















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









Take care of yourselves

Michelle☺



Warm-up exercises		Date						
		Just tick each day you do the exercises						
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)								
Quadriceps Stretch (Hold 5 sec each side & repeat)								
Shoulder Shrug Circles (10x forward, 10x backward)								
Lower back stretch (Hold 5 sec & repeat)								
Standing side bend – cross leg (Hold 5 sec each side & repeat)								
Triceps stretch (Hold 5 sec each side & repeat)								

Strength Exercises		Date						
		Either tick, record minutes OR sets/reps EG: 1 set /10 reps; 1 set /11 reps						
<p>Squats (Breath out as you stand) 1 -3 sets of 10-15 reps</p> <p>Sit to stand 1 -3 sets of 10-15 reps</p>								
<p>Step up - step down (5x right leg & 5x left leg & repeat)</p> <p>1 -3 sets of 10-15 reps or 2-3 minutes</p>								
<p>Lunge - Body Weight (EG: 10 x right leg & 10 x left leg)</p> <p>1 -3 sets of 10-15 reps</p>								
<p>Calf Raises (Both legs OR alternate 10x each leg)</p> <p>1 -3 sets of 10-15 reps</p>								
<p>Push Up - Hands On Wall (Breath out on the effort) 1 -3 sets of 10-15 reps</p> <p>Push Up – from knees 1 -3 sets of 10-15 reps</p> <p>Push Up – on toes 1 -3 sets of 10-15 reps</p>								
<p>Plank – elbows on wall OR (Hold for 10sec and repeat; make sure you breath!)</p> <p>Plank - Elbows & Knees</p> <p>Elbows & toes</p>								

Strength Exercises		Dates						
		Either tick, record minutes OR sets/reps EG: 1 set /10 reps; 1 set /11 reps						
Single Leg Balance (30 secs each leg & repeat)								
Bicep Curl – Dumbbell <i>Find something of similar weight to the dumbbell you usually use</i> 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								
Side raises – Dumbbell Option 1: bent arm Option 2: straight arms 1 -3 sets of 10-15 reps								
Triceps kickbacks – Dumbbell 1 -3 sets of 10-15 reps								
Bicycle legs								
Toe taps & tabletops								
Favourite exercise 😊								
Cool down – Walking or similar light movement (2-5 minutes; return to relaxed breathing)								
Enjoy a drink of water and take a rest... you deserve it!								