

# 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)

**Medical Disclaimer:** Most Australian adults don't have to visit their doctor before commencing some moderate physical activity. However, if you have a chronic condition such as heart disease or diabetes, or if you haven't been active for some time, see your doctor to discuss the types of activities that best suit your needs.

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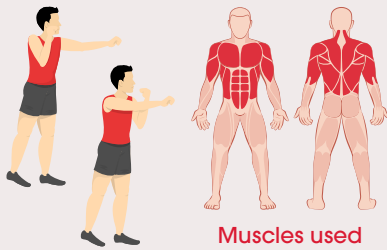




## WARM-UP YOU SHOULD FEEL YOUR HEART RATE INCREASING AND WARMED UP BEFORE CONTINUING

### AIR PUNCHES

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



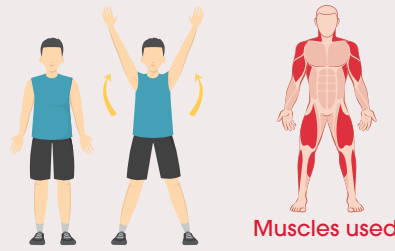
Muscles used

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



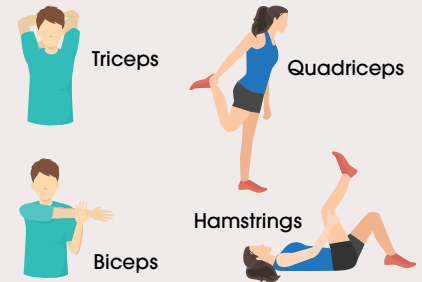
Muscles used

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.

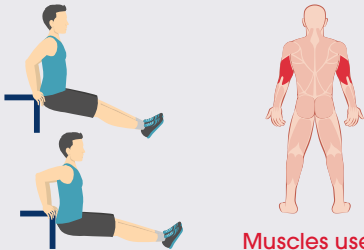


**NEXT LEVEL:** Hold each stretch for 30 seconds to allow for stretch to be effective.

## 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.



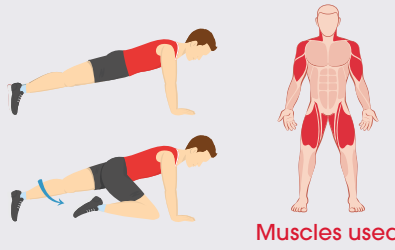
Muscles used

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.



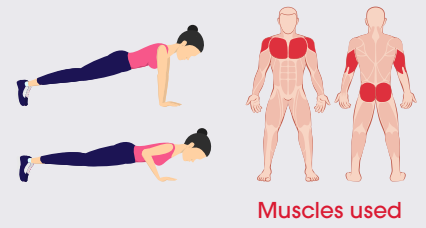
Muscles used

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

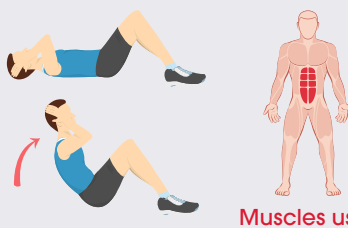
Do 2 lots of 15 times.

**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.



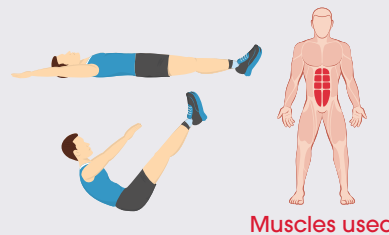
Muscles used

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.



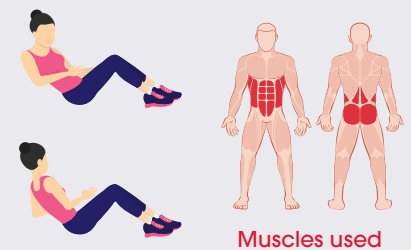
Muscles used

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

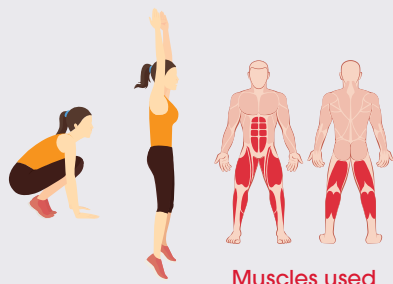
Do 2 lots of 15 times

**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.



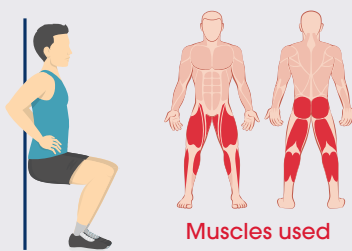
Muscles used

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.



Muscles used

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



Muscles used

Do 2 lots of 10 times

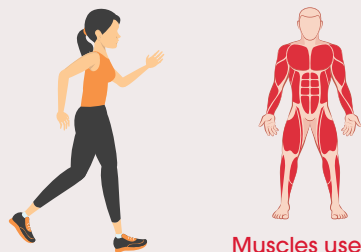
**NEXT LEVEL:** Try the same exercise but incorporate push-ups during the lower to the ground component.



## 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).

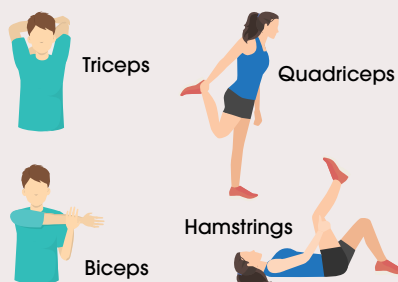


Muscles used

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

### STRETCHES

Hold and count for 30 seconds, once on each side.



**NEXT LEVEL:** Hold and count for 30 seconds, twice on each side.

### 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.

## TIPS

- Try to do some physical activity on most (if not all) days of the week.
- Break up long periods of sitting with movement.
- Involve members of your household and mix up your workouts so you stay engaged and motivated.

**For heart health information and support call our Helpline on 13 11 12.**