

At Home Exercise Programme

Cool Down 10 minutes

1. **Heel Digs**, sitting on the chair three quarters of the way forwards so that your back is away from the back of the chair. Forwards onto the heels (alternative heel dig)

Repeat 10 times



2. **Hamstring Stretch**, take your right foot forward onto the heel, keeping the knee slightly bent, keep the left foot flat on the floor so the knee is bent. Lean forward into the stretch. Hold for **15-20 seconds** and repeat on the opposite leg



3. **Side steps**, toe tap out to the side (alternative legs)

Repeat 10 times.



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4. **Lower Back Rotational Stretch** sit forwards so that your back is away from the back of the chair. Place your left hand on the side of the chair and your right hand on the outside of your thigh. Turn your head towards your left shoulder hold for **15-20 seconds** and repeat on the opposite side.



5. **Back steps**, back steps tapping the ball of the foot (alternating legs).

Repeat 10 times.



6. **Seated Chest Stretch**, sitting three quarters of the way forwards so that your back is away from the back of the chair. Bring both arms round to the back of the chair, clasping both hands together and gently pull towards the back of the chair.

Hold for 15-20 seconds



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7. **Seated Shoulder Stretch**, sitting forwards so that your back is away from the chair. Clasp both hands pulling forwards, drop your chin toward the chest and hold for **15-20 seconds**.



8. **Seated Ankle rotations**, rotate your ankles, clockwise and anti-clockwise for eight times and point and flex the foot for 8 times

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9. Hand rotations rotate the hands clockwise and anti-clockwise 8 times in each direction.



10. Wrist stretches, bring the hands together, gentle push towards the right side, slowly bring back to the centre and then push towards the left side.

Repeat 8 times on either side.



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11. Bring your hands together, push up above the head, as you are doing this breathe in through your nose (count 1-5). Once you reach to full extension with your arms, bring your palms of your hands apart and slowly pull your arms down to the side of the chair, as you are doing this breathe slowly out through your mouth (Count 1-5).

Repeat 2-4 times

It is important during this period that we all try to stay fit and well and the attached Home Exercise programme has been produced by Sarah Hill to BACPR (British Association for Cardiovascular Prevention and Rehabilitation) standards. It is intended for use by members of our SMILE Exercise classes, other users that are new to exercise or haven't been physical active should consult your GP before starting

If you experience faintness, dizziness, pain or shortness of breath at any time while **exercising** you should stop immediately. Seek medical advice before resume any form of at home exercise programme.

The at home programme is only set out as a guideline please remember to self-pace and you should always be able to hold a conversation, if you are unable to hold a conversation you should lower the intensity of the exercise for example just performing the exercise with your legs only and taking the arms out of the exercise programme.

Remember when you are exercising you should not be in pain, if an exercise causes pain perhaps not during exercise, maybe later that day or the next day, you must stop the exercise that causes the pain. If new to exercise or you haven't exercised in a while you may experience muscle pain, this is normal and should subside within a couple of days.

If you require further advise or are unsure of the exercises within the at home exercise programme, or perhaps require an alternative exercise, please contact me via mail: sarah.hill@rbwm.gov.uk or telephone No: 07876 586 445

Please visit the smile web page for updates on SMILE exercise classes and at home programme



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