

# HOME EXERCISE PROGRAM

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## WARM UP

Choose **one**:

- 5 minute walk around your home
- 5 minute marching on the spot
- 5-10 minute walk outside your home

## EQUIPMENT

Sturdy dining chair, small hand weights (or use a water bottle or tin of soup).

## WORKOUT - SEATED

Start with 5-10 repetitions of each exercise or time yourself for 30 seconds.

Each week gradually increase how much you do.



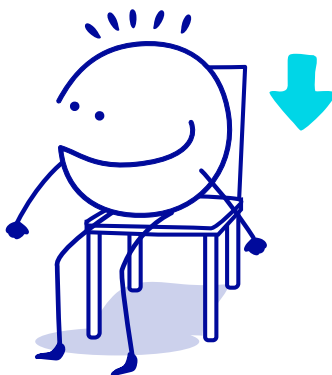
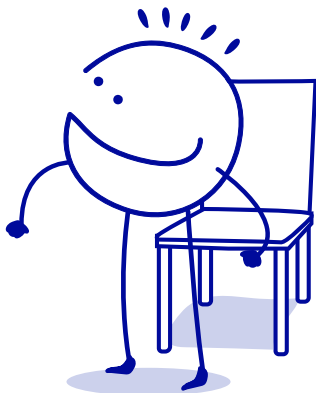
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## SIT AND STAND

- Feet hip width apart
- Chest open
- Push hips back to chair and sit down
- Squeeze gluteus (bottom muscles) to stand back up



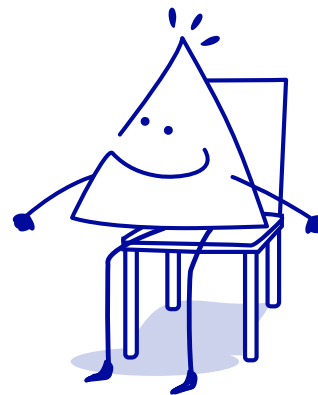
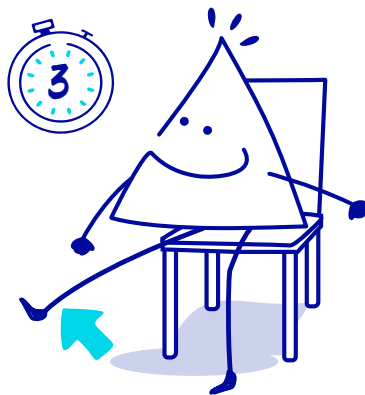
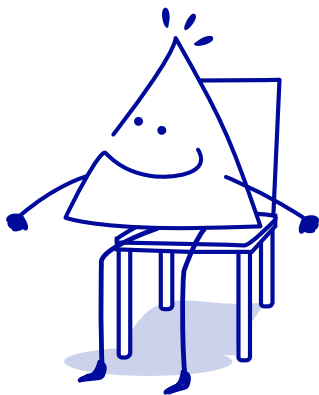
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## LEG KICKS (KNEE EXTENSION)

- Sit tall in your chair with feet flat on the floor
- Extend one leg
- Slowly return foot to floor
- Hold for at least 3 seconds
- Alternate with the other leg

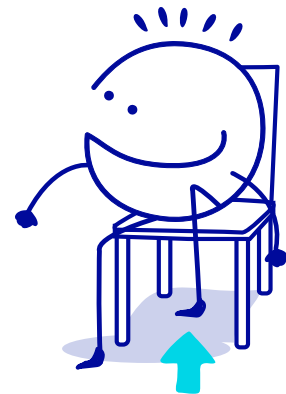
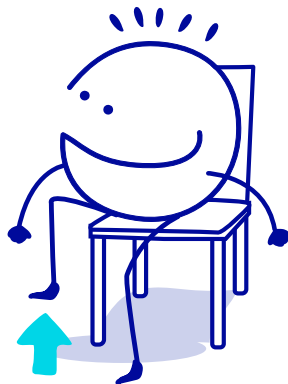
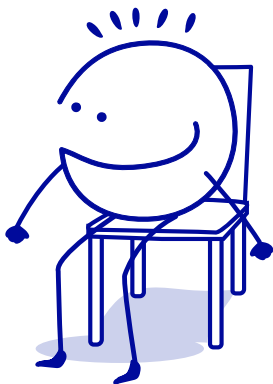


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## 3 MARCHING KNEES UP AND DOWN (HIP FLEXION)

- Sit tall in your chair with feet flat on the floor
- Lift one knee as high as you can
- Slowly return foot to floor
- Alternate with the other leg



