

HOME EXERCISE PROGRAM

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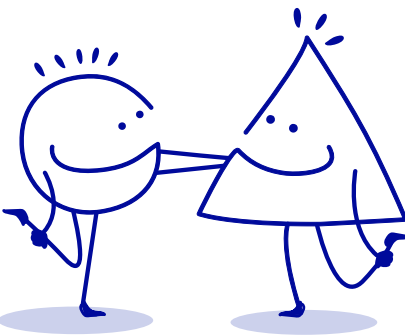
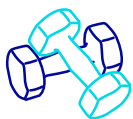
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WARM UP

Choose **one**:

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



EQUIPMENT

Sturdy chair, kitchen bench or veranda rail, small hand weights (or use a water bottle or tin of soup).

WORKOUT - STANDING

Start with 5-10 repetitions of each exercise or just move for 30 seconds.

Each week gradually increase how much you do.

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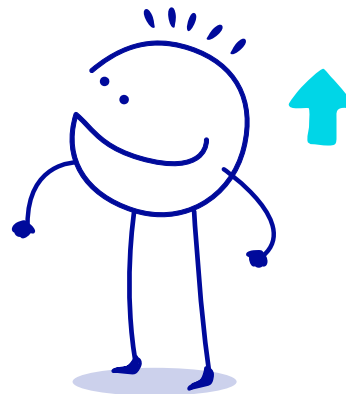
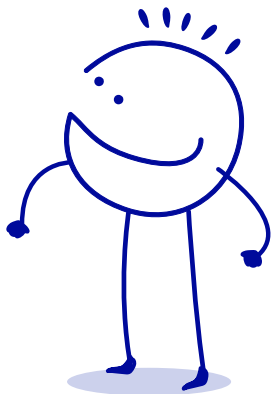
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1

SQUATS

Notes: Keep your chest tall throughout the movement and only squat as low as you feel comfortable.

- Stand with feet slightly wider than hip width and feet angled outwards. Hold a support if needed.
- Drop hips slowly back and down ensuring knees track in line with toes
- Squeeze gluteus (bottom muscles) to stand back up



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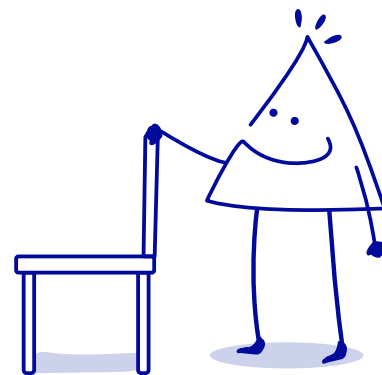
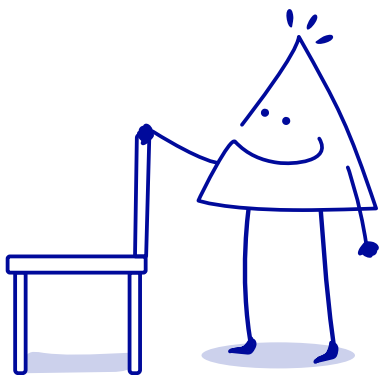
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2

HIP EXTENSION

Notes: Keep your chest tall throughout the movement.

- Stand holding a support if needed
- Keeping your knee straight extend your leg behind you and squeeze your bottom muscles
- Return to the starting position
- Alternate with the other leg



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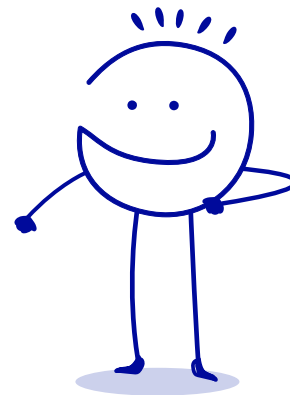
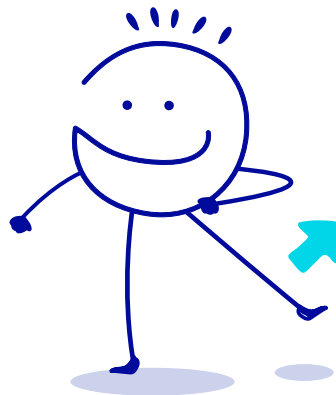
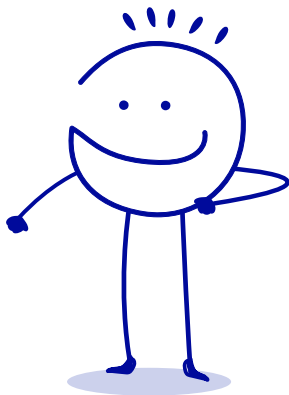
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3

HIP ABDUCTION

Notes: Keep your chest tall throughout the movement.

