

# EXERCISE SUITABLE FOR PEOPLE 18 – 60



Eżercizzju adattat għal persuna bejn l-età ta' 18 u 60 sena

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Maltese, September 2020

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# SQUATS



- 1 **Stand straight with your toes facing the front and your feet hip-width apart**
- 2 **Slowly bend your knees and lower your hips as though you're about to sit on an invisible chair**
- 3 **Straighten back up to the starting position and repeat 10 times.**

**Extra Support** – Sit your bottom down onto the chair before returning to standing position

**Progress** – If you would like to make it a little harder, add light weights in your hands (such as soup cans or water bottles) or add a jump at the end of the movement when you straighten.

## Tinżel kokka

1. Oqgħod dritt bis-swaba tas-saqajk iħarsu 'l quddiem u saqajk imbegħdin minn xulxin daqs il-wisa' tal-ġenbejn.
2. Ilwi irkopptejk bil-mod u niżżel ġenbejk bħallikieku se tpoġġi fuq sigġu li ma' jidhirx.
3. Iddritta ruġek lura għall-pożizzjoni tal-bidu u rrepeti 10 darbiet.

*Iktar Sapport – Poġġi l-warrani fuq is-sigġu qabel ma terġa' lura għall-pożizzjoni bilwieqfa*

*Progress- Jekk tixtieq tagħmilha ftit iktar diffiċli, żid piżżijiet ħfief f'idejk (bħal laned tas-soppa jew flieixken ta' l-ilma) jew żid qabża fit-tmiem tal-moviment, meta tidritta.*

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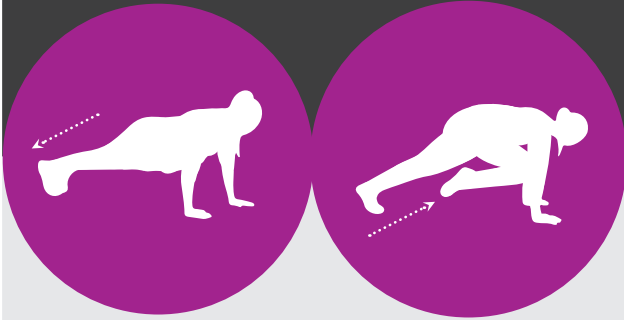
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# MOUNTAIN CLIMBERS



**1 Put both hands and knees on the floor**

**2 Extend your legs in a high plank position, where your knees are no longer touching the floor**

**3 Drive your right knee forward towards your right elbow while keeping your left leg straight**

**4 In one smooth motion, switch your legs. Driving your left knee forward and right leg back**

**5 Continue by doing 10 on each side or for 30 seconds.**

**Extra Support** – If you have trouble doing floor exercises, try doing the same movement while holding onto your kitchen bench.

**Progress** – If you would like to make it a little harder for yourself, try to go a little faster or attempt 2 rounds.

## Xabbata tal-muntanja

1. Poġġi idejך it-tnejn u rkoptejך mal-art
2. Estendi riġlejך f'pożizzjoni għolja bħal tavla, fejn irkoptejך ma jibqgħux imissu mal-art.
3. Ressaq irkoptok tal-lemin 'il quddiem lejn il-minkeb, waqt li żżomm riġlejך tax-xellug dritta
4. F'moviment wieħed bla xkiel, aqleb għar-riġel l-oħra. Ressaq l-irkoppa tax-xellug 'il quddiem u r-riġel tal-lemin lura.
5. Kompli billi taġħmel 10 fuq kull naħa jew għal 30 sekonda.

*Iktar Sapport - Jekk għandek problema biex taġħmel eżerċizzji mal-art, ipprova aġħmel l-istess moviment waqt li żżomm mal-bank tal-kċina tiegħek.*

*Progress- Jekk tixtieq taġħmilha xi ftit iktar diffiċli għalik innifsek, ipprova għaġġel ftit iktar jew ipprova aġħmel żewġ rawnds.*

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# PUSH UP



- 1** Begin on your hands and knees and looking down towards the floor
- 2** Place your hands on the ground underneath your shoulders. Your knees should be at a comfortable distance apart and your torso in a straight plank position
- 3** Breathe in as you slowly lower your elbows to bring your chest toward the ground and pause for a second
- 4** Breathe out as you push up from the ground back to your starting position

- 5** Start by doing five push ups and then working your way up.

**Extra Support** – If you have trouble with your knees and have trouble doing floor activities, try doing a wall push up - standing straight facing a wall, with palms on the wall and bringing your chest to the wall.

**Progress** – If the knee push ups become easy try lifting yourself on your toes, keeping your back straight like a plank and bringing your chest to the floor.

