



**A HEALTHIER COMMUNITY**  
Health Promotion & Disease Prevention Directorate

# EXERCISE GUIDELINES **2**

Here is an easy to do home exercise programme which anyone can perform in the comfort of their home.

## Safety points

- ▶ Always carry out these exercises in a safe environment.
- ▶ Ensure that the floor is clear of any obstacles and not wet.
- ▶ Ideally have someone else there with you in case of emergency.
- ▶ Carry out exercises near an object, or surface which you can hold on to such as a table.
- ▶ Carry out these exercises with the correct footwear eg. trainers.

## Workout

- ▶ Start with one set of each exercise and increase the number of sets as you get fitter.

Workout  
**1**

## HAMSTRING KICKBACKS

**Set 1** → 30 seconds work  
(alternate sides)



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Workout  
2

## BICEPS CURLS

Set 1 → 10 reps each side



Workout  
3

## SEATED KNEE EXTENSIONS

Set 1 → 10 reps each side