- Stand holding a support if needed
- Keeping your knee straight extend your leg out to one side, lifting from the hip
- Return to the starting position
- Alternate with the other leg



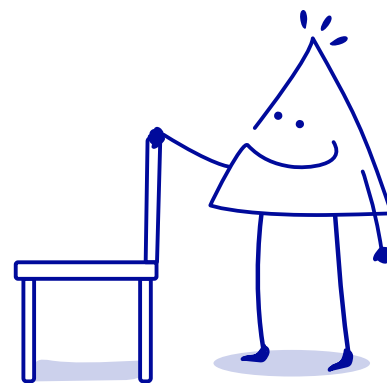
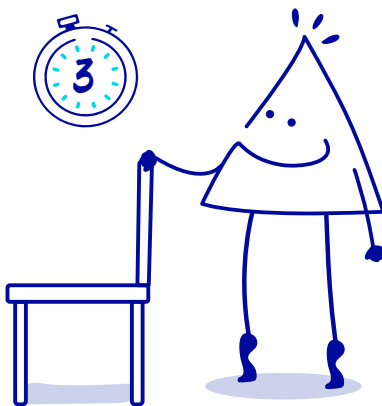
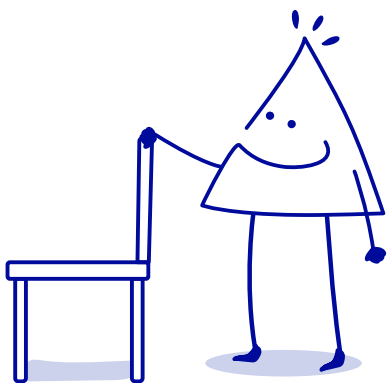
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HEEL RAISES

- Stand holding a support if needed
- Lift your heels off the floor. Hold for at least 3 seconds
- Pause at the top
- Slowly lower your heels



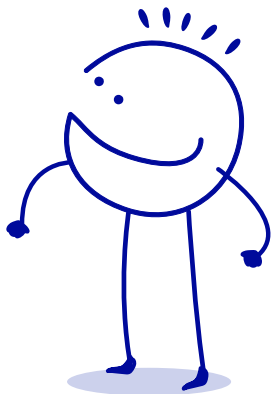
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SINGLE LEG BALANCE

- Stand near a support e.g. chair or bench
- Lift one foot off the ground
- Maintain your balance for 10 – 30 seconds
- Alternate legs



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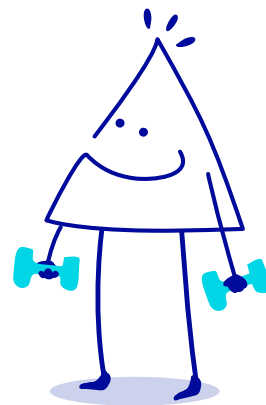
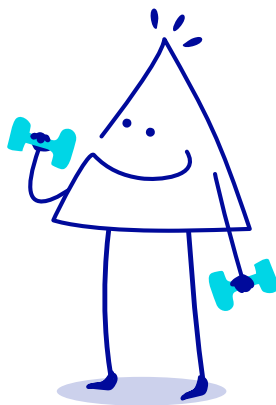
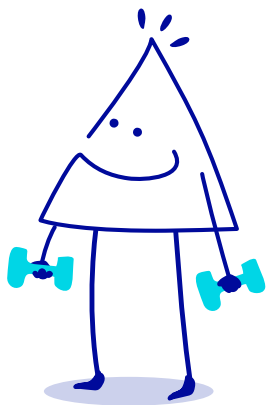
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BICEP CURL

Notes: Try not to let your body move - keep your core strong.
Boost: March on the spot or squat.

- Stand tall
- 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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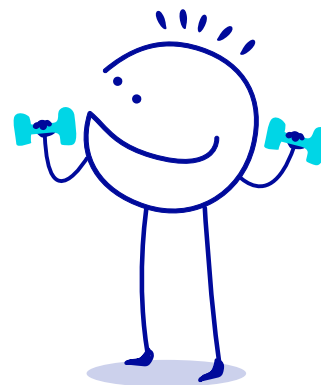
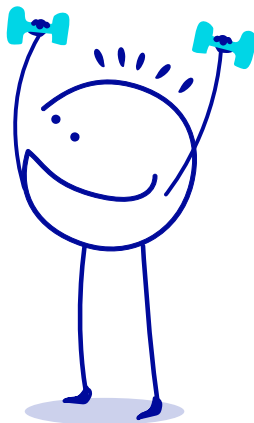
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OVERHEAD PUNCH

Notes: Try not to let your body move - keep your core strong.
Boost: March on the spot or squat.

