

# Exercises to do at home

**Physical activity is good medicine.** It can help to boost your energy, think more clearly, manage blood pressure, reduce stress and anxiety and leads to a healthy heart.

When exercising, remember to drink water and stay hydrated, keep your exercise towel handy and change into comfy clothes.

## **Getting started. Pick one:**

Do one exercise in each group by following the yellow arrows down (total of 5 exercises)

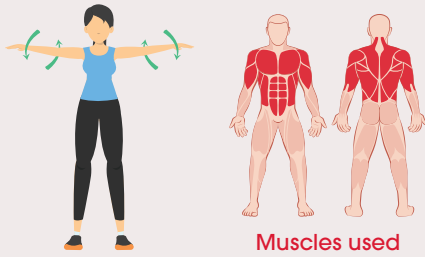
**OR**

Do all exercises by working across each row (total of 3 exercises per column)

## WARM-UP YOU SHOULD FEEL YOUR HEART RATE INCREASING AND WARMED UP BEFORE CONTINUING

### ARM CIRCLES

Stand with feet slightly apart and arms straight out to the sides. Swing arms in circular motions.



Muscles used

Do 30 circles

**NEXT LEVEL:** Try small fast circles OR big fast circles OR flapping arms up & down.

### RUNNING ON THE SPOT

Run on the spot as fast as you can till you feel warmed up or an increase heart rate.



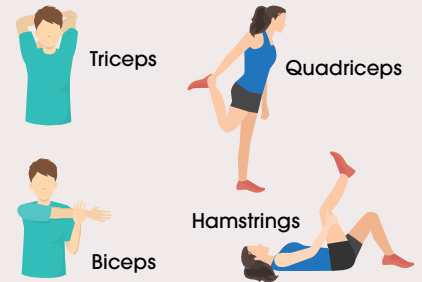
Muscles used

Count slowly for 30 – 60 seconds

**NEXT LEVEL:** Try running on the spot with high knees OR kick your bottom with your feet.

### STRETCHES

Hold and count to 30 seconds once on each side.

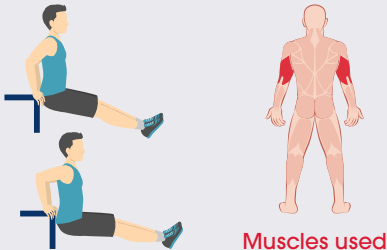


**NEXT LEVEL:** Hold each stretch for 30 seconds to allow for stretch to be effective.

## ARMS

### TRICEP DIPS

Face away from your bed, place hands behind you onto the bed. Place your legs out straight, push up straightening your arms and lower back down.



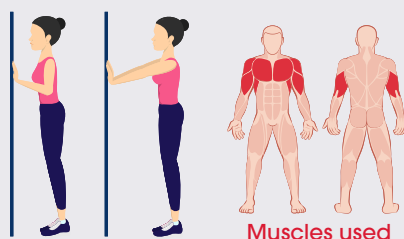
Muscles used

Do 2 lots of 10 times

**NEXT LEVEL:** Try same exercise but lift one leg off the ground.

### WALL PUSH-UPS

Stand slightly back facing wall, place both hands on wall at shoulder level. Push into wall in push up position and return to starting position.



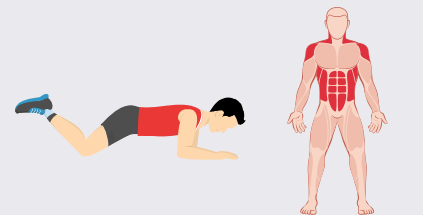
Muscles used

Do 2 lots of 10 times

**NEXT LEVEL:** Half push up on floor. Start in push-up positions on your knees. Press down into ground, bending your elbows.

### HALF PLANK

Start in plank position on ground with elbow and knees touching the ground. Hold this position.



Muscles used

Count slowly for 60 seconds

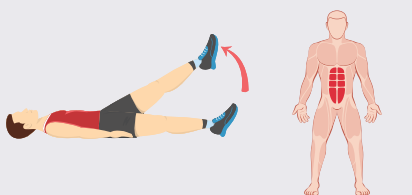
**NEXT LEVEL:** Start in plank position with elbows and feet on the ground. Hold this position.

## CORE

### FLUTTER KICKS

Lie on your back with legs out straight, do small kicks up and down.

