

WARM UP WALK

Intensity: Gradually build pace | Duration: 5 mins



SIT TO STAND

Sets: 2 | Reps: 10 | Frequency: 2-3 x per week



Scot forward in the seat



Lean forward- straight back



Straighten at the hips without using hands for assistance



Stand

CHEST PRESS

Sets: 2 | Reps: 10-12 | Frequency: 2-3 x per week



Arms at shoulder height



Press arms forward and back. Stop when elbows are level with shoulders- don't go beyond

HAMSTRING CURLS

Sets: 2 | Reps: 10-12 per leg | Frequency: 2-3 x per week



Use a chair for support



Bend knee and extend

HAND SLIDES (BOTH HANDS AT SAME TIME)

Sets: 2 | Reps: 10-12 | Frequency: 2-3 x per week



Sit tall at front of chair, hands on thighs near hips



Slide hands toward knees and back up to wards hips. Focus on good sitting posture

SIDE LEG RAISES

Sets: 2 | Reps: 10-12 per leg | Frequency: 2-3 x per week



Stand with good posture, hold support



Lift leg out to side and lower - do not lean with your trunk

BICEP CURLS

Sets: 2 | Reps: 10-12 | Load: no to light weights (0.5 kg) | Frequency: 2-3 x per week



Start position



Curl dumbbells to shoulders and back down

HEEL & TOE RAISE

Sets: 2 | Reps: 10-12 | Frequency: 2-3 x per week



Start position



Rock onto heels



Rock onto tip-toes

COOL DOWN WALK

Intensity: Slow | Duration: 5 mins



HAMSTRING STRETCH



Hold: **20-30 secs per leg**
Frequency: **Daily**

CALF STRETCH



Hold: **20-30 secs per leg**
Frequency: **Daily**

QUADRICEP STRETCH



Hold: **20-30 secs per leg**
Frequency: **Daily**

NECK SIDE FLEXION



Hold: **15 secs per side**
Frequency: **Daily**

NECK FLEXION



Hold: **15 secs**
Frequency: **Daily**

NECK ROTATIONS



Hold: **15 secs per side**
Frequency: **Daily**

GENTLE SHOULDER CIRCLES



Duration: **15 secs**
forwards & backwards
Frequency: **Daily**