

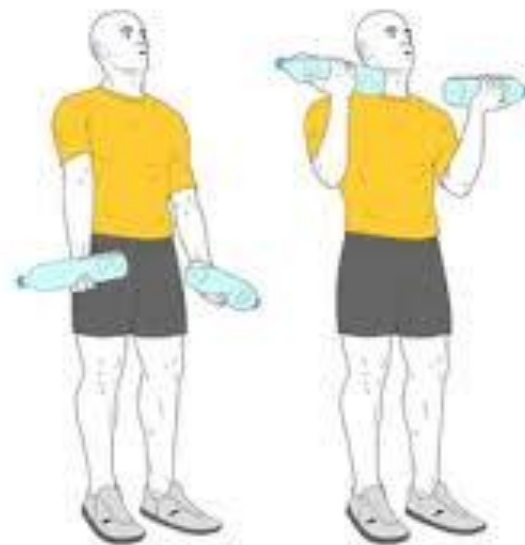
## Exercise plan '3 Minutes to Tone' every day

<b>Activity</b>	<b>Adaptation</b>	<b>Materials Needed</b>
Bicep Curl	Do in a seated position. Use less/more weight.	Bottles of water/cans of food as weight A chair if needed
Shoulder Press	Do in a seated position. Use less/more weight.	Bottles of water/cans of food as weight A chair if needed
Sit to Stand	Do in a seated position reaching hands down to feet. Increase or decrease speed. Hold a weight in front of you.	A chair Bottle of water/cans of food as weight
Alternate Side Step	Do in a seated position using Increase or decrease speed.	A chair if needed
Alternating High Knees	Do in a seated position reaching hands side to side one at a time. Increase or decrease speed.	A chair if needed



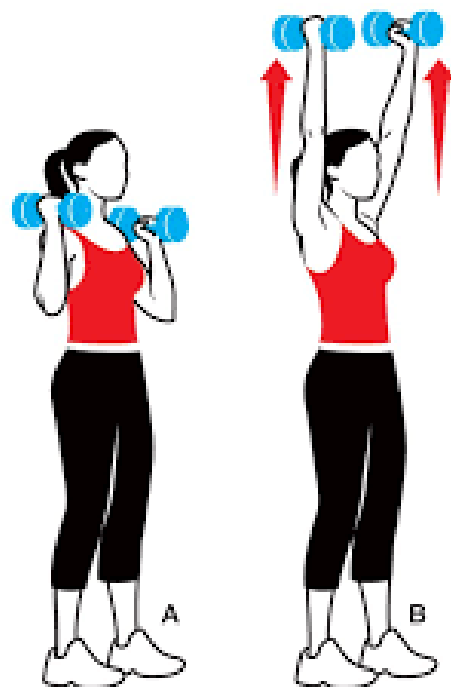
## **Bicep Curls**

1. Make sure you have enough space around you.
2. You can use a chair to do the exercise if you need to.
3. You can use canned foods or a bottle of water as our weight.
4. Start standing up with your arms by your side.
5. Keep your back straight throughout.
6. Bring the weight up to your shoulder by bending your elbow.
7. Bring your arm back down by your side.
8. Do one arm at a time.
9. Repeat 10-12 times.



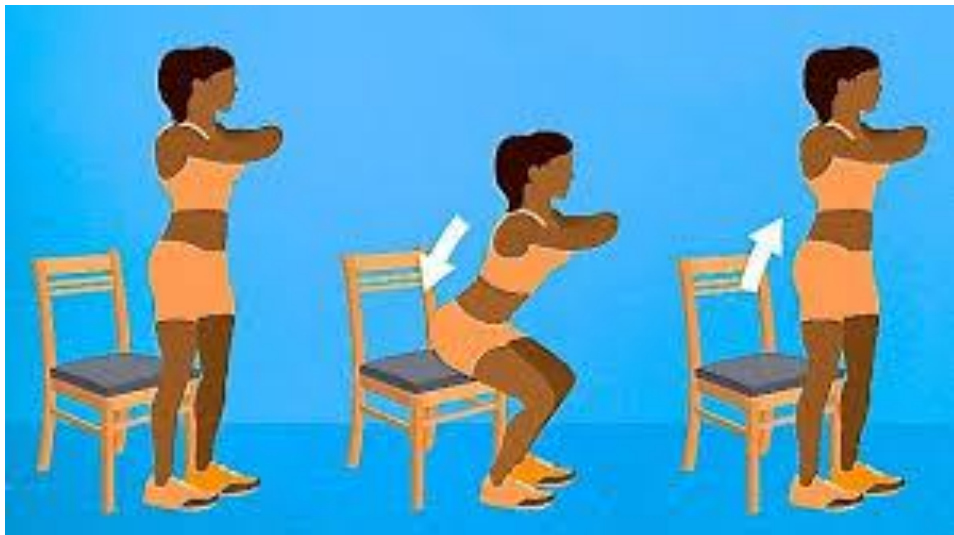
## Shoulder Press

1. Make sure you have enough space around you.
2. You can use a chair to do the exercise if you need to.
3. You can use canned foods or a bottle of water as our weight.
4. Stand up with your elbows bent and the weights at your shoulder.
5. Keep your back straight throughout the exercise.
6. Raise your arm above your head.
7. Bring your arm back down to your shoulder.
8. Do one arm at a time.
9. Repeat 10-12 times.



## Sit to Stand

1. Make sure you have enough space around you.
2. Start by sitting at the edge of a chair.
3. Bring your hands up to your chest and interlock your fingers.
4. Stand up off the chair.
5. Squeeze your leg muscles while you're standing.
6. Keep your back straight throughout the exercise.
7. Sit back onto the edge of the chair.
8. Repeat 12-15 times.



## Alternating Side Step

1. Make sure you have enough space around you.
2. You can use a chair to do the exercise if you need to and use your hands instead.
3. Keep your back straight throughout the exercise.
4. Keep your arms in front of you with your elbows bent.
5. Bend your knees slightly.
6. Take a wide step with your right foot to the side and then bring it back to the centre.
7. Take a wide step with your left foot to the side and then bring it back to the centre.
8. Repeat 10-12 times per foot.





## **Alternating High Knees**

1. Make sure you have enough space around you.
2. You can use a chair to do the exercise if you need to.
3. Keep your back straight throughout the exercise.
4. Lift your right knee up as high as you can to touch your left elbow.
5. Place your right foot back on the floor.
6. Lift your left knee up as high as you can to touch your right elbow.
7. Place your left foot back on the floor.
8. Repeat 10-12 times for each leg.

