

At Home Exercise Programme

Resistance Bands

Please note if you do not have a resistance band you can replace these with either tin cans or water bottles either empty or full to add resistance.



Chest Pres and Single arm Chest Press 10-15 Repetitions

The Chest Press can be performed either standing or sitting in a chair.

Take the band gentle around the back and under the arms, keeping elbows bent, gripping the ends of the band in either hand. When gripping the band, make sure it comes through the thumb, as if you were shaking some one's hand, so the palms should be facing inwards

Push the band forward, extending the elbows to shoulder level.

Slowly returning to the starting position.

This exercise can also be performed using single arms know as **single arm chest Press**, push the band forward with you right arm, extending the elbows to shoulder height, slowly return to starting positions. Repeat on the left arm



Hip Abductors 10-15 Repetitions

Place both legs together, checking that both feet are pointing forwards. Place the band flat on top of the thighs, wrapping the band round and under the legs, crossing the band over and gripping either ends of the bands in the hands. Keeping feet together, gentle push the legs out, pushing against the resistance of the band. Slowly return to starting position.

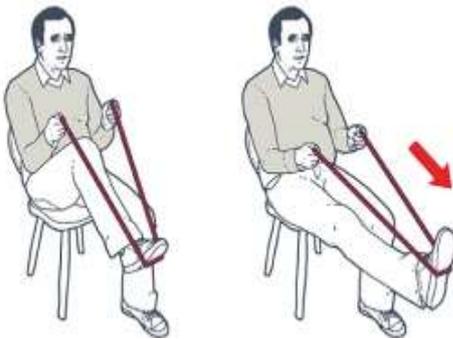
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Bicep Curl 10-15 Repetitions

Either standing or seated. Place one end of the band securely under the left foot, making sure the band is on the outside of the foot. Place the band in the left hand, gripping the band so that it goes through the thumb clenching fist over band. Keeping the elbow tucked into the side of the waist. From fully extending position curl the arm towards the shoulder, keeping fist locked without rotating the wrist. Slowly return to starting position.

Repeat on the opposite arm



Leg Extension 10-15 Repetitions

From the chair sitting nice and tall, making sure your back is fully supported by the back of the chair.

Place one foot in the middle of the band. Gripping either ends of the bands in the hands. Lift the foot off the floor (Keeping Knee bent, to hip height), extending, but keeping knee slightly soft, bending the knee before placing back on the floor. Slowly return to starting position.

Repeat on the opposite leg.



Seated Row and Single arm row 10-15 Repetitions

Seated in the Chair, fully extend your legs, keeping the knees slightly soft (bent). Rest your feet onto your heels, so that your toes are pointing up towards the ceiling. Place the middle of the band around the feet. Making sure the band is secure and wont slip. Grip both ends of the band, making sure the band goes through the thumb. Keeping elbow straight. Slowly pull the band towards the waist, so that the elbows are bent. Slowly return to starting point.

This exercise can also be performed as a single arm row by using the right and left arm individually.

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Anterior Tibialis Exercise 10-15 Repetitions

Seated, back nice and tall, shoulders back. Place the band under your right foot and grip either end of the band in your hands.

Extend the Leg, keeping the knee slightly bent

Point the toes towards ceiling and then down towards the floor.

Repeat on the opposite foot.



Triceps Extension

Sit nice and tall back away from your chair.

Grip one end of the band in your right hand and place it on the left outer side of your leg.

Grip the other end of the band in your left hand with the elbow bent.

Keep the elbow tucked in as you extend the arm towards the back of the chair, resume back to the starting position.

Repeat on the opposite arm.



Seated Chair Squat 10-15 Repetitions

Sit three quarters of the way forwards on the chair.

Place hands either on top of the thighs to assist when pushing up out of the chair or to make the exercise more intense place hands folded on opposite shoulders.

Lean forwards, engaging your thigh muscles, push yourself up and out the chair, standing tall.

Bend your knees lowering yourself back into the chair. **Repeat 10-15 times.**