\*Place your hands under your back if you have back problems.



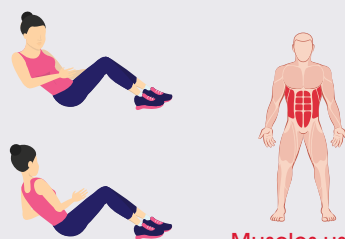
Muscles used

Do 2 lots of 40 kicks

**NEXT LEVEL:** Try kicking faster OR doing bigger kicks.

### RUSSIAN TWISTS

Start in sitting with knees bent and feet flat on the ground. Twist arms from side to side bringing your trunk around.



Muscles used

Do 2 lots of 10 times

**NEXT LEVEL:** Try the same exercise with feet off the floor.

### CRUNCHES

Lie on back with knees bent, place hands on the front of your legs, slide hand up leg and 'crunch' stomach (This should be a small movement)



Muscles used

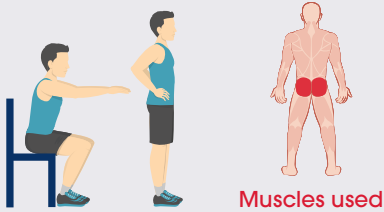
Do 2 lots of 20 times

**NEXT LEVEL:** Complete the same exercise, however, place your legs vertically up to the sky.

## LEGS

### SIT TO STAND

Start seated, knees in line with toes and feet slightly forward. Bring your nose over toes and push through your legs to stand up. Place the chair against a wall to stop it moving.



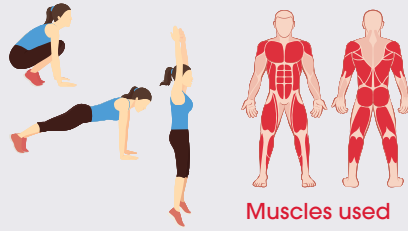
Muscles used

Do 2 lots of 10 times

**NEXT LEVEL:** Try the same exercise with arms out in front OR from a lower seat OR try double leg squat.

### SLOW BURPEES

Start standing up, lower to ground into push up position, come back up and rise onto toes with arms up. Do not jump.



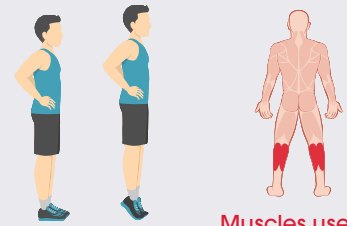
Muscles used

Do 1 lot of 10 times

**NEXT LEVEL:** Try the same exercise with a jump instead of rise on to toes.

### CALF RAISES

Stand facing wall with feet shoulder width apart, rise up onto toes and lower.



Muscles used

Do 2 lots of 10 times

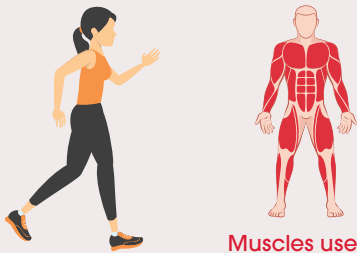
**NEXT LEVEL:** Try the same exercise on one leg or with a bent knee as this works deep calf muscles.



## COOL DOWN

### WALKING ON THE SPOT

Walk around to loosen your muscles after exercising. Walk on spot until heart rate starts to drop (2-5mins).

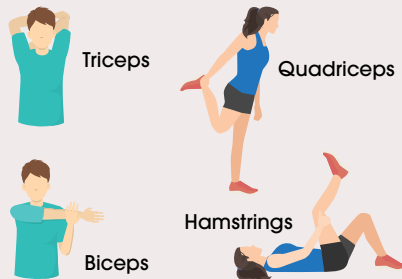


Muscles used

**NEXT LEVEL:** This will help prevent injuries after using muscles you may not have used in a while.

### STRETCHES

Hold and count to 30 seconds once on each side.



**NEXT LEVEL:** Hold each stretch for 30 seconds to allow for stretch to be effective.

### MINDFULNESS

Lie on your bed, close your eyes and block out your surroundings. Take a moment to yourself.