- Stand tall
- Hold hand weights at your shoulders, elbows bent
- Lift both weights above your head. If you can, meet your hands overhead.
- Return slowly to starting position



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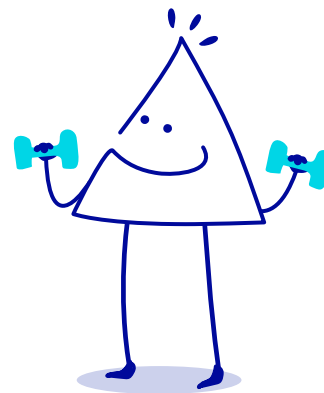
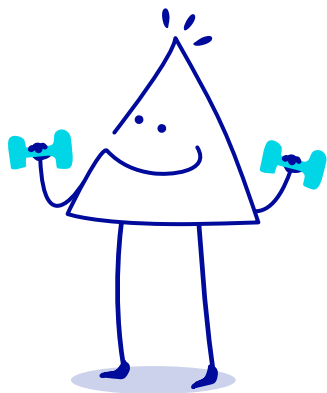
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FORWARD PUNCH

Notes: Try not to let your body move - keep your core strong.
Boost: March on the spot or squat.

- Stand tall
- Hold hand weights at your shoulders, elbows bent
- Move weights forward as far as feels comfortable, if you can, meet your hands together at the front
- Return slowly to starting position



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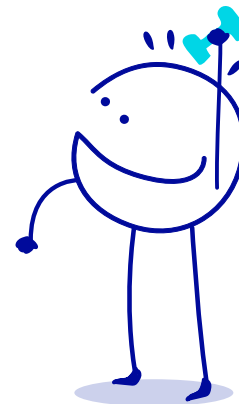
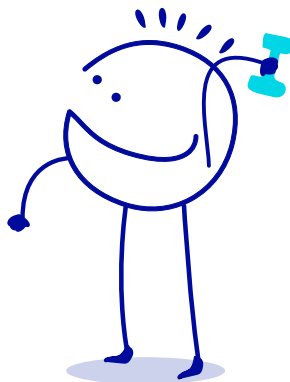
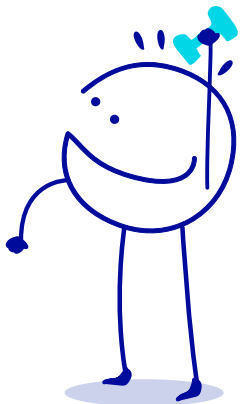
TRICEPS RAISE

Notes: Try not to let your body move - keep your core strong.

- Stand tall
- Hold one hand weight straight above your head

- Slowly lower the weight behind you head, towards your back

- Return that arm slowly to starting position
- Alternate sides



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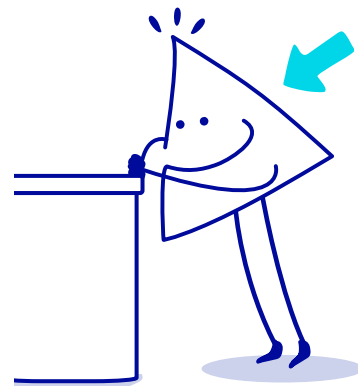
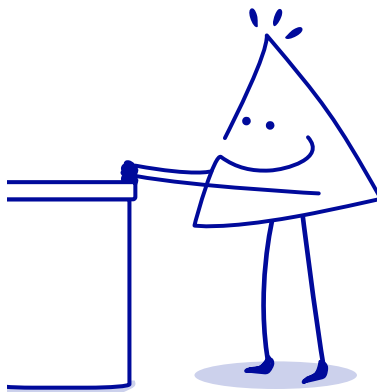
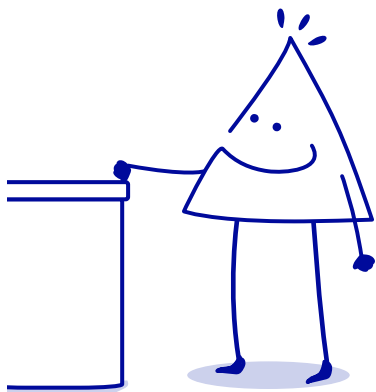
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BENCH PUSH UP

Notes: Try not to let your hips drop, keep your core strong and steady.

- Stand an arm's length from your bench
- Place your hands on the bench wider than shoulder width
- Lower your chest towards the bench then slowly push back to the start position



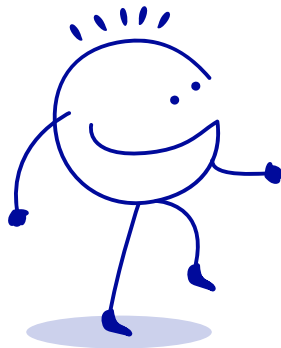
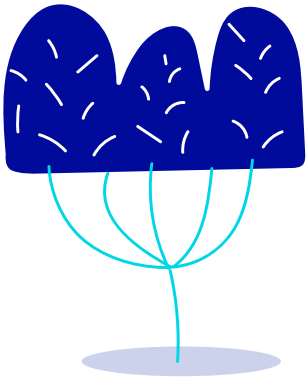
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COOL DOWN

- 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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