## Timbotta 'l fuq mal-art

1. Ibda fuq idejk u irkopptejk filwaqt li tħares 'l isfel lejn l-art.
2. Poġġi jdejk mal-art taħt spallejk. Irkopptejk għandhom ikunu f'distanza komda 'l bogħod minn xulxin u t-torso tiegħek f'pożizzjoni bħal tavla dritta.
3. Hu nifs 'l ġewwa waqt li bil-mod tbaxxi l-minkbejn biex tressaq sidrek lejn l-art, u ieqaf għal sekonda.
4. Hu nifs 'il barra waqt li timbotta 'l fuq mill-art lura għall-pożizzjoni tiegħek tal-bidu.
5. Ibda billi tagħmel 5 push ups u mbagħad iżżid bil-mod.

*Iktar Sappor - Jekk għandek problema bi rkopptejk u biex tagħmel attivitajiet mal-art, ipprova push ups mal-ħajt - oqgħod dritt tħares lejn ħajt, bil-pali ta' jdejk mal-ħajt u rressaq sidrek mal-ħajt.*

*Progress - Jekk il-push ups ta' l-irkoppa jsiru faċli ipprova erfa' lilek innifsek fuq is-swaba ta' saqajk, billi żzomm dahrek dritt bħal tavla u tressaq sidrek mal-art.*

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# LUNGE



- 1 Stand straight, looking forward, toes pointing forward and back straight**
  - 2 Step forward with one leg (about one leg distance), while keeping your back leg straight and looking forward**
  - 3 Lift your back heel and lower your back knee towards the floor, until both knees are bent at approximately 90 degrees. Your front knee should not go over your front foot**
  - 4 Once you have reached this position, drive your weight upwards back to starting position, keep the heel of your back leg lifted and repeat**
  - 5 Try to keep your weight in the heel of your front foot**
  - 6 Do 10 repetitions on each leg.**
- Extra Support** – If you need extra support hold on to something steady like a wall or a chair and only go low enough that is comfortable for you.
- Progress** - Try adding a light weight in each hand (soup can or water bottle).

## Ilwi rkupptejk u żomm dahrek dritt

- Oqgħod dritt, tħares 'il quddiem, bis-swaba ta' saqajk jippontaw 'l quddiem u darek dritt.
- Aghmel pass 'il quddiem b'riġel wieħed (distanza ta' riġel wieħed), waqt li żżomm riġlek ta' wara dritta, u tħares 'il quddiem.
- Erfa' l-għarqub ta' wara u niżżel l-irkoppa ta' wara lejn l-art, sakemm iż-żewġ irkopptejn jitgħawġu f'madwar 90 grad. Irkopptok ta' quddiem m'għandhiex taqbeż is-sieq ta' quddiem.
- Ladarba tkun ġejt f'din il-pożizzjoni, erfa' l-piż tiegħek 'il fuq lura għall-pożizzjoni tal-bidu, żomm l-għarqub ta' riġlek ta' wara merfugh, u repeti.
- Ipprova żomm il-piż tiegħek fuq l-għarqub ta' sieqek ta' quddiem.
- Aghmel 10 repetizzjonijiet fuq kull sieq.

*Iktar Sapport- Jekk teħtieġ Iktar Sapport, żomm ma' xi ħaġa soda bħal ħajt jew siġġu u tbaxxa biżżejjed biss kemm ikun komdu għalik.*

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# SIT UP



- 1 Lie down on your back
- 2 Bend your knees and place your feet on the ground to make sure you are stable
- 3 Cross your hands across your chest
- 4 Curl your body up towards your knees
- 5 Slowly lower your body back on to the floor and repeat 10 times.

**Extra Support** – If you have trouble with floor exercise sit in a chair with your feet flat on the floor, keeping one hand behind your head and the other reaching towards the floor. Lean over to the side you're going to touch the floor. Return to your starting position and repeat on the opposite side.

**Progress** – Complete 2 rounds of this exercise.

## Tpoġġi u tqum mill-art

1. Imtedd fuq dahrek
2. Għawweġ irkopptejk u poġġi saqajk mal-art biex taċċerta ruġhek li tkun stabbli.
3. Sallab idejk fuq sidrek
4. Tella' ġismek 'il fuq lejn irkopptejk.
5. Bil-mod baxxi ġismek lura mal-art u rrepeti 10 darbiet.

