

# Home strengthening exercises

## GET STARTED

Before you start this programme you will need to ensure that you use a chair that is sturdy and stable, and you have water and any small exercise equipment near you. Wear comfortable clothing and the correct footwear to exercise.

Please bear in mind while exercising that if you feel any discomfort, experience any chest pain, dizziness or severe shortness of breath, stop immediately and contact your GP (or call an ambulance if you feel very unwell and your symptoms do not go away when you stop exercising).

While exercising you may feel a little stiffness in your joints or muscles if you haven't moved them much, and this feeling should subside once you have done a warm-up. If you experience pain in your joints or muscles, then stop, check your position and try the movement again. If the pain persists, then seek advice from your exercise instructor or your GP.

Once you have completed your daily exercise, and you may feel slightly sore the next day this is normal as this shows that you have worked your muscles. If the discomfort persists or the pain gets worse, then stop the exercises and seek advice from your instructor or GP.

We recommend to stay active every day doing your daily tasks and you should try to exercises two to three times a week, these exercises can be spaced out throughout your day and once you are more conditioned you can try doing these in one go.

If you choose to use this home exercise programme, please seek the advice from your instructor to check suitability.

## WARM UP BEFORE EXERCISING

### **Here are a few tips to remember.**

Warm Up and Cool Down is important as it prepares your body to begin exercise, and to finish the exercise workout. Don't skip these as they are a vital part of the programme to help keep you injury-free.

The warm-up should consist of 5 to 10 minutes of movements of your joints and progressively warming up before you move on the main exercise programme.

#### **Remember:**

1. Movement should always be controlled and maintain correct posture throughout the exercise.
2. Don't push yourself too hard. Aim to keep your movements controlled and exercise intensity levels to a moderate level, you can also adjust your intensity to how you feel on the day.
3. Take regular rest breaks between each exercise. Keep yourself hydrated.
4. If you have eaten a large meal leave up to two-hour gap before exercising.
5. Remember to breathe normally throughout the exercises - never hold your breath while exercising. Do not exercise if you're feeling unwell!

#### **Warm-up begins**

- Start by sitting on your chair with an upright posture and your arms to your side, then by lifting your shoulders towards your ears and roll them backward, then lower them down to the starting position. Repeat this movement 5 to 10 times and then change the direction to forward shoulder rolls for 5 to 10 rolls.
- Move your head left to right by trying to look behind your shoulder while keeping your posture upright. Repeat 5 times each side.
- Rotate your torso toward your left side and then over to your right side while maintaining your upright posture. Repeat 5 to 10 times while keeping your movement controlled.

## WARM UP

- Now do a few heel taps on the floor. Start by sitting upright with your feet flat on the floor and legs hip-width apart. You should start by lifting your leg a little and extend out until your heel touches the floor and then lift and return to the starting position. Repeat 5 to 10 times on each leg.
- Now move on to ankles, rotate your feet clockwise and anticlockwise repeat 5 times way on both ankles.
- Move on to arm curls. Sit on your chair while sitting in an upright posture and your arms to your side, then bend both arms and touch your shoulder then lower your arms back down to your side. Repeat this movement 5 to 10 times.
- Move on to our wrists and fingers, by rotating both hands clockwise and anticlockwise, repeat 5 to 10 times, finally open and close your fists 5 to 10 times.
- You should now feel warm enough to start the strengthening exercises.

# leg strengthening exercises

## SEATED MARCHING



- Sit up straight.
- March rhythmically lifting alternative knees up and down, for at least 30 seconds - 1 minute
- Swing arms for extra intensity.
- Repeat if you can.

## SIT-TO-STAND



- Sit with feet, hips and knees in line.
- Arms in front for balance.
- Lean forward slightly from the hips.
- Stand and then slowly return to seated position.
- Repeat 10-15 times.

## ADDUCTOR



- Sit straight with ball in between your knees.
- Slowly squeeze the ball and then slow relax to the starting position.
- Repeat 10-15 times.

# leg strengthening exercises

## ABDUCTOR



- Sit straight with knees together.
- Wrap resistance band around legs.
- Slowly move knees apart and then back together.
- Repeat 10-15 times.

## STANDING LEG CURL



- Stand behind your chair and hold on for balance.
- keep one foot on the floor and lift the opposite heel upwards, while standing straight, hold for 3 seconds, then lower back leg down.
- Repeat 10-15 times.
- Repeat on opposite leg.

## LEG EXTENSION



- Sit straight.
- Extend right leg until straight, hold for 3 seconds, then return to the starting position.
- Repeat 10-15 times.
- Repeat on opposite leg.

# Upper body strengthening exercises

## CHEST PRESS



- Sit straight.
- Place resistance band around your back and under your arms.
- Make sure band is opened wide around your back.
- Grip the ends tight and push your arms forward, then slowly back to starting point.
- Repeat 10-15 times.

## SEATED ROW



- Place band under one foot.
- Hold each end of band tight in each hand.
- Sit straight.
- Keep leg still, and pull arms back in a rowing action.
- Repeat 10-15 times.
- To make the exercise harder, place the band under both feet.

## ARM CURL



- Sit straight.
- Secure band under your foot. Hold on the end of the band.
- Keeping your elbow close to your body, bend your arms towards you to perform a arm curl, then return to the start position.
- Repeat 10-15 times.

# Upper body strengthening exercises

## SHOULDER PRESS



- Can be done with or without a weight.
- Sit straight.
- Start by placing your hands so your wrists are inline with your shoulders and extend your arms above your head, then slowly lower your arms to the starting position.
- Repeat 10-15 times.

## COOL DOWN

Please follow the warm up steps above and start at the level of intensity you have built up to during your session, you should now gradually reduce your effort level over a period of 5 to 15 minutes, bringing your heart rate back to pre-exercise levels. Once you have completed the cool down period you can stretch by following the stretch programme.