HOME EXERCISE PROGRAMME

**Warm up:**

Exercise Duration

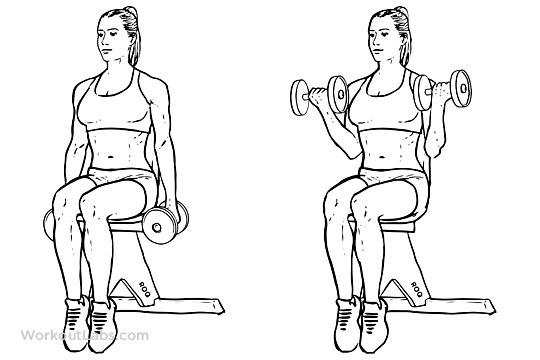
* Marching on the spot [](https://www.google.ie/imgres?imgurl=https://www.hireanillustrator.com/i/images/2015/05/1.-Marching-like-a-soldier-1-hai-600x1258.jpg&imgrefurl=https://www.hireanillustrator.com/i/55778/fit-food-for-kids-anness-publishing/&docid=aOIIyToM3sWF4M&tbnid=U-Gz76wHikvHQM:&vet=10ahUKEwju3K38m4rnAhWUolwKHYspAFEQMwiPASgZMBk..i&w=600&h=1258&itg=1&bih=805&biw=1600&q=marching%20on%20the%20spot&ved=0ahUKEwju3K38m4rnAhWUolwKHYspAFEQMwiPASgZMBk&iact=mrc&uact=8) 1 minute
* Punches up in the air [](https://www.google.ie/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwj2-_WcnYrnAhUWHMAKHaOYDHoQjRx6BAgBEAQ&url=https://www.skimble.com/exercises/13966-overhead-punches-how-to-do-exercise&psig=AOvVaw3J2b496cw7U9ApdgATHyYQ&ust=1579336488260741) 1 minute
* Marching on the spot [](https://www.google.ie/imgres?imgurl=https://www.hireanillustrator.com/i/images/2015/05/1.-Marching-like-a-soldier-1-hai-600x1258.jpg&imgrefurl=https://www.hireanillustrator.com/i/55778/fit-food-for-kids-anness-publishing/&docid=aOIIyToM3sWF4M&tbnid=U-Gz76wHikvHQM:&vet=10ahUKEwju3K38m4rnAhWUolwKHYspAFEQMwiPASgZMBk..i&w=600&h=1258&itg=1&bih=805&biw=1600&q=marching%20on%20the%20spot&ved=0ahUKEwju3K38m4rnAhWUolwKHYspAFEQMwiPASgZMBk&iact=mrc&uact=8) 1 minute

**Circuits**

Please see page for time and weekly progression

Sit to Stand [](https://santeesthetic.com/sit-to-stand-chair-exercise/)

Biceps curl in sitting

[](https://www.google.ie/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwi2gYTuoIrnAhVUZ8AKHTkMAWsQjRx6BAgBEAQ&url=https://workoutlabs.com/exercise-guide/seated-dumbbell-bicep-curls/&psig=AOvVaw14TLdxAKTvL6bGygM8O4wC&ust=1579337498804369)

Jumping Jacks

[](https://www.pinterest.ca/pin/183592122285888670/)

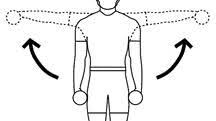
Overhead press in sitting

[](https://www.google.ie/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwjJ9a7VoornAhUbh1wKHdjLDHsQjRx6BAgBEAQ&url=https://www.muscleandfitness.com/training/build-muscle/seated-dumbbell-overhead-press&psig=AOvVaw3bfBmnTb4VKNWgSDYXIzv4&ust=1579337985729286)

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

[](https://www.google.ie/imgres?imgurl=https://www.hireanillustrator.com/i/images/2015/05/1.-Marching-like-a-soldier-1-hai-600x1258.jpg&imgrefurl=https://www.hireanillustrator.com/i/55778/fit-food-for-kids-anness-publishing/&docid=aOIIyToM3sWF4M&tbnid=U-Gz76wHikvHQM:&vet=10ahUKEwju3K38m4rnAhWUolwKHYspAFEQMwiPASgZMBk..i&w=600&h=1258&itg=1&bih=805&biw=1600&q=marching%20on%20the%20spot&ved=0ahUKEwju3K38m4rnAhWUolwKHYspAFEQMwiPASgZMBk&iact=mrc&uact=8)[](https://www.skimble.com/exercises/1649-jab-cross-hook-elbow-left-how-to-do-exercise)[](https://www.google.ie/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwichLqupIrnAhX1QkEAHaefA9oQjRx6BAgBEAQ&url=https://www.popsugar.com/fitness/photo-gallery/46250170/image/46250567/Circuit-2-Exercise-2-Jab-Cross&psig=AOvVaw2smPgYAZlfnVgvdQMLyFpU&ust=1579338274936446)

