



TAKE HOME EXERCISE BOOKLET

MANvFAT
FOOTBALL®

THE IMPORTANCE OF MOVING MORE

BEING ACTIVE PREVENTS DISEASE
AND KEEPS YOU HEALTHY



WHAT GOOD THINGS COULD BEING MORE ACTIVE DO FOR YOU?



IMPROVE GENERAL
WELLBEING



MANAGE
STRESS



IMPROVES
MOOD



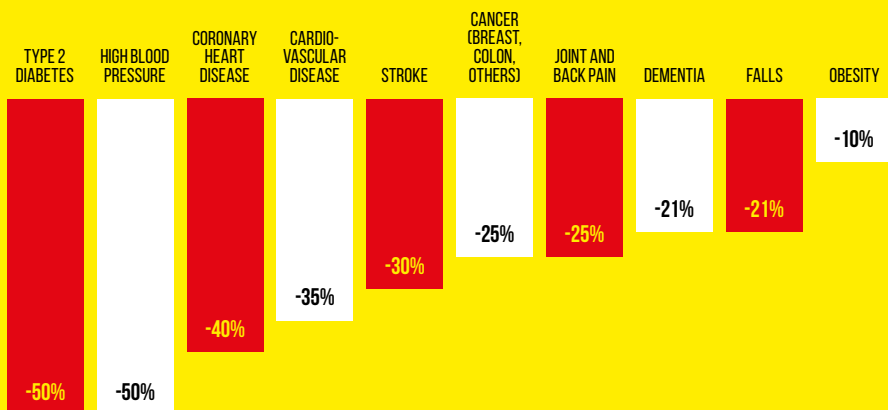
MAINTAIN
HEALTHY WEIGHT



LIVE LONGER
& BETTER

REDUCE YOUR RISK BY BEING MORE ACTIVE

ALL ADULTS KEEPING PHYSICALLY ACTIVE REDUCES YOUR CHANCE OF:



HOW CAN BEING ACTIVE IMPROVE MY STRESS?

- Healthy outlet for nervous energy, distraction from negative thoughts and feelings.
- Reduction of fear, symptoms and catastrophisation. Increased sense of calm, better overall wellbeing.
- Less stress and anxiety.
- Better sleep, better relationships, socialise more.
- Increased physical activity.



10 TOP TIPS TO KEEP YOU ACTIVE

1

IF PHYSICAL ACTIVITY IS NEW TO YOU

Start slowly and build up gradually over 3-6 months.

2

BUILD ACTIVITY INTO YOUR DAILY ROUTINE

Anything you can do to increase your movement will be beneficial. An example might be taking the stairs rather than the lift.

3

SOME DISCOMFORT IS NORMAL

Some discomfort during and immediately after activity does not mean damage. It is normal for anyone to experience some muscle soreness after doing a new activity. Over time, as your body adapts, this will reduce.

4

BREAK UP YOUR SITTING TIME

Either at home or work. Standing up and taking a break from the screen will give you more energy, improve your concentration and help you be more physically active.

5

FIND OUT WHAT IS AVAILABLE IN YOUR LOCAL AREA

Your local council will have a list of activities and groups you could try. If you have a local Health Coach or Physical Activity co-ordinator (who often works closely with your GP surgery) they will have lots of information about what is available.



6

TELL YOUR FRIENDS

Tell your friends & family how you are trying to be more physically active. They may provide important moral support (as changing your habits is not easy) and may also be able to help you make time by helping out with things like childcare.

7

DO IT WITH A FRIEND

Consider undertaking physical activity with a friend, or joining a group. This might be more enjoyable, and you can motivate each other. You might also find that this helps you to feel safer, for example if you are walking/exercising outside.

8

CHOOSE AN ACTIVITY YOU ENJOY

You are much more likely to stick with it. This may mean trying a variety of activities before you choose one to do regularly.

9

RECORD YOUR PHYSICAL ACTIVITY LEVELS

Try to record your physical activity levels by using pedometers or apps like Active 10 on your smartphone. Consider setting some personal targets like joining a local community club like Parkrun.

10

BE REALISTIC

Some days will feel easier than others, and this is normal. Aim to build more movement and less sitting time into your normal life.



BUILD ACTIVITY IN



AT PLAY



Yoga/pilates
/tai chi



Throwing
a ball in
the park



Taking
the dog
for a walk



Walking
and
Rambling



Pool based
activity –
swimming
or aqua class



Exercise
class



TRAVELLING



Cycling



Walk



Get off the bus
a stop early



Park at a further
car parking space

TO EVERYDAY LIFE



AT WORK



Walking
up stairs



Walking
meeting



Take an active
lunch break



Standing
to talk on
the phone



AT HOME



Gardening



Housework
– doing the
hoovering



Sex



Carrying
the shopping
home



Home based
exercise
equipment

WARM-UP

The purpose of warming up before physical activity is to prepare your body both mentally and physically for your chosen activity.

Warming up increases your heart rate, dilates your blood vessels and therefore increases your blood flow which enables more oxygen to reach your muscles. A warm-up also activates and primes the connections between your nerves and muscles, which improves the efficiency of movement.

Additionally, your range of motion and flexibility are increased by performing some dynamic stretches, these are usually functional exercises that mimic the activity that you are about to perform.



HOW DO I WARM-UP BEFORE EXERCISE?

A warm-up for physical activity should take around 5-10 minutes and involve light aerobic activity, mobility exercises and some dynamic stretching movements appropriate for the activity you're about to perform.

This could include:

- marching on the spot
- fast-paced walking
- walking up and down stairs
- fast-paced side stepping
- jogging on the spot
- arm swings
- lunges
- squats

The cardio exercises on pages 26-38 in the booklet could also be used as warm up exercises. Mobility exercises can be found on pages 44-46 in the booklet.

