HOME EXERCISE PROGRAMME

**Warm up:**

Exercise Duration

* Marching on the spot  1 minute
* Punches up in the air  1 minute
* Marching on the spot  1 minute

**Circuits**

Please see page for time and weekly progression

Sit to Stand 

Biceps curl in sitting



Jumping Jacks



Overhead press in sitting



Jog. jog, jog, jog, Jab, Jab Cross, Cross



Shoulder Abduction in Sitting



Forward Kicks holding onto chair



Dead lift



Squats



Trunk Twist



Squat, Jab jab

 

**Cool-down**

Neck Movements



Arm stretches





Shoulder circles



Hip circles



Leg Stretches

 

Weekly Progression

|  |  |  |  |
| --- | --- | --- | --- |
| Week  | Exercise Time | Rest Time | Total Time |
| 1 | 30 seconds | 30 seconds | 4 minutes |
| 2 | 30 seconds | 30 seconds | 5 minutes |
| 3 | 30 seconds | 30 seconds | 6 minutes |
| 4 | 1 minute | 1 minute | 4 minutes |
| 5 | 1 minute | 1 minute | 6 minutes |
| 6 | 1 minute | 1 minute | 8 minutes |
| 7 | 1 minute | 1 minute | 10 minutes |

For all exercises with hand weights do 10 repetitions 3 times

For all stretches hold for 20 seconds.

Do this programme at least twice per week.

Please remember to check your Safe Exercise at Home Checklist.