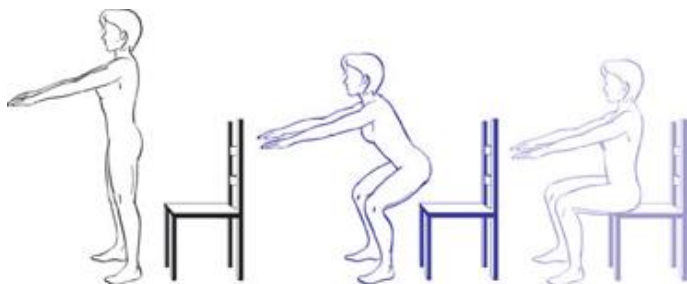


## Simple circuit exercises

Prior to starting these exercises ensure that you have warmed up- this may mean at least 8-10 minute walk, or just marching on the spot and performing heel digs, side taps etc.

### Sit to stand



- Ensure you use a strong, steady chair
- Try to not use your arms
- Aim to sit for as little time possible

### Bicep curl



- Keep your feet moving throughout
- Keep shoulders down and relaxed
- If difficult do alternate arms

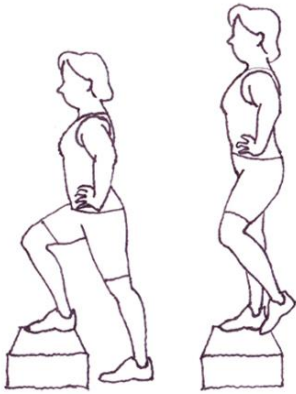
### Walking or marching on the spot

### Upright row



- Keep your feet moving throughout
- Ensure elbows are the higher than hands
- If difficult do alternate arms

## Step ups



- Be careful if using bottom step of the stairs
- Ensure you have good footwear on at all times
- Hold the hand rail if required
- Make sure your foot goes fully on the step

## Lateral raise



- Keep your feet moving throughout
- Only lift arms to shoulder height
- If becomes difficult do alternate arms

## Squats



- Try and replicate the movement from sit to stand- ie imagine you are sitting down
- Do not let your knees come forward too much
- It only needs to be a small movement at the knee, which will increase the more you do
- Hold something for balance if needed.

## OR squats with a fitball



## Wall press

- Hands straight out from shoulders
- Keep body in a nice straight line
- Further away the feet the harder



## Front raise



- Keep feet moving throughout
- Lift arms to shoulder height only
- If becomes difficult do alternate arms

Cool down at the end for **at least** 5 mins. Walk slowly, or repeat exercise from class warm up at a slow and controlled speed, reducing movements gradually.

Stretch (as in the class) Hold these for 10 seconds each (minimum)