Remember, that an effective warm up should be gradual, starting off with low intensity exercises and then moving onto slightly more challenging ones. At the end of the warm up you should feel like you have mobilised your major joints, increased your body temperature, and increased your heart and breathing rate – so you feel slightly puffed out.

COOL-DOWN

Cooling down after a workout is as important as warming up.

After physical activity, your heart is still beating faster than normal, your body temperature is higher and your blood vessels are dilated. This means if you stop too fast, you could feel faint or feel sick. A cool-down after physical activity allows a gradual decrease at the end of the session.

It's good to stretch when you're cooling down because your limbs, muscles and joints are still warm. Stretching can help reduce the buildup of lactic acid, which can lead to muscles cramping and stiffness.

HOW DO I COOL-DOWN AFTER EXERCISE?

Simply reduce the intensity of the activity you have been doing – if you have been jogging, then walk; if you have been running, then jog; fast swimming then easy swim.

This will help you gradually reduce your heart rate and begin the process of recovery. Gently stretching each of the main muscle groups for 10–30 seconds will help to increase flexibility and can help bring your mind and body back to a resting state.

A range of cool down stretches can be found on pages 47–51 of the booklet.



WHAT INTENSITY SHOULD YOU EXERCISE AT?

The Rate of Perceived Exertion Scale (RPE) is used to measure the intensity of your exercise. The scale runs from 1–10 to show varying levels of effort.

The numbers relate to descriptions or feelings used to rate how easy or difficult you find the activity you are doing. They also help you understand what level of exertion you should be exercising at to achieve your goals without putting yourself under too much stress.



HOW HARD ARE YOU WORKING?

RPE SCALE	RATE OF PERCEIVED EXERTION
10	MAX EFFORT ACTIVITY Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time.
9	VERY HARD ACTIVITY Very difficult to maintain exercise intensity. Can barely breathe and only speak a few words.
7-8	VIGOROUS ACTIVITY Borderline uncomfortable. Short of breath but can speak a sentence.
4-6	MODERATE ACTIVITY Breathing heavily but can hold a short conversation. Still somewhat comfortable but becoming noticeably more challenging.
2-3	LIGHT ACTIVITY Feels like you can maintain for hours. Easy to breath and can carry on a conversation.
1	VERY LIGHT ACTIVITY Hardly any exertion, but more than sleeping. For example, watching TV.



SEATED BICEP CURL

- Sit upright in your chair, place centre of resistance band under one foot.
- Hold each end of the resistance band, palms facing upwards.
- Keeping the upper arms locked to the side of the body, bend your arm, curling the band up to shoulder height.
- Slowly return to starting position.
- Repeat.

Reps	Sets
Time	
Rest	
Notes	

SEATED TRICEP EXTENSIONS

- Sit in the front third of your chair, back straight.
- Place the centre of the band under one foot, holding each end of the band with palms facing inwards towards the body.
- Bend at the hips, leaning slightly forward ensuring the back is straight.
- Now bend both elbows to 90 degrees, keeping them inline just behind your back.
- Keep upper arms locked in position and extend your arms straight back behind you.
- Then slowly bring elbow back to 90 degrees.
- Repeat.

Reps	Sets
Time	
Rest	
Notes	



SEATED LAT PULL DOWN

- With hands slightly wider than shoulder width apart, hold the resistance band with a small amount of tension.
- Keeping your back straight, raise your arms straight above your head.
- Whilst maintaining the tension, bring your elbows down, pulling the resistance band in front of your head, your hands should be in line with your shoulders.
- Focus on squeezing your shoulder blades together at the bottom of the movement.
- Return to starting position
- Repeat.

Reps	Sets
Time	
Rest	
Notes	



SEATED FRONT RAISE

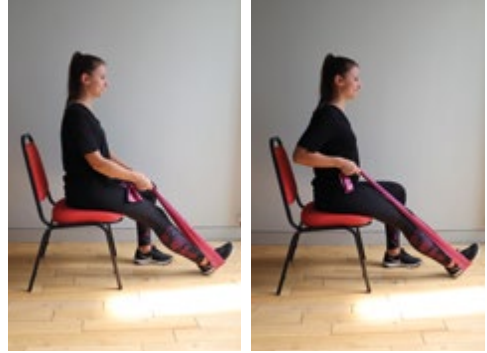
- Place centre of resistance band under one foot.
- Keep back straight.
- Hold each end of the resistance band, palms facing down towards the floor.
- Whilst keeping your arms straight, lift your arms in front of your body up to shoulder height.
- Slowly return to starting position.
- Repeat.

Reps	Sets
Time	
Rest	
Notes	



SEATED CHEST PRESS

- Sit back in your chair with a straight back, feet hip width apart.
- Place resistance band around the back of the chair.
- Hold each end of the band.
- Keep your elbows at shoulder height.
- Press bands forward until arms are straight.
- Slowly return to the starting position.
- Repeat.



SEATED ROW

- Sit in the front third of your chair with a straight back.
- Extend one leg out and place band around that foot. Keep other leg at a right ankle with foot on the floor.
- Hold each end of the band with palms facing inward.
- Keeping your elbows tucked into your body, breathe out whilst pulling both elbows back until your hands are at your waist.
- Breathe in as you slowly return your hands to starting position.
- Repeat.

Reps	Sets
Time	
Rest	
Notes	

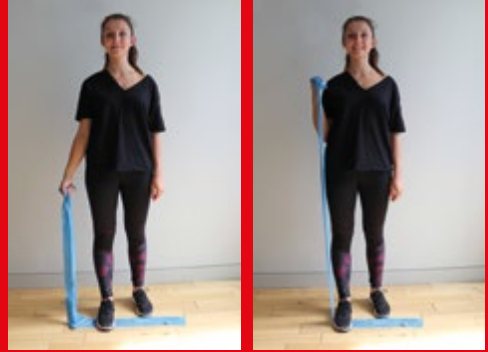
Reps	Sets
Time	
Rest	
Notes	

UPPER BODY LEVEL 2



SEATED LATERAL RAISE

- Place centre of resistance band under one foot and keep feet flat on the floor.
- Hold each end of the resistance band and keep your arms rested at your side.
- Keep your back straight.
- Keeping your arms extended, with a slight bend at your elbows, slowly raise your arms up from the sides of your body.
- Once your arms reach parallel with the floor, pause and slowly return to starting position.
- Repeat.