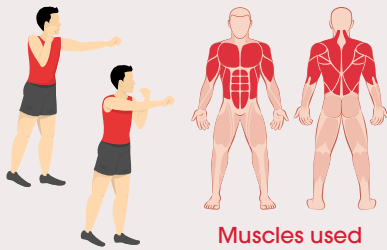
Muscles used

Do this until you have cleared your mind and you are relaxed (2-5 mins)  
**NEXT LEVEL:** This is good for mental health to stop and participate in mindfulness.

## WARM-UP YOU SHOULD FEEL YOUR HEART RATE INCREASING AND WARMED UP BEFORE CONTINUING

### AIR PUNCHES

Stand up tall with feet shoulder width apart, punch the air by straightening one arm and alternate arms.



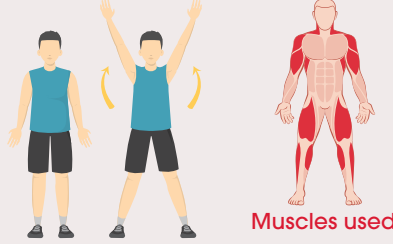
Muscles used

Do 30 punches

**NEXT LEVEL:** Try completing 5 air punches followed by a high knee then alternate

### STAR JUMPS

Stand with feet together and arms by your side. Jump upwards and straighten arms and legs outwards



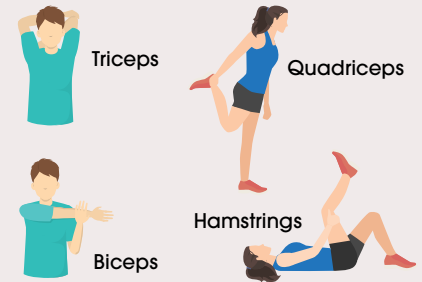
Muscles used

Do 1 lot of 20 times.

**NEXT LEVEL:** Incorporate a double leg squat after each star jumps.

### STRETCHES

Hold and count to 30 seconds once on each side.

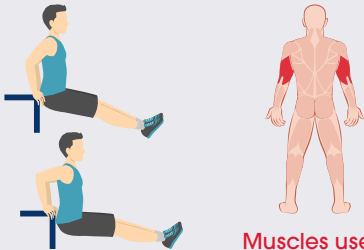


**NEXT LEVEL:** Hold each stretch for 30 seconds to allow for stretch to be effective.

## ARMS

### TRICEP DIPS

Face away from your bed, place hands behind you onto the bed. Place your legs out straight, push up straightening your arms and lower back down.



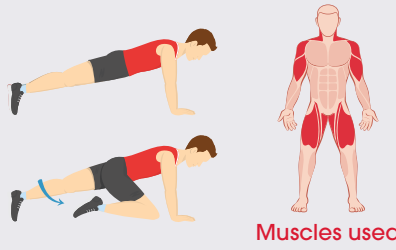
Muscles used

Do 3 lots of 10 times

**NEXT LEVEL:** Try same exercise but lift one leg off the ground.

### MOUNTAIN CLIMBERS

Start in push up position, bring knee towards the opposite shoulder repeat alternating legs.



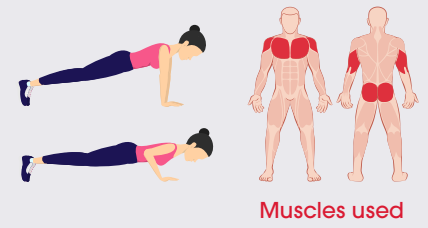
Muscles used

Do 2 lots of 20 times

**NEXT LEVEL:** Try same exercise bringing bent knee outwards, similar to 'window wiper'.

### PUSH UPS

Start in push up position. Lower body to the ground and bend elbows. Focus on keeping your back straight and bottom down.



Muscles used

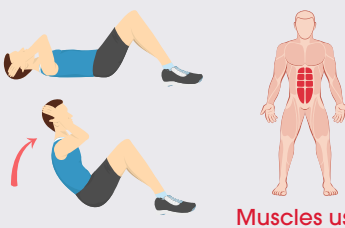
Do 2 lots of 15 times.

**NEXT LEVEL :** Complete push-up, but now incorporate a clap when you rise up onto a straight arm.

## CORE

### SIT UP

Start lying down with knees bent and feet on the ground. Bring body up into sitting position. Repeat.