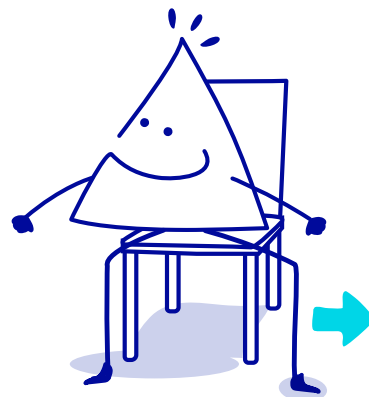
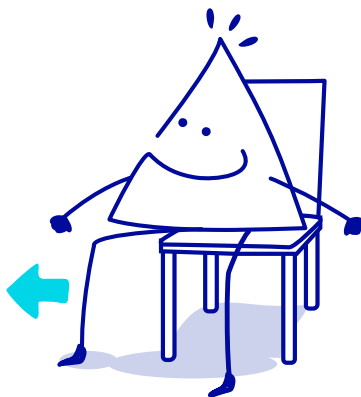
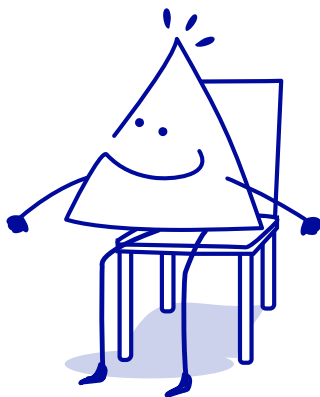
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## TAP TOES OUT TO SIDE (HIP ABDUCTION)

- Sit tall in your chair with feet flat on the floor
- Tap one foot out to the side moving from your hip
- Return foot to centre
- Alternate with the other leg

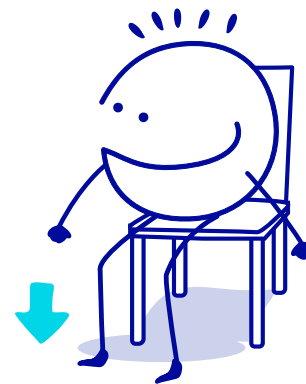
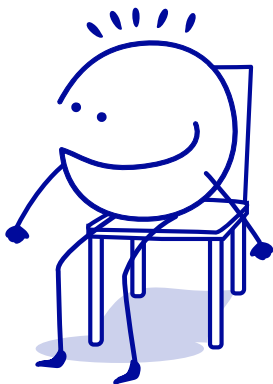


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## 5 CALF RAISE

- Sit tall in your chair with feet flat on the floor
- Lift your heels off the floor
- Hold for at least 3 seconds
- Slowly return to starting position



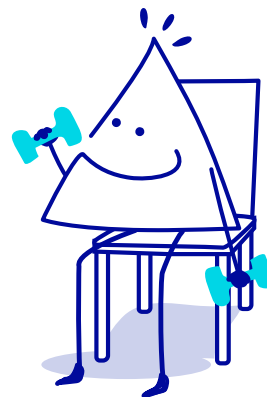
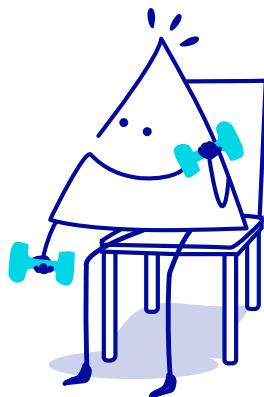
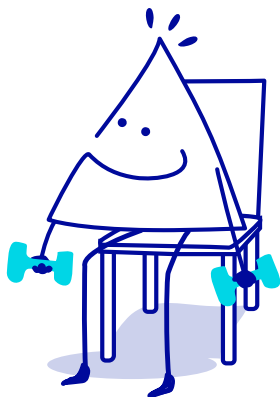
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## BICEP CURL

- Sit tall with feet flat
- Hold your hand weights with elbows by your sides
- Curl the weight up to your shoulder then slowly lower
- Alternate sides





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## OVERHEAD PUNCH

- Sit tall with feet flat
- Hold hand weights at your shoulders, elbows bent
- Lift weights above head as high as feels comfortable
- Return to starting position
- Alternate sides