STANDING BICEP CURL

- Stand with feet at hip width, back straight.
- Place centre of resistance band under one foot.
- Hold one end of the resistance band, palms facing upwards. Keep foot on other end of the band.
- Keeping the upper arms locked to the side of the body, bend your arm, curling the band up to shoulder height.
- Slowly return to starting position.
- Repeat.

Reps	Sets
Time	
Rest	
Notes	

Reps	Sets
Time	
Rest	
Notes	

UPPER BODY LEVEL 2



STANDING TRICEP EXTENSION

- Place your feet at hip width apart and knees slightly bent.
- Place one end of the band under one foot, holding the other end of the band with palms facing inwards towards the body.
- Bend at the hips, leaning slightly forward ensuring the back is straight.
- Now bend both elbows to 90 degrees, keeping them inline just behind your back.
- Keep upper arms locked in position and extend your arms straight back behind you.
- Then slowly bring elbow back to 90 degrees.
- Repeat.

Reps	Sets
Time	
Rest	
Notes	



WALL PRESS

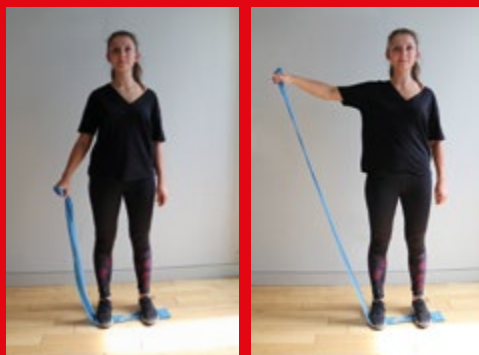
- Take a step away from the wall, feet at hip width apart.
- Place hands flat against the wall at shoulder height and 1.5x shoulder width apart.
- Keep back straight.
- Lower yourself towards the wall, bending at the elbow until your face comes close to the wall.
- Keep a controlled movement extending arms back out.
- Ensure that you keep a slight bend in your elbows whilst your arms are extended.
- Repeat.

Reps	Sets
Time	
Rest	
Notes	



STANDING RESISTANCE BAND ROW

- Feet at hip width apart, keep your knees slightly bent, back straight.
- Place band around object or bar, hold each end of the band with palms facing inward.
- Stand far away so arms are extended.
- Pull the band towards you, keeping your elbows tucked into your body.
- Slowly return your hands to starting position.
- Repeat.



STANDING LATERAL RAISE

- Feet at hip width, back straight.
- Hold one end of the band, place foot/feet on the other end of the band.
- Keeping your arm extended, with a slight bend at your elbows, slowly raise your arm up from the side of your body.
- Once your arms reach parallel with the floor, pause and slowly return to starting position.
- Repeat.

Reps	Sets
Time	
Rest	
Notes	

Reps	Sets
Time	
Rest	
Notes	

UPPER BODY LEVEL 2



STANDING FRONT RAISE

- Feet at hip width and keep back straight.
- Place feet on one end of the band.
- Hold onto the other end of the resistance band, palms facing down towards the floor.
- Whilst keeping your arms straight, lift your arms in front of your body up to shoulder height.
- Slowly return to starting position.
- Repeat.

Reps	Sets
Time	
Rest	
Notes	

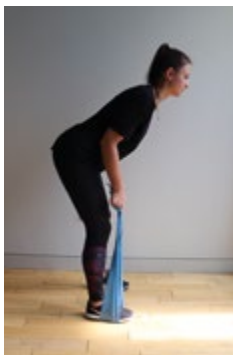
UPPER BODY LEVEL 3



BOX PRESS UP

- On floor exercise- hands at shoulder width, flat on the floor.
- Knees slightly apart, back straight at all times.
- Lower yourself towards the floor, bending at the elbows until they are at 90 degrees.
- Keep a controlled movement extending arms back out.
- Ensure that you keep a slight bend in your elbows whilst your arms are extended.
- Repeat.

Reps	Sets
Time	
Rest	
Notes	



BENT OVER ROW

- Feet at hip width apart, keep your knees slightly bent, back straight.
- Place the centre of the resistance band under your foot/feet.
- Bend at the hip, leaning slightly forward until you feel a slight pull in the back of your thigh. Hold that position.
- Pull the band towards you, keeping your elbows tucked into your body.
- Slowly return your hands to starting position.
- Repeat.

Reps	Sets
Time	
Rest	
Notes	



TRICEP DIPS

- Use chair.
- Keep hands on the edge of the chair, back straight.
- Slide bottom off the chair, keeping your knees at 90 degrees.
- Bend at the elbow, to lower yourself towards the floor.
- Push off the chair to extend arms and bring your body up.
- Repeat.

Reps	Sets
Time	
Rest	
Notes	

LOWER BODY LEVEL 1



SEATED LEG EXTENSION

- Sit back in your chair, back upright and feet hip width apart.
- Keeping one foot planted on the floor, slowly extend the other leg until it is parallel with the floor.
- Return the leg back to the floor to complete one rep.
- Repeat.

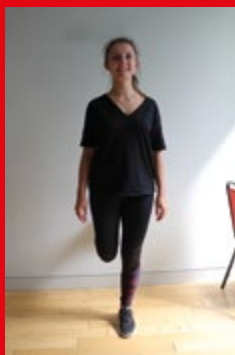


SEATED LEG PRESS

- Sit back in your chair, with back straight.
- Place one foot in the centre of the band. Hold each end of the band with palms facing inward.
- Bend working knee, pull band towards the body.
- Whilst keeping your arms locked to the side of your body, press your foot against the band so that your leg is extended.
- Bend the working knee back again.
- Repeat.

