

Aerobics with Arita (6)



New Directions: Health and Wellbeing and Maximising Independence.



Name:



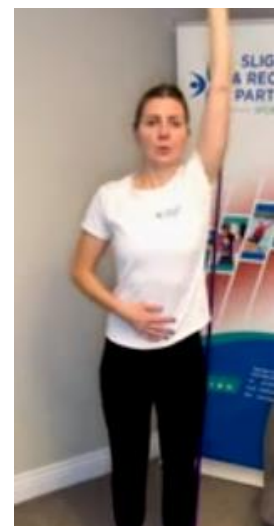
Date:

1. Follow along with Arita and start your exercise with a warm-up



2. Stand on the end of the band and follow Arita to lift band up over shoulder.

You can easily do this exercise with no band just raise your arm over-head.



3. Holding the band in one hand bend down on the leg on the other side. Repeat.

Remember you can also do this exercise with no band



4. Standing on the band bring your arms back like you are rowing. Again you do not have to have a band



5. Follow Arita doing the arm and leg exercises

6. Cool down and breath slowly as you finish your exercise

How do you feel after your exercise?



Remember to exercise every day.