*Iktar Sapport - Jekk għandek problema b'eżerċizzju ta' mal-art, poġġi fuq sigġu b'saqajk ċatti mal-art, billi żżomm id waħda wara rasek u l-oħra tilhaq lejn l-art. Xaqleb għall-ġenb ta' fejn tkun se tmis mal-art. Erġa' lura għall-pożizzjoni tiegħek tal-bidu u rrepeti fuq in-naħa l-oħra.*

*Progress- Spiċċa 2 rawnds minn dan l-eżerċizzju.*

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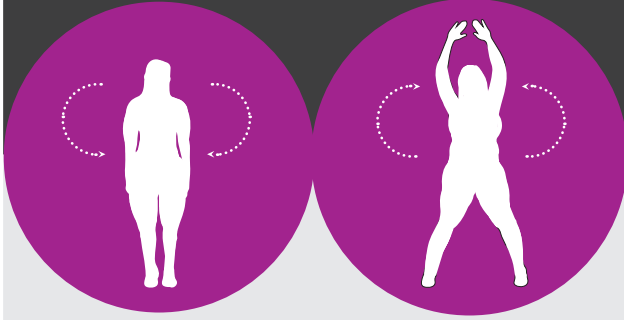
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# STAR JUMP



- 1 Face forward with your feet together and arms next to your body**
- 2 Jump slightly up in the air and bringing your legs away from your body, and your hands up and above your head**
- 3 Bring your arms and legs back to the starting position. Repeat 15 times.**

- Extra Support** – Slow down the exercise by stepping one leg out at a time, while holding on to a chair or wall for support.
- Progress** – Increase the intensity of the star jump by completing two rounds of 15.

## Taqbeż forma ta' Stilla

1. Ғares 'il quddiem b'saqajk flimkien u dirgħajk hdejn ġismek.
2. Aqbeż ftit fl-arja filwaqt li tressaq riġlejk 'il-bogħod minn ġismek, u tgħolli jdejk 'l fuq minn rasek.
3. Ġib dirgħajk u riġlejk lura għall-pożizzjoni tal-bidu. Irrepeti 15-il darba.

*Iktar Sapport - Naqqas l-eżerċizzju billi toħroġ riġel wieħed kull darba, waqt li żżomm ma' sigġu jew ma' ħajt għas-sapport.*

*Progress - Żid l-intensità tal-qabża tal-istilla billi tispicċa 2 rawnds ta' 15-il wieħed*

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## Disclaimer

If you have any current or prior medical conditions, please check with your GP or accredited medical professional if you can participate in the exercises. If you feel unwell while doing the exercises stop immediately and seek professional medical advice. There is inherent risks in participating in exercising and you undertake to participate at your own risk and warrant that you are physically and mentally able to safely undertake these exercises and have no medical or health condition which will or may affect you during or as a result of undertaking the exercises. By participating in these exercises, you agree to the terms of use and indemnify Council for any damages and liability for death, personal injury, loss or damage to property. The exercises are generic and are not tailored to the individual needs of the participants.

## Ċaħda

Jekk għandek xi kundizzjonijiet mediċi kurrenti jew preċedenti, jekk jogħġbok iċċekkja mat-tabib tiegħek jew mal-professjonist mediku akkreditat jekk tistax tipparteċipa fl-eżerċizzji. Jekk tħossok ma tiffaħx waqt li tkun qed taġġmel l-eżerċizzji ieqaf immedjatament u fittex parir mediku professjonali. Hemm riskji inerenti fil-partecipazzjoni ta' l-eżerċizzji u nimpenja ruħi li nipparteċipa b'riskju tiegħi stess u niggarrantixxi li jien fiżikament u mentalment kapaċi nagħmel dawn l-eżerċizzji mingħajr periklu u m'għandi l-ebda kundizzjoni medika jew ta' saħħa li sejra jew tista' taffettwani matul jew bħala riżultat li nagħmel l-eżerċizzji. Billi nipparteċipa f'dawn l-eżerċizzji, naqbel mat-termini ta' użu u nindennizza lill-Kunsill għal kwalunkwe ħsara u responsabbiltà, għal mewt, korrimment personali, telf jew ħsara lill-proprietà. L-eżerċizzji huma ġeneriċi u mhumiex imfassla għall-bżonnijiet individwali tal-partecipanti.

## Acknowledgement

Council acknowledges the peoples of the Kulin nation as the Traditional Owners of these municipal lands and water ways. We pay respect to Elders past, present and emerging.

## Rikonoxximent

*Il-Kunsill jirrikonoxxi l-popli tan-nazzjon Kulin bħala s-Sidien Tradizzjonali ta' dawn l-artijiet municiċpali u l-meddi ta' l-ilma. Aħna nagħtu ġieħ lill-Anzjani tal-passat, preżenti u emergenti.*

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