

Chair exercises with Paul Symth



New Directions: Health and Wellbeing and Maximising Independence



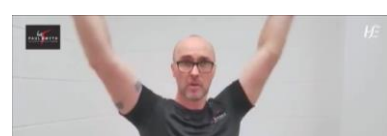
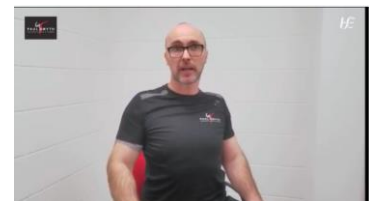
Name:



Date:

You will need a chair

1. Let's start and get warmed up with Paul with some shoulder rolls
2. Placing our two hands together and stretching our arms out to our shoulders and back to centre and then to the other side
3. Dropping both arms by our side and drop to the right, back to centre, and drop to the left
4. Placing both hands behind our ears and stretching by moving side to side and back to centre
5. Reaching our arms up tall over our head and back down again





6. Starting with some boxing exercises we were going to place both hands under our chin and close them gently in a fist



7. Placing one hand out in front of the other stretching out the arm and then the other one



8. This time, we are staying in the same position but now we are going to punch across our body slightly turning to the right and then to the left



9. Lastly, we are going to do the duck and weave staying again in the same position while ducking down in a semi-circle while we go from right to left



Well done guys, how did you find those exercises, let us know on the Reconnect Facebook page