

At Home Exercise Programme

Warm-Up: 15

If you've not done much physical activity for a while, you may want to get the all-clear from a GP before starting

Can be performed either sat down in a chair or standing

1. **March on spot, shoulders roll, 8 forwards and 8 backwards**



2. **Mobilise hips 4 small steps and 4 wide steps out to the side.**

3. **Heel digs forwards.**

Repeat 20 times



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4. Side taps, pointing toes out to the side.

Repeat 20 times



5. Step backs onto the ball of the foot.

Repeat 20 times



6. Torso rotations, hands crossed over at chest height, turn to your right looking over shoulder, slowly back to the centre and then over to the left.

Repeat 4-6 times.



7. **March on the spot**

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8. Side bends, feet hip width apart, arms down by your side, bend towards your right, slowly back up and repeat on the left side.

Repeat 4-6 times.



9. Heel digs single arms curling towards shoulder.

Repeat 20 times



10. Side taps, single arms out to the side.

Repeat 20 times



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11. Step backs, single arms moving forwards.

Repeat 20 times



12. Heel digs, curling both arms towards shoulder.

Repeat 20 times



13. Side Taps, both arms out to the side.

Repeat 20 times



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14. Step backs, both arms reaching forwards.

Repeat 20 times



18. March on the spot, **Chest stretch** bring both arms round to the back and placing hands into the small of your back hold for **8-10 seconds**



19. Heel dig forwards, opposite arm to leg reaching above the head.

Repeat 20 times



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20. Toe tap forward, opposite arm to leg reaching out in front.

Repeat 20 times



21. March on the spot, **Shoulder stretch**, bring the arm across the body hold for **8-10 seconds** and repeat on the opposite arm



22. Heel digs forwards, both arms reaching above the head.

Repeat 20 times



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23. Toe taps forwards, both arms pushing out in front.

Repeat 20 times



24. March on spot, **Triceps stretch**, right hand to the right shoulder hold for **8-10 seconds** and repeat on the left side.



29. Knee Lift, opposite hand to knee.

Repeat 20-40 times



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28. **Quadriceps stretch**, stand on one leg and pull the other foot up behind your bottom. Keep your knees together and push your hips forwards to increase the **stretch**, hold for **8-10 seconds**



31. Hamstring curl, curling one leg at a time towards the bottom, tapping opposite hand to heel.

Repeat 20-40 times



30. **Calf Stretch**, stand with one leg far in front of the other, keep the back-heel flat on the floor, bend the front leg and keep the back leg straight, Hold for **8-10 seconds**.



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26. Heel digs forwards, upright row, linking thumbs together, elbows high lifting to chest height.

Repeat 20 times.



32. Hamstring Stretch, place your right foot onto the heel, keeping the leg straight and bend the back leg and gentle lower yourself into the stretch.

Hold for 8-10 seconds.

