

# Bodyweight Exercises (Great for Beginners & At-Home Workouts)

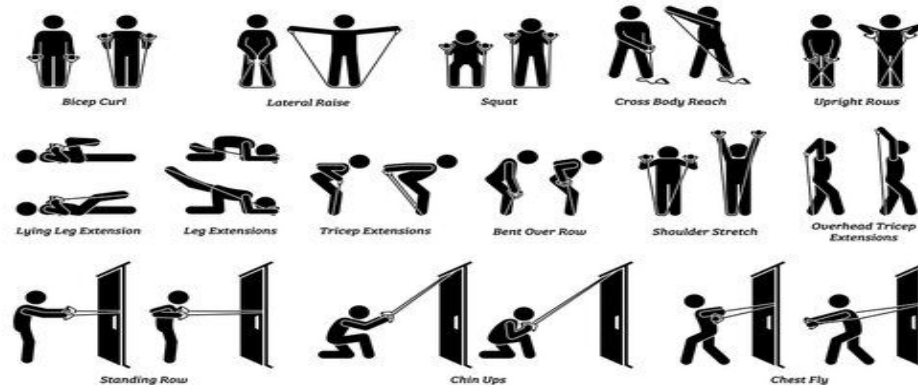
- Squats – Improves leg strength and mobility.
- Push-ups (Wall, Incline, or Regular) – Strengthens upper body and core.
- Step-ups – Helps with balance and leg strength.
- Seated Leg Lifts – Builds strength for walking and standing.
- Planks (Knees or Full) – Strengthens core and improves posture.



# Resistance Band Training (Low Impact & Joint-Friendly)

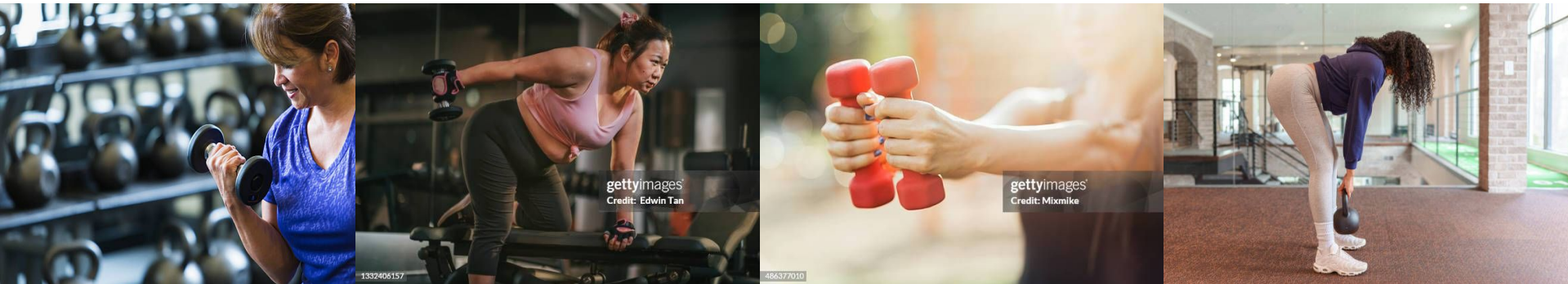
- Seated Row with Band – Strengthens back and arms.
- Banded Squats – Adds resistance to bodyweight squats.
- Lateral Band Walks – Improves hip strength and stability.
- Overhead Press with Bands – Strengthens shoulders safely.

## ***Resistance Tubes with Handles Exercises***



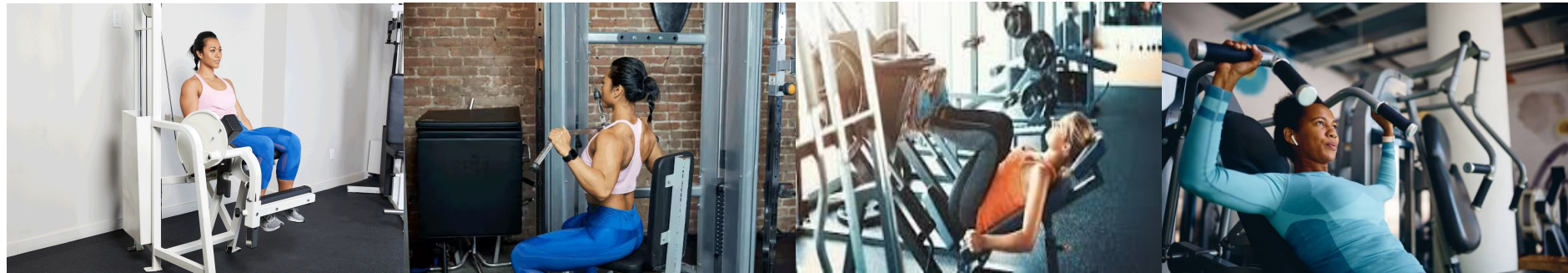
# Dumbbell & Kettlebell Workouts (Overload & Muscle Growth)

- Goblet Squats – Builds leg and core strength.
- Dumbbell Deadlifts – Strengthens posterior chain (back, glutes, hamstrings).
- Bent-Over Rows – Improves back and shoulder stability.
- Seated Shoulder Press – Enhances upper body strength.
- Farmer's Carry – Boosts grip, core, and endurance.



# Machine-Based Strength Training (Good for Stability & Control)

- Leg Press – Builds leg strength with support.
- Lat Pulldown – Strengthens back and shoulders.
- Chest Press – Builds upper body pushing strength.
- Leg Curl/Extension – Targets hamstrings and quadriceps.



# Power Training (For Functional Strength & Fall Prevention)

- Medicine Ball Slams – Improves power and coordination.
- Step-ups with Knee Drive – Boosts dynamic balance.
- Speed Squats – Helps with quick movements.