Reps	Sets
Time	
Rest	
Notes	

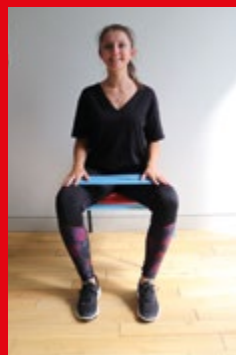
Reps	Sets
Time	
Rest	
Notes	



STANDING LEG CURL

- Stand upright with your feet hip width apart.
- Slide back working leg and bend to 90 degrees, keeping knees in line with each other.
- Hold a chair if required.
- Keep a slight bend in standing leg.
- Deliver a controlled return back to standing.
- Repeat.

Reps	Sets
Time	
Rest	
Notes	



SEATED LEG ABDUCTION

- Sit on front third of the chair and keep back straight.
- Place band under thighs and wrap around legs.
- Use hands to keep band secure, whilst keeping feet flat on the floor.
- Push knees outwards against the band.
- Then bring knees back in line with ankles.
- Repeat.

Reps	Sets
Time	
Rest	
Notes	

LOWER BODY LEVEL 1



SEATED
LEG ADDUCTION

- Sit on the front third of chair, back upright.
- Feet flat on the floor.
- Use hands and place inbetween legs (knees).
- Keep hands still and press against hands to engage inner thigh, hold.
- Relax.
- Repeat.

Reps	Sets
Time	
Rest	
Notes	



SEATED
CALF RAISES

- Sit on the front third of chair, back upright and feet at hip width.
- Hands can be placed on thigh or side of the chair.
- Raise heels up, toes stay planted on the floor.
- Slowly bring heels back down.
- Repeat.

Reps	Sets
Time	
Rest	
Notes	

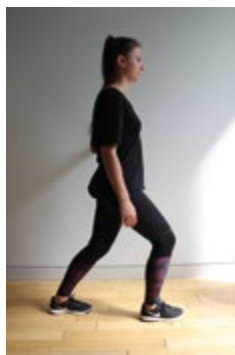
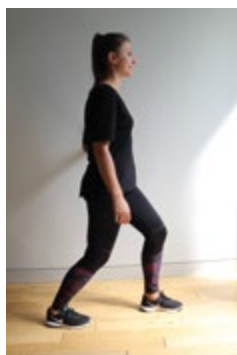
LOWER BODY LEVEL 2



SIT TO STAND

- Sit two thirds on your chair, feet flat on the floor at hip width.
- Keep back straight, with feet, knees and hips in line.
- Push through your heels, extending knees and hips to standing.
- Lower yourself back down to seated.
- Repeat.

Reps	Sets
Time	
Rest	
Notes	



LIGHT LUNGE

- Keep back straight and feet at hip width.
- Step one foot slightly in front, ensure toes are pointing forward.
- Slightly bend both knees.
- Hold chair if needed.
- Swap legs and repeat.

Reps	Sets
Time	
Rest	
Notes	



STANDING LEG ABDUCTION

- Keep back straight and feet at hip width.
- Ensure your standing leg is kept slightly bent.
- Keep leg straight and extend out to the side, in line with the body.
- Keep your toes pointing forward at all times.
- Repeat on opposing leg.

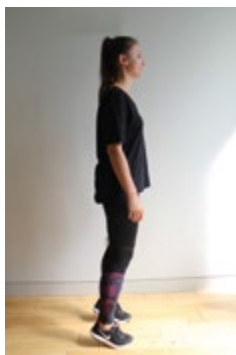
Reps	Sets
Time	
Rest	
Notes	



STANDING LEG ADDUCTION

- Keep back straight and feet at hip width.
- Ensure your standing leg is kept slightly bent.
- Keep working leg extended and cross over the standing leg to engage inner thigh.
- Then bring back to standing.
- Repeat on opposing leg.

Reps	Sets
Time	
Rest	
Notes	



STANDING CALF RAISE

- Keep back straight and feet at hip width.
- Raise both heels off the floor, keeping toes planted.
- Keep a controlled movement.
- Hold for 5 seconds.
- Bring heels back down to standing position.
- Repeat.

Reps	Sets
Time	
Rest	
Notes	



LUNGES

- Keep back straight and feet at hip width.
- Take a large step forward and bend both knees to 90 degrees.
- Push backwards off the front foot to bring both feet back together.
- Repeat on both legs.

Reps	Sets
Time	
Rest	
Notes	

LOWER BODY **LEVEL 3**



STANDING
SINGLE LEG CALF RAISE

- Keep back straight and feet at hip width.
- Lift one leg slightly off the ground.
- Slightly bend the standing leg.
- Raise heel off the floor, keeping toes planted.
- Keep a controlled movement.
- Lower back down to the floor to meet other foot.
- Repeat on both legs.

Reps	Sets
Time	
Rest	
Notes	

CARDIO **LEVEL 1**



SEATED
SHADOW BOXING

- Sit up straight and punch the air in front of you, alternating your hands.
- Repeat.

Reps	Sets
Time	
Rest	
Notes	



SEATED HIGH KNEES

- Keep hands by your side.
- Sit up straight and lift one knee towards the ceiling.
- Lower knee so your foot is back on the floor.
- Lift opposite knee towards the ceiling
- Lower knee so your foot is back on the floor.
- Repeat.

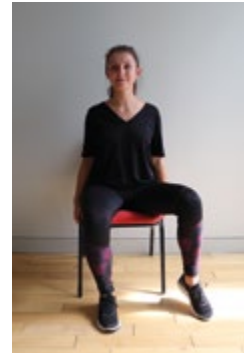


SEATED UP, SIDE, DOWN

- Sit up straight.
- One hand at a time, reach upwards across the body.
- One hand at a time, reach across the body to each side.
- One hand at a time, reach down across the body towards the floor.
- Repeat.

