| Archie Gentle Exercises | | | Date | | | | | | | |
|---|-----------|-----|---------|------|-------|-------|-------|---------|-----|--|
| Archie Gentie | Exercises | | | | | | | | | |
| | | Jus | st tick | each | day y | ou do | the e | exercis | ses | |
| Walk or dance like no one is watching (2-5mins [©]) | | | | | | | | | | |
| Calf Stretch (Hold 5 seconds each side & repeat) | | | | | | | | | | |
| Hamstring Stretch (Hold 5 sec each side & repeat) | | | | | | | | | | |
| Triceps stretch (Hold 5 sec each side & repeat) | | | | | | | | | | |
| Sit to stand 1 -3 sets of 10-15 reps | | | | | | | | | | |
| Step up - step down (5x right leg & 5x left leg & repeat) 1 -3 sets of 10-15 reps or 2-3 minutes | | | | | | | | | | |
| Wall Push Up (Breath out on the effort) 1 -3 sets of 10-15 reps | | | | | | | | | | |

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| | | luct | +ick | oach c | lavvo | u do i | the ev | orcico | | |
| Bicep Curl – Dumbbell Find something of similar weight to the dumbbell you usually use 1 -3 sets of 10-15 reps | | | Just | LICK | each c | lay yo | | the ex | ercise | 5 |
| 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) | | | | | | | | | | |

Hi everyone, here's hoping you enjoy doing this set of exercises at home.

Take care of yourselves

Michelle®

