

Daily exercise to help improve your balance coordination, core strength and reaction speed.

- Use a chair, counter top or wall for support to begin with to build your confidence in your own body.
- Exercises underlined and in blue are video links for you to watch as needed.

EXERCISE NAME / DESCRIPTION

NOSE CIRCLES - Circle the tip of your nose to **mobilise your neck gently**.
 10 -20 circles, starting small, and change direction.

[HEEL RAISES AND ANKLE FLEXION](#)

Stand with feet parallel, together or slightly apart. Shift your weight to the balls of your feet. **Raise your heels up and down** 10-20 reps

Keeping your heels down **bend at the ankle** 10-20 reps

MOBILISE YOUR SHOULDERS

Stand with arms by your side.

- [Gentle lift out to the side, then around to the front, back to the side and down.](#)
- [Gently twist the arms](#) with the option of raising them up and down at the sides.

SPINE - ROLL | BEND | ROTATE

Do gently over 5 - 10 minutes

ROLL up and down gently curving the spine one vertebrae at a time. Allow head and arms to hang.

BEND side to side, sliding the hands up and down the body. Imagine being trapped between two walls in front and behind you so you can only move laterally.

Option to add a reach up to lengthen the side muscles further as they contract.

ROTATE wrapping the arms around the body looking to the side you are turning to to rotate the spine

Option to place hands in front and open one arm to one side looking in that direction. The rotation should come from the upper body turning.



Do the 3 exercises gently with your eyes half closed and a calm breath.

HIP ROTATIONS

Lifting the knee, rotate your hip outwards and tap slightly behind, then circle inwards tapping next to your other foot. Start doing 4 each side for 3 sets and build up to doing 8-10 each side for 3 sets

Here are the full descriptions and video links for each exercise in your workouts. The following pages then have your tracking sheets for each workout so there is less to print out!

- Exercises underlined and in blue are video links for you to watch as needed.

EXERCISE NAME & DESCRIPTION

[WARM UP | LOW IMPACT HALF-JACKS](#)

STANDING: Tap toe to the side while raising arms out and up. Tap the other side. Do energetically to raise the heart rate and warm you up. Do 30 seconds work, 30 seconds rest, 3 times.

[CATCH A FALL / STARTING TO LUNGE](#)

STAND with your feet together. Tip forward keeping body straight only at the last minute stepping forward. Do 8-10 on each side alternate singles right and left.

[HIP HINGES](#)

STANDING WITH FEET HIP WIDTH APART. Rest the shins on a chair. Keeping a neutral spine, hinge the hips back as far as they will go then push into the floor and stand back up. You should feel the glute and hamstring stretch as you hinge and contract as you stand.

[WORKTOP PRESS-UPS](#)

Place hands on the edge of a kitchen worktop shoulder width apart. Step the feet away from the worktop and brace the front of the body away from the surface. Keeping the elbows in, lower your body towards the worktop and push back up working the chest, arms and core.

- Do the sequence of moves in order, twice.
- Or, do each one 2 times resting between sets for 1-3 minutes.
- Make a note of how many reps you do for each set so you can track your progress.
- The last few reps should feel challenging.

1ST WEEK YOU WILL WORK OUT TWICE DOING 2 SETS OF EACH EXERCISE

WEEK 1	WORKOUT 1		WORKOUT 2	
	SET 1	SET 2	SET 1	SET 2
<u>WARM UP LOW IMPACT HALF-JACKS</u>	N/A	N/A	N/A	N/A
<u>CATCH A FALL / STARTING TO LUNGE</u>				
<u>HIP HINGES</u>				
<u>WORKTOP PRESS-UPS</u>				

2ND WEEK YOU WILL WORK OUT TWICE DOING 2-3 SETS OF EACH EXERCISE

- This week, if you feel good, you can do an extra set of any of the exercises.
- There is an extra column for the 3rd set but you don't have to do every exercise.
- It is up to you based on how you feel. *For example, if set 2 of the press-ups no longer feels challenging, add a third set. BUT... if the 2nd set still feels hard then wait another week and reassess*

WEEK 2	WORKOUT 1			WORKOUT 2		
	SET 1	SET 2	SET 3	SET 1	SET 2	SET 3
<u>WARM UP LOW IMPACT HALF-JACKS</u>	N/A	N/A	N/A	N/A	N/A	N/A
<u>CATCH A FALL / STARTING TO LUNGE</u>						
<u>HIP HINGES</u>						
<u>WORKTOP PRESS-UPS</u>						

3RD WEEK YOU WILL WORK OUT TWICE DOING 3 SETS OF EACH EXERCISE

- This week, if you feel good, try and do an extra set of all the exercises.
- *On the third set you may not complete all the reps so do your best and note down how you do.*

WEEK 3	WORKOUT 1			WORKOUT 2		
	SET 1	SET 2	SET 3	SET 1	SET 2	SET 3
<u>WARM UP LOW IMPACT HALF-JACKS</u>	N/A	N/A	N/A	N/A	N/A	N/A
<u>CATCH A FALL / STARTING TO LUNGE</u>						
<u>HIP HINGES</u>						
<u>WORKTOP PRESS-UPS</u>						

4TH WEEK YOU WILL WORK OUT TWICE DOING 2 SETS OF EACH EXERCISE

- This week is a “deload” week to allow your body to recover ready for the next block of workouts. You will still workout but only do 2 sets of each exercise. If you feel you need more recovery you could workout just once.
- It is then your choice whether you want to repeat the last 4 weeks or move on to a slightly more challenging workout block. There is no pressure to move on, you can keep repeating this block until it no longer feels challenging.

WEEK 4 (DELOAD)	WORKOUT 1		WORKOUT 2	
	SET 1	SET 2	SET 1	SET 2
<u>WARM UP LOW IMPACT HALF-JACKS</u>	N/A	N/A	N/A	N/A
<u>CATCH A FALL / STARTING TO LUNGE</u>				
<u>HIP HINGES</u>				
<u>WORKTOP PRESS-UPS</u>				