip thrust: Hip thrusts are a great lower body exercise that also works your core. Set yourself up laying down on the ground on your back. From there bend your knees and place your feet hip width apart with your knees apart. Press down through your feet and your shoulders and lift your bum off the ground, trying to raise your hips to knee height. Slowly lower your bum to a hover just above the floor if you can and repeat 10 times. Take a rest and repeat 4-5 rounds.



Here are some workout suggestions with the above exercises:

1. 30 second plank hold, 10 squats, 30 second deadbug hold, 10 hip thrusts, repeat 4 times with a rest period of 1-2 minutes between rounds (if needed).
2. 10 squats, 30 second plank hold, 10 squats, and 30 second deadbug hold, repeat two times, resting 1 minute if needed. After this, 10 hip thrusts, 30 second plank hold, 10 hip thrust, and 30 second deadbug hold, repeat two times with a 1 minute rest if needed.
3. 10 squats, and 10 hip thrusts, repeat 4 times resting between rounds for 1 minute if needed, followed by 30 second plank hold, and 30 second deadbug hold, repeat 4 times with a 1-minute rest if needed.