

1 Set / 1 Rep

### 1. Jumping jacks



Stand upright with your feet together.

Jump upwards and open your legs outwards and at the same time bring your arms upwards you should be making a star pattern.

Land gently using your knees and hips to cushion the landing and then immediately spring back to the start position bring your arms down by your sides. Continue in a fluid and controlled manner.

Note, if your flexibility permits, your arms can be raised above your head to clap your hands instead of stopping at shoulder height.

1 Set / 1 Rep / 30 sec duration

### 2. Squat (standard)



Stand up straight and place your feet hip width apart.

Slowly bend your knees as if you are going to sit on a chair.

Ensure your knees travel forwards over your toes as you push your hips out behind you.

The aim is to have your thighs horizontal.

Control the movement as you slowly stand back up.

1 Set / 1 Rep

### 3. Incline press-up (chair height)



Kneel down in front of a stable high surface such as a box.

Place your hands on the box shoulder width apart and lift your knees up.

You should have a straight line from your head to your heels.

Keeping a strong core and tightening your buttock muscles, bend your elbows, lowering your chest down towards the box.

Your whole body should move in a line.

Drive through the heels of your hands to straighten your arms out again.

1 Set / 1 Rep

### 4. Calf raise



Start in a balanced stance with your feet shoulder width apart and then raise yourself up on your toes as high as possible.

Return back to the starting position.

**5. Step up**

Stand in front of a stair or step. Place one foot up onto the step and when you are stable bring up the other foot. Repeat, starting with the other leg.



1 Set / 1 Rep / 1kg weight

**6. Bicep curl - standing with dumbbells**

Stand with your feet shoulder-width apart holding a set of dumbbells in each hand.

Flex your arms simultaneously and bring the weights up towards your shoulders, curling from your elbows.

Lower the dumbbells back down until your elbows are fully extended.

Ensure the movement remains within your arms and you are not using your hips or shoulders.



1 Set / 1 Rep

**7. Tricep dips**

Start in a seated position.

Place your hands on the seat of the chair and use your arms to move yourself forwards towards the front of the chair.

You will need to move your feet further forwards to help your stability.

From this position, use the strength of your arms to slowly lower your body directly down towards the floor and then raise yourself back up.

Do not actually sit on the floor and keep your hands close in beside you.

Relax and repeat.



1 Set / 1 Rep / 30 s hold

**8. Plank**

Lie on your front with your toes on the floor.

Place your forearms on the floor and push up, lifting your torso and legs.

Hold a straight line from your shoulders to your feet for as long as you can, preventing the back from sagging.

Keep your buttocks squeezed and your hips level.

You will feel the core muscles working.



1 Set / 1 Rep / 30 sec duration

**9. Running in place**

Stand in an athletic base position with your knees slightly bent, hips back, and arms bent slightly throughout the move.

Run in place by moving your feet up and down a couple of inches, with each step as quick as possible, allowing your arms to move rhythmically.

Continue for the prescribed amount of time.





### 10. Lunge

Stand upright with your legs at shoulder-width apart and your hands on your hips with the fingers facing in towards your stomach.

Take a medium sized pace forward and then enter into a lunge by lowering your body downwards using your legs.

Allow the forward knee to bend until your thigh is parallel to the floor making sure you keep your back straight.

Return to the starting position by springing up off the front leg.

Repeat for the other leg.

Keep your abdominals tight and your feet shoulder-width apart throughout the exercise.

Perform this exercise at a slow controlled pace.



### 11. Side lunges

Side lunges work to strengthen the hip as well as the quadriceps muscles of the leg that are important for walking.

Start in a standing position between two chairs.

Standing between two chairs, take a comfortable step out to the side with one leg bending your knee over your ankle without your knee turning out to the side.

Use the chair for balance if you need to.

Hold this position briefly, and then return to a standing position and repeat with the other leg, return to a standing position and repeat with both legs as directed.



### 12. Side plank

Lie on your side, propping yourself up on your elbow.

Keep your legs straight and stacked on top of one another.

Use your elbow and feet to push the body off the floor, and maintain a straight line from your head to your feet.

Hold this position for as long as you can, preventing the hips from sagging.