Shoulder Abduction in Sitting

[](https://www.google.ie/imgres?imgurl=http://cruxconditioning.com//wp-content/uploads/2017/04/abduction.jpg&imgrefurl=http://cruxconditioning.com/blog/&docid=DIMTvTfkK98CBM&tbnid=xs6soDbJ0e-MSM:&vet=10ahUKEwjUg4fypIrnAhXObMAKHTq8BhYQMwiLASgXMBc..i&w=216&h=121&bih=805&biw=1600&q=shoulder%20abduction%20in%20sitting%20with%20weights&ved=0ahUKEwjUg4fypIrnAhXObMAKHTq8BhYQMwiLASgXMBc&iact=mrc&uact=8)

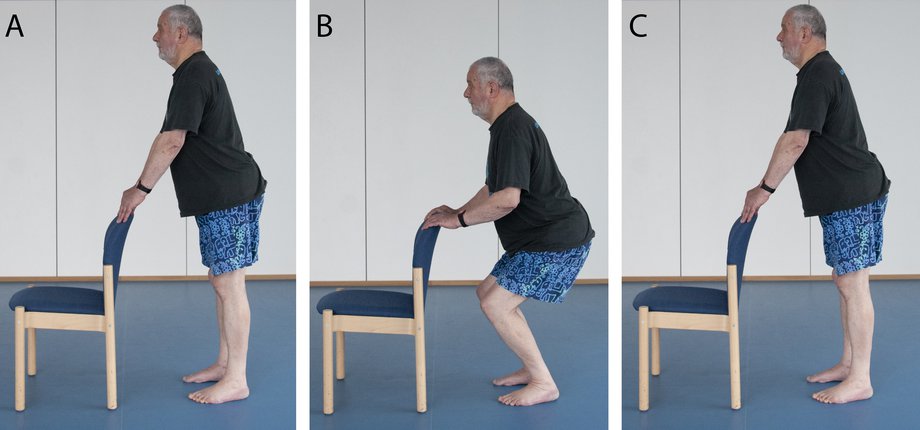
Forward Kicks holding onto chair

[](https://www.google.ie/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwjnr867pornAhUUecAKHeH1Cd4QjRx6BAgBEAQ&url=https://www.fotosearch.com/CSP283/k64075143/&psig=AOvVaw1jsWoith1Rmh2PIyiAQ_E8&ust=1579338960989085)

Dead lift

[](https://workouttrends.com/15-minutes-to-bikini-body-workout/straight-leg-dumbbell-deadlift)

Squats

[](https://www.google.ie/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwjd4L34tYrnAhWGYMAKHS4YCZUQjRx6BAgBEAQ&url=https://www.nhs.uk/live-well/exercise/strength-exercises/&psig=AOvVaw3GMUrOrUDQkkNIr59F_GWT&ust=1579343159706417)

Trunk Twist

[](https://www.popsugar.com/fitness/photo-gallery/23879209/image/34824414/Standing-Weighted-Twist)

Squat, Jab jab

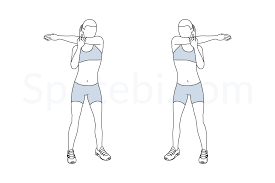
[](https://www.google.ie/imgres?imgurl=https://www.health.harvard.edu/media/content/images/L1214e-2.jpg&imgrefurl=https://www.health.harvard.edu/staying-healthy/surprising-new-ways-to-build-healthy-knees&docid=OiMyWJxMuJotrM&tbnid=FciUfDni71pWDM:&vet=10ahUKEwirteqot4rnAhXQbMAKHRE6B18QMwi8ASgtMC0..i&w=277&h=253&bih=805&biw=1600&q=sit%20to%20stand%20with%20weight&ved=0ahUKEwirteqot4rnAhXQbMAKHRE6B18QMwi8ASgtMC0&iact=mrc&uact=8) [](https://www.google.ie/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwiw7NbHt4rnAhWUecAKHdO-B-IQjRx6BAgBEAQ&url=https://www.sparkpeople.com/resource/fitness_articles.asp?id=168&psig=AOvVaw116ztVVuw0Iihc_I2W3wF4&ust=1579343602015573)

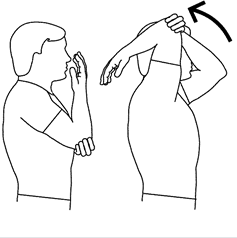
**Cool-down**

Neck Movements

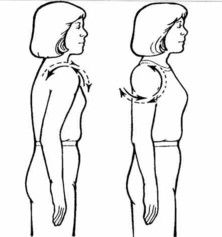
[](https://www.google.ie/imgres?imgurl=http://steadystrength.com/wp-content/uploads/2013/06/Neck-Rotation-Stretch.jpg&imgrefurl=http://steadystrength.com/stretches/neck-rotation-stretch/&docid=JaS42VDZOvD2VM&tbnid=ZtNo5KeU509P7M:&vet=10ahUKEwiElq3_t4rnAhV7QEEAHf5cAQAQMwjOASgjMCM..i&w=600&h=340&bih=805&biw=1600&q=neck%20stretches&ved=0ahUKEwiElq3_t4rnAhV7QEEAHf5cAQAQMwjOASgjMCM&iact=mrc&uact=8)

