



Core exercises with Paul Smyth



New Directions: Health and Wellbeing and Maximising Independence

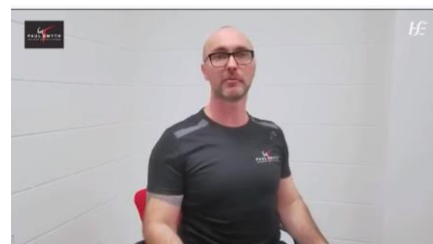


Name:



Date:

1. Let's start and get warmed up with Paul
2. Reaching both arms out turning to the right back to the centre and turn left
3. Dropping both arms by our side, slowly leaning to the right, back to the centre and then to left
4. Placing our hands behind our ears, keeping our shoulders up turning right and then turning left
5. Raising both arms up over our head stretching our arms and fingers and reaching back down



6. Sitting forward on your chair, cross your hands over your chest and lean forward and back



7. Repeating the same exercise as before, this time we will lean forward



8. Placing our hands behind our ears, stretching our arms up, slowly lean to the left side and then to the right side



Well done guys, why not add some music while doing your core exercises