

Archie Exercise Groups: Stepping Stones

Wednesday 25 March 2020

Hi there, let's keep exercising!

Here's some tips and tricks to do at home



Usual exercises	Alternatives
Warm - up	<ul style="list-style-type: none"> • Walk a few laps of your home or garden
Arm weights; bicep curls x10, upright row x10, shoulder press x10	<ul style="list-style-type: none"> • Use own dumbbells or small can of food or similar... be creative 😊
Bike ride 3-5mins	<ul style="list-style-type: none"> • Sit on chair, raise one leg and 'do bike legs', one leg at a time. 3x10 each leg.
Stair Walks Step ups 20 step ups; 2x10 each leg Hurdles	<ul style="list-style-type: none"> • Walk up and down stairs at home – if possible • OR walk on spot with high knees • Make line of shoes/cans/or similar & step over them
Arm peddling; 3mins	<ul style="list-style-type: none"> • Do the arm peddling action while holding small can of food or similar
Sit to stand 2x10	<ul style="list-style-type: none"> • Yay... the same!
Knee flex with leg weights 2x10	<ul style="list-style-type: none"> • Do leg flex exercise; if no leg weights... do 2x15
Bar squats; 2x10	<ul style="list-style-type: none"> • Squats hold back of a chair; 2x10
Heel raises; use bar for support 1x10	<ul style="list-style-type: none"> • Heel raises; hold back of a chair 1x10
Side hip; leg raise, using bar 2x10	<ul style="list-style-type: none"> • Side hip; hold back of a chair 2x10
Balance beam 5x lengths	<ul style="list-style-type: none"> • Walk along a line on the floor
Group balance activity	<ul style="list-style-type: none"> • Stand feet together; 30 sec – hold chair/wall if needed (option eyes closed) • Stand tandem; 30 sec – hold chair/wall if needed • Stand on one leg; 10 sec – hold chair/wall if needed
Stretch	Stretch – PTO for exercises

Do your best and keep moving,
See you soon
Michelle 😊

Stretches

Do the stretches the best way that you can. Don't forget to stretch both sides of the body... what you do on the left also do on the right side. ENJOY!



Calf stretch



Hamstring stretch



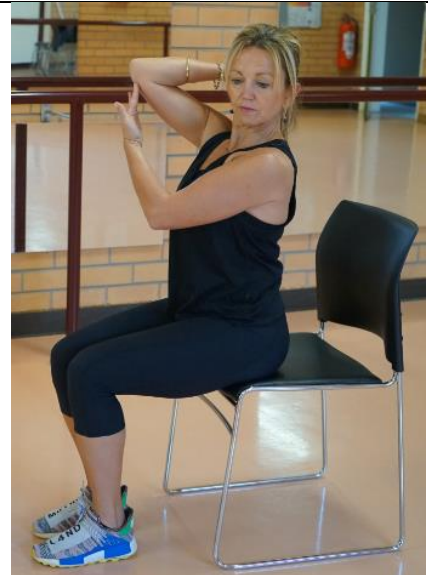
Upper leg stretch



Gentle upper body stretch



Shoulder stretch



Triceps stretch



Gentle neck stretch



Wrist & lower arm stretch



Ankle circles