Arm stretches

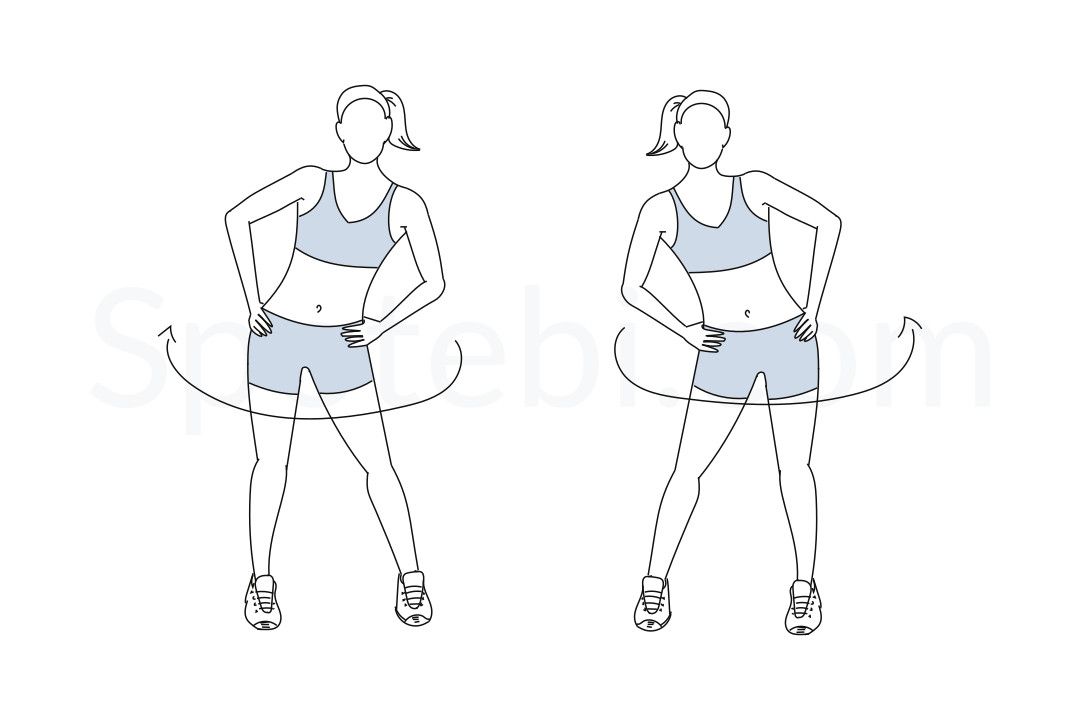
[](https://www.spotebi.com/exercise-guide/shoulder-stretch/)

[](http://www.google.ie/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwjd_Lvou4rnAhV7QEEAHf5cAQAQjRx6BAgBEAQ&url=http://www.physiowarzish.in/tricepsstretch.html&psig=AOvVaw0GvMt2kk7Nz-MIsBOHtHFL&ust=1579344735157347)

Shoulder circles

[](https://www.google.ie/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwiXzY3B3YrnAhUVQkEAHUw3AL4QjRx6BAgBEAQ&url=https://www.pinterest.com/pin/461196818086036728/&psig=AOvVaw0xRyZiyZljgd-9lGlqp-kt&ust=1579353792457556)

Hip circles

[](https://www.google.ie/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwjtwubd3YrnAhUHAcAKHUERDJMQjRx6BAgBEAQ&url=https://www.pinterest.com/pin/516717757226931327/&psig=AOvVaw2hJvPao3h78sSm_A8PmKUs&ust=1579353850215852)

Leg Stretches

[](https://www.google.ie/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwj6zK6V3ornAhUUXMAKHZK7BUMQjRx6BAgBEAQ&url=https://www.womansday.com/health-fitness/workout-routines/advice/g765/exercises-for-back-pain/&psig=AOvVaw0y60kOpt9ui7geHNk1sqaT&ust=1579353903395536) [](https://www.google.ie/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwixqqvc3ornAhWCUcAKHd9SAcYQjRx6BAgBEAQ&url=https://www.sportsinjuryclinic.net/sport-injuries/knee-pain/lateral-knee-pain/lateral-meniscus-tear-strengthening-exercises&psig=AOvVaw2_8QdFSFVpoyA3BsaL2GJ8&ust=1579354084877395)

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.