Reps	Sets
Time	
Rest	
Notes	

Reps	Sets
Time	
Rest	
Notes	



SEATED ARM SPRINTS

- Sit up straight and lift your hands in front of your body, ensuring there is a 90-degree bend in your elbows.
- Push your elbows backwards and forwards, alternating each arm.
- Repeat.

SEATED SIDE TAPS

- Sit up straight with both feet flat on the floor.
- Lift one foot off the floor and move to the side, away from your body.
- Tap your toes on the floor and bring your foot back to the start position.
- Alternate feet and repeat.

Reps	Sets
Time	
Rest	
Notes	

Reps	Sets
Time	
Rest	
Notes	



SEATED BOX STEP

- Sit up straight with both feet flat on the floor.
- Lift one foot off the floor and place it one step in front of you.
- Repeat with the opposite foot so that they are both one step in front of your body.
- One at a time, bring feet back to the starting position.
- Repeat.

Reps	Sets
Time	
Rest	
Notes	



SEATED HEEL DIGS

- Sit up straight with both feet flat on the floor.
- Lift one foot off the ground, move foot forward and tap your heel on the floor.
- Bring foot back to starting position.
- Alternate feet and repeat.

Reps	Sets
Time	
Rest	
Notes	

CARDIO LEVEL 1



SEATED SIDE STEPS

- Sit up straight with both feet flat on the floor.
- Lift one foot off the floor and move to the side, away from your body.
- Repeat with the opposite foot so that both feet are placed next to each other.
- Return each foot to the centre position
- Repeat on opposite side.

Reps	Sets
Time	
Rest	
Notes	

CARDIO LEVEL 2



STANDING SHADOW BOXING

- Stand up straight and punch the air in front of you, alternating your hands.
- Repeat.

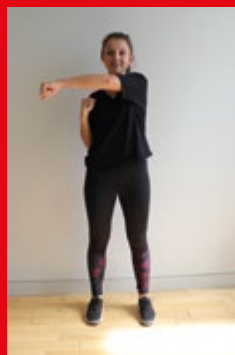
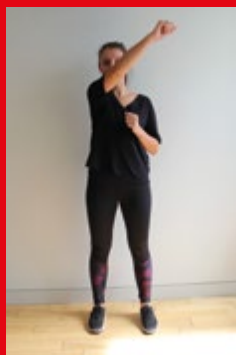
Reps	Sets
Time	
Rest	
Notes	



STANDING HIGH KNEES

- Stand up straight and lift one knee towards the ceiling.
- Lower knee so your foot is back on the floor.
- Lift opposite knee towards the ceiling.
- Lower knee so your foot is back on the floor.
- Repeat.

Reps	Sets
Time	
Rest	
Notes	



STANDING UP, SIDE, DOWN

- Stand up straight.
- One hand at a time, reach upwards across the body.
- One hand at a time, reach across the body to each side.
- One hand at a time, reach down across the body towards the floor.
- Repeat.

Reps	Sets
Time	
Rest	
Notes	



STANDING ARM SPRINTS

- Stand up straight, core tight.
- Lift your hands in front of your body, ensuring there is a 90-degree bend in your elbows.
- Push your elbows backwards and forwards, alternating each arm.
- Repeat.

Reps	Sets
Time	
Rest	
Notes	



STANDING HALF JACKS

- Stand up straight with both feet flat on the floor.
- Extend your right arm and leg out to the side, tapping your foot on the floor.
- Return arm and leg to centre position.
- Repeat on opposite side.

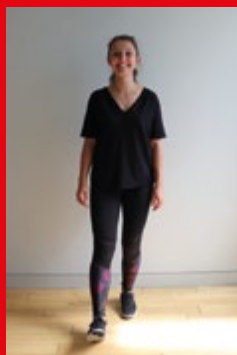
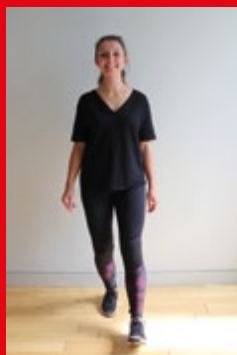
Reps	Sets
Time	
Rest	
Notes	



STANDING BOX STEP

- Stand up straight with both feet flat on the floor.
- Lift one foot off the floor and place it one step in front of you.
- Repeat with the opposite foot so that they are both one step in front of your body.
- One at a time, bring feet back to the starting position.
- Repeat.

Reps	Sets
Time	
Rest	
Notes	

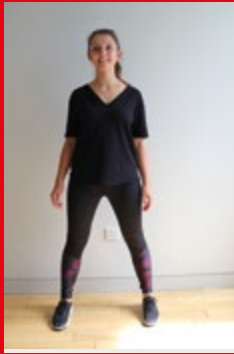
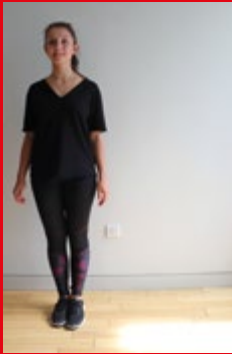


STANDING HEEL DIGS

- Stand up straight with both feet flat on the floor.
- Lift one foot off the ground, move foot forward and tap your heel on the floor.
- Bring foot back to starting position.
- Alternate feet and repeat.

Reps	Sets
Time	
Rest	
Notes	

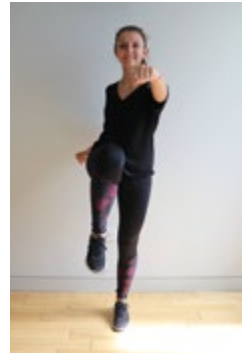
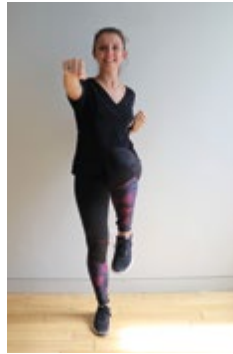
CARDIO LEVEL 2



STANDING SIDE STEPS

- Stand up straight with both feet flat on the floor.
- Lift one foot off the floor and move to the side, away from your body.
- Repeat with the opposite foot so that both feet are placed next to each other.
- Return each foot to the centre position.
- Repeat on opposite side.

