

## How to do the Home Exercise Guide

*Remember to read your 'Home Exercise Guide' before doing any of these exercise.*

### Warm Up-15 minutes

#### First 5 minutes

- Toe Taps forwards
- Heel digs forwards
- Side taps (alternating sides)
- Toe taps backwards
- Feet moving, chest stretch, ear to one shoulder, ear to opposite shoulder (hold stretch 15 seconds to each side)

#### Second 5 minutes

- 1 arm 1 leg tap forwards
- Heel dig curl both arms
- 1 arm 1 leg side tap
- Both arms side tap
- Heel kicks behind 1 arm forwards
- High knees

#### Third 5 minutes

**(Hold all stretches for 15 seconds)**

- Feet moving, tricep stretch overhead, then into shoulder stretch
- Side taps (15 times) into adductor stretch, repeat opposite side
- Toe taps backwards 1 arm forwards (10 times each side) into calf/back stretch, alternate legs, calf/chest stretch
- Heel taps forwards 10-15 times each foot, into hamstring stretch
- Heel kicks behind, punching arms forwards
- Marching on spot
- High knees                      Leave 2-3 minutes at the end for this section
- Marching on spot
- High Knees

## Main Workout

(Complete 1 minute of each exercise 2 circuits).

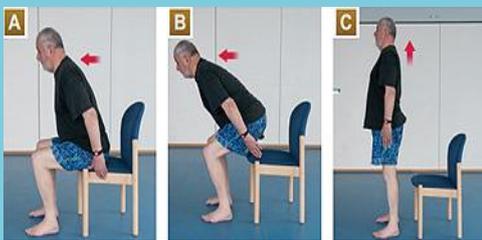
### Exercise 1- Bicep Curls.



- Feet shoulder width apart and knees slightly bent.
- Arms by side.
- Gentle march with feet
- Bring arms up and touch shoulders, slowly back down

**Progression:** Hold a weight, such as a tin of beans in each hand.

### Exercise 2 - Sit to Stands.



- Start seated with legs shoulder width apart.
- Slightly lean forward and drive through heels
- Use hands on chair if needed
- Push hips back and lower back into chair

**Progression:** stand without using hands

### Exercise 3 – upright row



- Start with feet hip width apart and arms down in front of body, gentle march with feet
- Bring the hands up to just under chin
- Elbows higher than hands and flared outwards
- Return slowly to start

**Progression:** use more resistance

### Exercise 4 - Leg Extensions.



- Sitting with your back straight and feet shoulder width apart with whole of feet on floor.
- Bring one toe of the floor until leg straight.
- Repeat on opposite side.

**Progression:** use resistance band

### Exercise 5 – wall press



- Feet shoulder width apart and arms shoulder height and width, feet close towards wall
- Bend arms until body and head come towards the wall
- Keep back straight then push out extending arms

**Progression:** move feet further away from wall

**Main Workout continued**

**(Complete 1 minute of each exercise 2 circuits).**

**Exercise 6 - Leg Curls/ Tap Backs+ Arms.**



**Leg curls**

- Feet shoulder width apart and knees slightly bent.
- Curl one leg backwards.
- Return and repeat on opposite side.

**Progression: Tap back +arms**

- Feet shoulder width apart and knees slightly bent.
- Take one leg backwards keeping it straight, and both arms.
- Return and repeat on opposite side.

**Exercise 7- band row**



- Start in a seated position and holding both ends loosely drop the band to floor
- Step onto it with both feet
- Starting with arms straight pull band towards belly button area, tucking the elbows past your back
- Relax the arms back into a straight position

**Progression:** use a stronger resistance

**Exercise 8 – knee lifts**



- Lift one knee at a time up to a level you can manage
- Return the leg to the floor before starting with the opposite
- Try with hands in front to judge the height of lift
- Use a chair for support if needed

**Progression:** lift the knees higher

**Exercise 9 – tricep extension**



- Feet shoulder width apart and knees slightly bent, standing tall, gentle march with feet
- Start with hands above the head, bend at elbows lowering hands down keeping top of arms straight
- Reverse the movement and bring arms straight

**Progression:** use a weight

**Exercise 10 – step ups**



- Start with feet hip width apart
- Step up onto step then push down to lift opposite foot off floor and onto step
- With both feet on top of step carefully take one off and step down, then bring opposite foot down to start position again

**Progression:** use a higher step

## Cool Down Chair based-10 Minutes

**(Hold all stretches for 20 seconds)**

- Toe taps behind (20 each side) into calf stretch
- Side taps to one side (15 each side), into adductor stretch, then opposite side taps, into adductor stretch
- Behind chair pushing onto toes, rolling shoulders
- Seated knee lift holds (20 seconds)
- Extend knees leg kicks from hips (20 Seconds)
- Repeat above
- Heel digs forwards (10 each side), into hamstring stretch
- Lift ankle onto opposite knee for piriformis stretch
- Leg down slide to side of chair take leg behind chair for hip flexor stretch
- Repeat on opposite leg from hamstring stretch to hip flexor stretch
- Seated in middle of chair roll shoulders (10 times) into tricep stretch, into shoulder stretch
- Repeat opposite arm
- Roll shoulders (10 times) back into back stretch
- Roll shoulders back (10 times) into chest stretch holding back of chair