

Aerobics with Arita (7)



**New Directions: Health and Wellbeing
and Maximising Independence.**



Name:



Date:

1. Join Arita and let's get warmed up
2. Placing our hand up towards our chest at shoulder height and pushing them out and in
3. Comfortably on the chair start by raising one knee towards your elbow and then switching to the other side
4. Taking our arms up over our head and reaching to the sky up and down
5. Kicking our legs in and out while moving our arms up and down

Well done guys, keep going



6. Closing both hands in making a fist were going to start punching out and then up over our head



7. Sitting down again were going to sit forward and clap our hands under or leg and changing to the other side



Don't forget to take deep breath

8. Finishing with side kicks sitting down placing our left leg out first and then our right leg



9. Lastly, we are going to do some breathing and stretches to finish today



Well done guys, keep exercising