CARDIO LEVEL 3



ADVANCED SHADOW BOXING

- Stand up straight with both feet flat on the floor.
- Extend your right arm and leg out to the side, tapping your foot on the floor.
- Return arm and leg to centre position.
- Repeat on opposite side.

Reps	Sets
Time	
Rest	
Notes	

Reps	Sets
Time	
Rest	
Notes	



CROSS OVER HIGH KNEES

- Stand up straight, lift one knee towards the ceiling and across your body to meet the opposite arm.
- Lower knee so your foot is back on the floor.
- Repeat on opposite side.

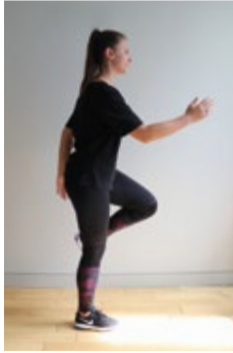


ADVANCED UP, SIDE, DOWN

- Stand up straight.
- One hand at a time, reach upwards across the body.
- One hand at a time, reach across the body to each side.
- One hand at a time, reach down across the body towards the floor.
- Introduce leg movements such as marching or side steps.
- Repeat.

Reps	Sets
Time	
Rest	
Notes	

Reps	Sets
Time	
Rest	
Notes	



ADVANCED ARM SPRINTS

- Stand up straight and lift your hands in front of your body, ensuring there is a 90-degree bend in your elbows.
- Push your elbows backwards and forwards, alternating each arm.
- Introduce leg movements such as marching or side steps.
- Repeat.

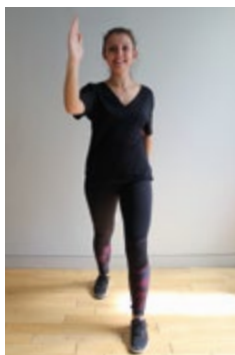
Reps	Sets
Time	
Rest	
Notes	



JUMPING JACKS

- Stand up straight with your arms by your side.
- Jump up slightly, move both legs to each side and land on the floor with a wider stance than when you started.
- Whilst jumping, lift both arms up to shoulder height.
- Jump up again bringing your feet together and placing your arms back to your side, landing in your initial starting position.
- Repeat.

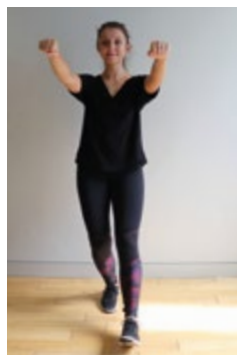
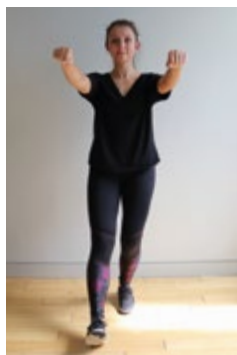
Reps	Sets
Time	
Rest	
Notes	



ADVANCED BOX STEP

- Stand up straight with both feet flat on the floor.
- Lift one foot off the floor and place it one step in front of you.
- Repeat with the opposite foot so that they are both one step in front of your body.
- One at a time, bring feet back to the starting position.
- Introduce arm bicep curls.
- Repeat.

Reps	Sets
Time	
Rest	
Notes	

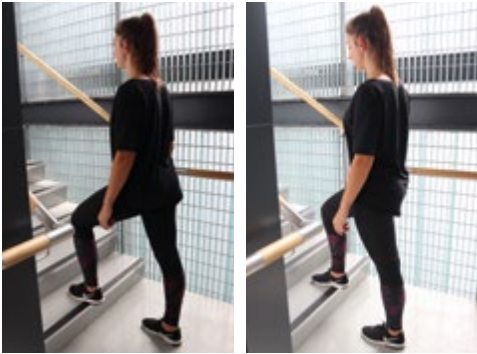


ADVANCED HEEL DIGS

- Stand up straight with both feet flat on the floor.
- Lift one foot off the ground, move foot forward and tap your heel on the floor.
- Bring foot back to starting position and repeat with your other foot.
- Introduce arm movements such as punches or arm raises.
- Repeat.

Reps	Sets
Time	
Rest	
Notes	

CARDIO LEVEL 3

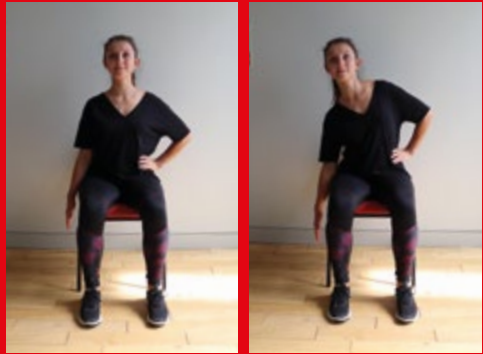


STEP UPS

- Stand up straight with both feet flat on the floor.
- Place one foot onto the step.
- Bring other foot onto step.
- Step down one foot at a time.
- Alternate between starting leg and repeat.

Reps	Sets
Time	
Rest	
Notes	

CORE LEVEL 1



SEATED SIDE BEND

- Sit up straight with one hand on your hip and the other arm down by your side.
- Bend to the side whilst staying sat on the chair.
- Alternate and repeat.

Reps	Sets
Time	
Rest	
Notes	



SEATED KNEE TUCK

- Sit up straight with hands holding chair if needed for balance.
- Lift both knees as close to your chest as possible.
- Slowly lower feet back towards to ground.
- Repeat.