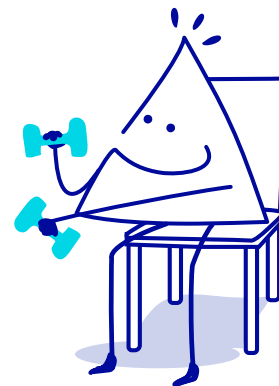
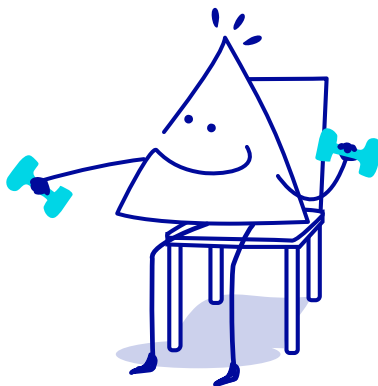
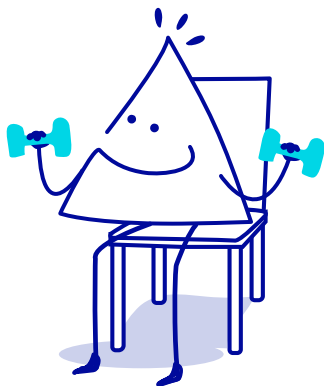
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## FORWARD PUNCH

- Sit tall with feet flat
- Hold hand weights at your shoulders, elbows bent
- Move weights forward as far as feels comfortable
- Return to starting position
- Alternate sides



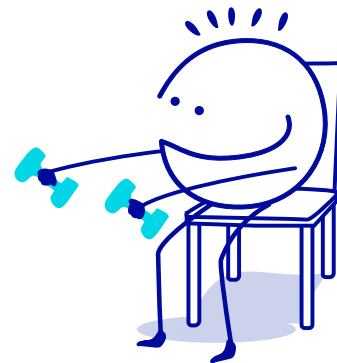
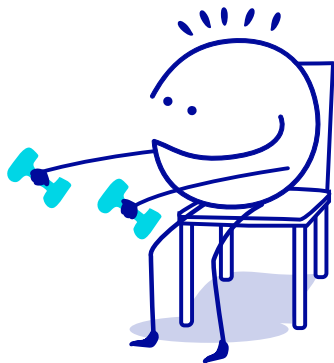
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## SEATED ROW

- Sit tall with feet flat
- Holding hand weights, extend your arms forward
- Move both elbows backwards past ribcage
- Squeeze shoulder blades
- Slowly return to start position



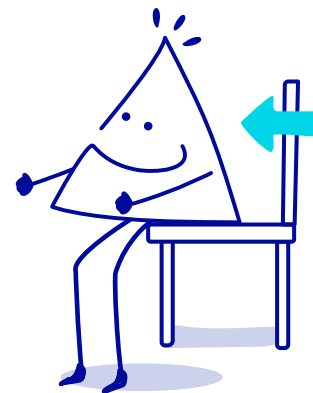
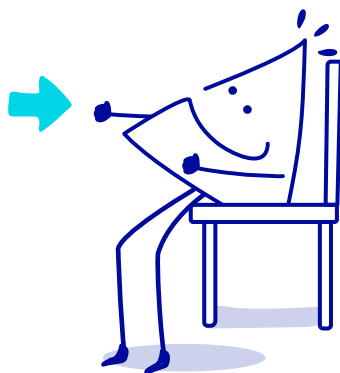
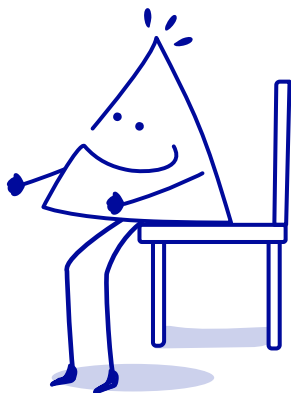
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## SEATED CRUNCH

- Sit towards the front of your chair with feet flat on the floor
- Slowly lean back as far as feels comfortable and hold for 3 seconds
- Squeeze your stomach muscles to sit up



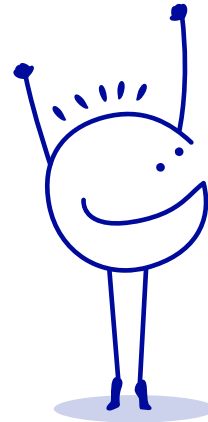
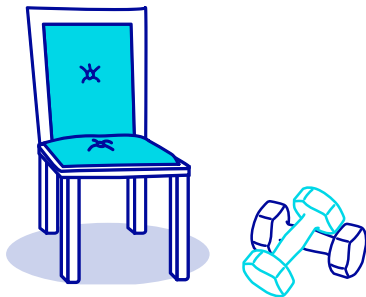
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## COOL DOWN

- Walk slowly for 5 minutes and rehydrate with water
- Roll your shoulders and take deep breaths
- Do some gentle muscle stretches



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