



# PhysioMotion

AT A LOCATION TO SUIT YOU



## Why try resistance training?

Resistance training is a form of exercise that improves muscular strength and endurance when you move your limbs against resistance provided by your body weight, gravity, bands, weighted bars or dumbbells.

## What are the benefits of resistance training?

- Increased muscle strength and mass
- Reduced risk of osteoporosis
- Reduced risk of cardiac disease and type 2 diabetes
- Improved sleep
- Reduced depression
- More energy and the ability to move without support

It's never too late to start resistance training!  
Even if you're already finding some daily activities challenging, these types of exercise can improve your strength and balance.  
There are exercises that can suit all abilities.

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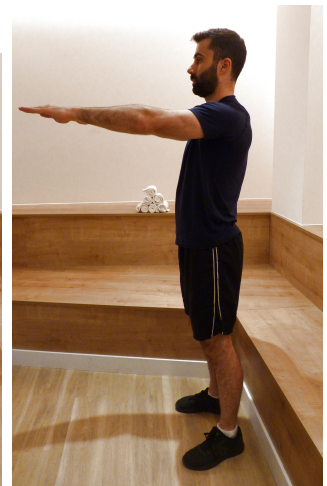
10 repetitions x 3 times with a minute of rest in between sets



Reverse flies



Sit to Stand



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Push-ups



Deeps



Disclaimer: Please be aware that theraband will perish over time and can break