Reps	Sets
Time	
Rest	
Notes	



SEATED SINGLE LEG BALANCE

- Sit up straight on the front third of your chair. Hold the chair if you need too.
- Raise one knee so that one foot is off the floor.
- Try and keep your balance for as long as instructed.
- Alternate legs and repeat.

Reps	Sets
Time	
Rest	
Notes	

CORE LEVEL 1



SEATED OBLIQUE TWIST

- Sit up straight with arms at chest height.
- Keeping your hips facing forward, twist your upper body to each side as far as you can.
- Repeat.

CORE LEVEL 2



STANDING SIDE BEND

- Stand up straight with arms by your side.
- Bend to the side, whilst keeping back straight.
- Alternate and repeat.

Reps	Sets
Time	
Rest	
Notes	

Reps	Sets
Time	
Rest	
Notes	



STANDING OBLIQUE TWIST

- Stand up straight with arms at chest height.
- Twist your upper body as far as you can, whilst keeping your feet flat on the ground and hips facing forward.
- Alternate and repeat.

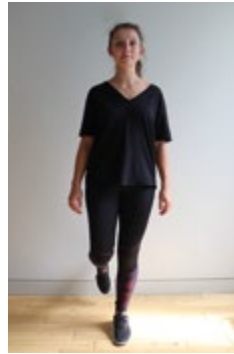
Reps	Sets
Time	
Rest	
Notes	



SEATED STRAIGHT LEG RAISES

- Sit on the front third of the chair and lean back slightly.
- Hold on to the seat to help keep your balance.
- Lift both feet as high as you can, whilst trying to keep your legs straight.
- Slowly lower feet back towards the floor.
- Repeat.

Reps	Sets
Time	
Rest	
Notes	



SEATED SPELL YOUR NAME

- Sit on the front third of the chair and lean back slightly.
- Hold on to the seat to help keep your balance.
- Lift feet off the floor whilst keeping your legs straight.
- Try and spell your name with your feet, keeping them off the ground.
- Repeat.

STANDING SINGLE LEG BALANCE

- Stand up straight, holding onto a chair or the wall for balance if you need to.
- Raise one knee to lift your foot off the floor.
- Try to keep your balance for as long as instructed.
- Swap legs and repeat.

Reps	Sets
Time	
Rest	
Notes	

Reps	Sets
Time	
Rest	
Notes	



LAYING LEG RAISES

- Lay on the floor with your legs flat on the ground.
- Lift both legs towards the ceiling whilst trying to keep your lower back near the floor and legs as straight as you can.
- Slowly lower your legs back towards the floor.
- Repeat.

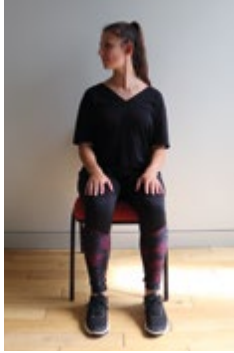
Reps	Sets
Time	
Rest	
Notes	



STANDING SINGLE LEG BALANCE WITH LEG SWING

- Stand up straight, holding onto a chair or the wall for balance if you need to.
- Raise one foot off the floor whilst keeping standing leg slightly bent.
- Gently swing leg forwards and backwards whilst trying to keep your balance.
- Swap legs and repeat.

Reps	Sets
Time	
Rest	
Notes	



HEAD TURNS

- Sit up straight with your feet flat on the floor.
- Slowly rotate your head to one side, aiming to look over your shoulder.
- Repeat in the opposite direction.

SHOULDER CIRCLES

- Sit up straight with your feet flat on the floor.
- Lift your shoulders towards the ceiling and rotate backwards in a circular motion.
- Repeat.

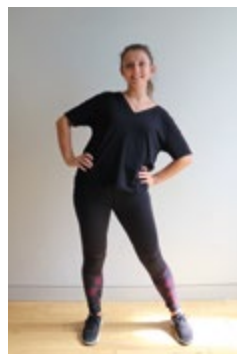
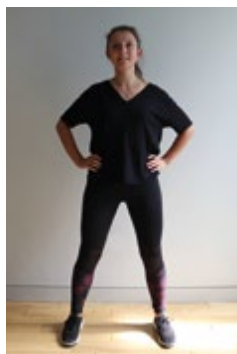
Reps	Sets
Time	
Rest	
Notes	

Reps	Sets
Time	
Rest	
Notes	



SPINE ROTATION

- Sit up straight with your feet flat on the floor.
- Slowly rotate your upper body to one side, whilst keeping your bottom sat on the seat and hips facing forwards.
- Repeat in the opposite direction.

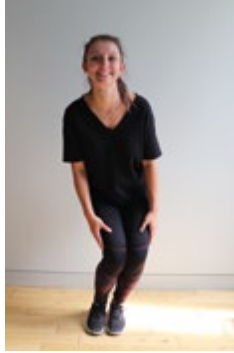


HIP ROTATIONS

- Stand up straight with your hands on your hips and feet shoulder width apart.
- Slightly bend your knees.
- Gently rotate your hips in a circular motion.
- Repeat in the opposite direction.

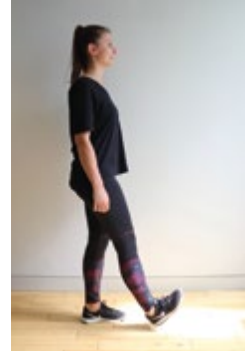
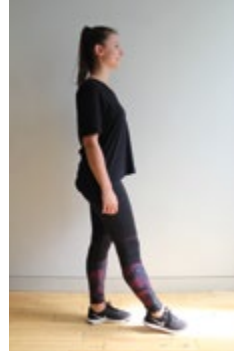
Reps	Sets
Time	
Rest	
Notes	

Reps	Sets
Time	
Rest	
Notes	



KNEE ROTATIONS

- Stand with your feet and knees together.
- Ensure you have a slight bend at your hips and knees, whilst keeping your back straight.
- Place your hands on the side of your thighs.
- Gently rotate your knees in a circular motion.
- Repeat in the opposite direction.



