

Archie Gentle Exercises

Date

Just tick each day you do the exercises

Bicep Curl – Dumbbell
Find something of similar weight to the dumbbell you usually use
 1 -3 sets of 10-15 reps



Upright Row – Dumbbell
 1 -3 sets of 10-15 reps



Shoulder Press – Dumbbell
 1 -3 sets of 10-15 reps



Single Leg Balance (30 secs each leg & repeat)



Ankle circles (5x one way and 5x the other; repeat on other leg)



Cool down – Walking or similar light movement (2-5 minutes; return to relaxed breathing)

Date							

Hi everyone, here's hoping you enjoy doing this set of exercises at home.
 Take care of yourselves
 Michelle 😊