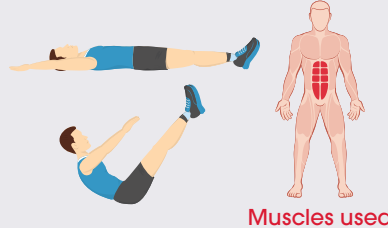
Muscles used

Do 2 lots of 20 times

**NEXT LEVEL:** Now when lying down bring hands above head. And when sitting up again place hands above head.

### V-SNAPS

Start lying on the ground, with legs straight in the air. Bring arms into a 'V' shape, rise through body to touch toes.



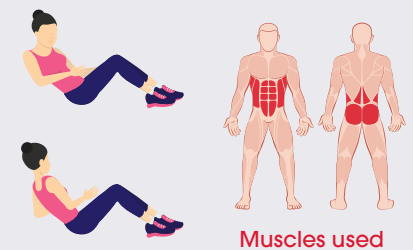
Muscles used

Do 2 lots of 10 times

**NEXT LEVEL:** Try same exercise but lower both legs and arms each repetition.

### RUSSIAN TWISTS - FEET OFF THE FLOOR

Start in sitting with knees bent and feet off of the ground. Twist arms from side to side bringing your trunk around.



Muscles used

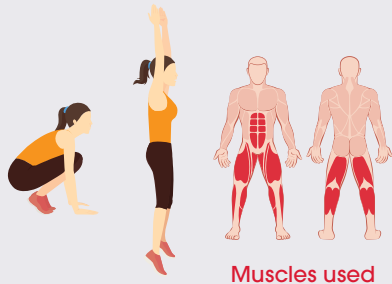
Do 2 lots of 15 times

**NEXT LEVEL:** Try the same exercise with increased twist OR try cycling legs.

## LEGS

### JUMP SQUAT

Start in standing, jump up into the air, land in a squat position and lower into a squat.

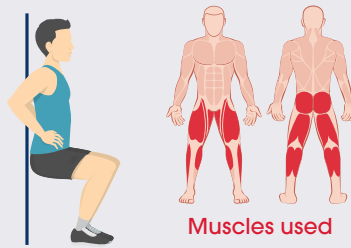


Do 2 lots of 10 times

**NEXT LEVEL:** Try the same exercise, however, now bring your arms straight above head when you jump into the air.

### WALL SITS

Start against the wall in a squat position with feet shoulder width apart. Lower down into sitting position and hold.

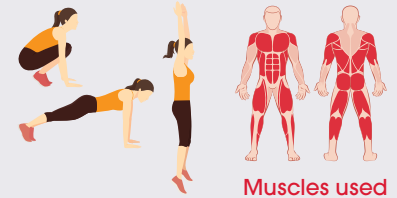


Count slowly to 60

**NEXT LEVEL:** Try same exercise lower to ground.

### BURPEES

Stand in standing, lower to ground into push up position, come back up and jump into the air with arms up. Repeat. If you have sore knees tap the ground with your hand instead



Do 2 lots of 10 times

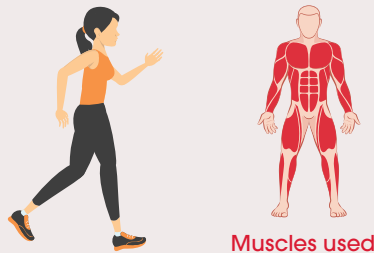
**NEXT LEVEL:** Try the same exercise but incorporate push-ups during the lower to the ground component.



## COOL DOWN

### WALKING ON THE SPOT

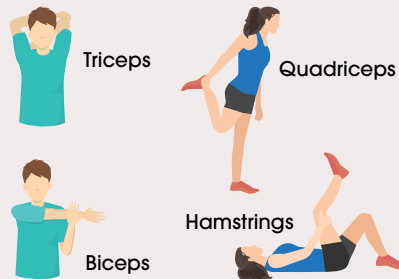
Walk around to loosen your muscles after exercising. Walk on spot until heart rate starts to drop (2-5mins).



**NEXT LEVEL:** This will help prevent injuries after using muscles you may not have used in a while.

### STRETCHES

Hold and count to 30 seconds once on each side.



**NEXT LEVEL:** Hold each stretch for 30 seconds to allow for stretch to be effective.

### MINDFULNESS

Lie on your bed, close your eyes and block out your surroundings. Take a moment to yourself.



Do this until you have cleared your mind and you are relaxed (2-5 mins)

**NEXT LEVEL:** This is good for mental health to stop and participate in mindfulness.