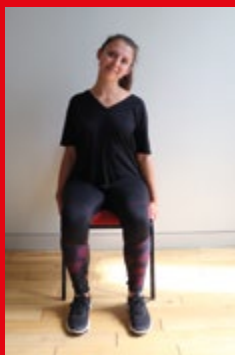
ANKLE FLEX / EXTEND

- Sit or stand comfortably with one foot off the floor.
- If stood, ensure your standing leg is slightly bent.
- Point your toes towards the ceiling.
- Point your toes away from your body.
- Repeat.

Reps	Sets
Time	
Rest	
Notes	

Reps	Sets
Time	
Rest	
Notes	

STRETCHES



TRAPEZIUS STRETCH

- Keep your back straight and arms by your side
- Tilt your head to one side, moving your ear towards your shoulder.
- Hold stretch for as long as instructed.
- Repeat on the opposite side.



DELTOID STRETCH

- Lift your arm to chest height and hold it across your body.
- Place your other hand on your forearm and gently pull your arm further across your body.
- Hold stretch for as long as instructed.
- Swap arms and repeat.

Reps	Sets
Time	
Rest	
Notes	

Reps	Sets
Time	
Rest	
Notes	

STRETCHES



CALF STRETCH

- Stand up straight and take one large step forwards.
- Ensure toes are pointing forward.
- Bend your front knee and gently lean forward until you feel a slight pull in the back of your lower leg.
- Hold stretch for as long as instructed.
- Swap legs and repeat.

Reps	Sets
Time	
Rest	
Notes	



HIP FLEXOR STRETCH

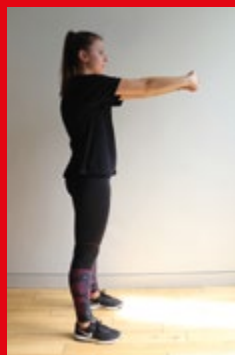
- Kneel on the floor then place one foot in front of your body.
- Ensure both knees are at 90 degrees.
- Gently push your raised knee forwards, keeping your upper body straight.
- Hold stretch for as long as instructed.
- Swap legs and repeat.

Reps	Sets
Time	
Rest	
Notes	



TRICEP STRETCH

- Keep your back straight and feet at hip width apart.
- Lift one arm above your head and place your hand on/near your opposite shoulder.
- Place your other hand on the opposite elbow.
- Gently pull elbow towards the mid line of your body.
- Hold stretch for as long as instructed.
- Swap arms and repeat.



UPPER BACK STRETCH

- Lift both arms to chest height and hold them straight out in front of you.
- Bring your hands together, keeping your palms facing away from you.
- Keeping your back straight, gently push your hands away from your body.
- Hold stretch for as long as instructed.

Reps	Sets
Time	
Rest	
Notes	

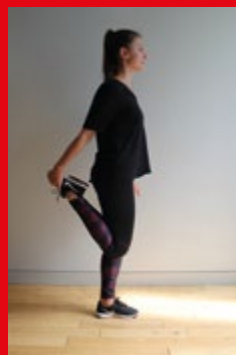
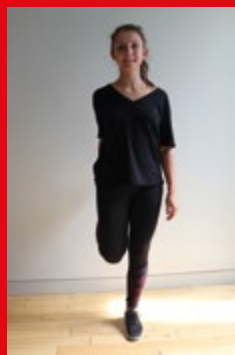
Reps	Sets
Time	
Rest	
Notes	

STRETCHES



GLUTE STRETCH

- Sit on a chair and lift one foot off the floor, placing it on your opposite knee.
- Using your hand(s), apply some pressure to your knee, gently pushing it down towards the floor.
- Hold stretch for as long as instructed.
- Swap legs and repeat.

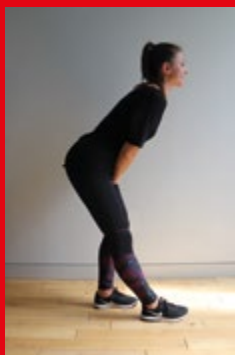
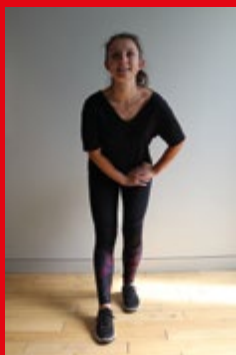


QUADRICEP STRETCH

- Stand up straight and lift one foot off the floor.
- Hold your foot in your hand and pull towards your bottom whilst trying to keep your knees together.
- Ensure that your standing leg has a slight bend in the knee.
- Use a wall to balance if you need to.
- Hold stretch for as long as instructed.
- Swap legs and repeat.

Reps	Sets
Time	
Rest	
Notes	

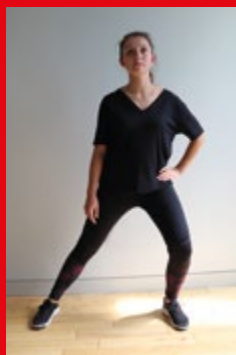
Reps	Sets
Time	
Rest	
Notes	



HAMSTRING STRETCH

- Stand up straight, feet at hip width apart.
- Take a small step forward with one foot, keeping your weight on your back foot.
- Bend the back knee, keeping the front leg straight.
- Place hands flat on thigh of back leg.
- Hold stretch for as long as instructed.
- Swap legs and repeat.

Reps	Sets
Time	
Rest	
Notes	



ADDUCTOR STRETCH

- Stand up straight and take one large step sideways.
- Keep both feet flat on the floor and toes pointing forwards.
- Bend one knee and lean to the side, until you feel a slight pull in your inner thigh.
- Hold stretch for as long as instructed.
- Swap legs and repeat.

Reps	Sets
Time	
Rest	
Notes	



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