

Home Based Exercises

Warm Up

1. Pulse raising (movement) activities

Walking, marching on the spot, or low-level cycling are suitable ways of raising your pulse. Do this for the first 5 minutes of the warm-up, starting very gently and gradually increasing the intensity. The purpose is to warm up the muscles in preparation for stretching, and to increase the heart rate gradually.



2. Mobility exercises





The following mobility exercises should be carried out after or during the pulse raising activities.

- **Punches into the air - 30 seconds**
This can be done standing or seated. Punch out in front of you. Keep the movements slow and controlled.
- **Shoulder circles or shrugs - 10 times**
Gentle rotate the shoulders or lift shoulders as if to shrug.
- **Arm curl - 10 on each arm**
With the palm of your hand facing up straighten the arm out in front of you and then bring your hand back towards your body. Take care not to lock the elbows out when straightening the arms.
- **Gentle Trunk Rotation - 5 times to each side**
Can be done seated or standing. Keeping the hips facing forward turn slowly to the side leading with the shoulders. Make sure you return to the centre each time for 3 seconds.
- **Knee Lifts - 10 on each leg**
When seated start with your feet on the floor and alternatively lift each knee towards the ceiling keeping your leg bent. Only lift as high as is comfortable.
- **'Heel-toe' - 12 times**
Keeping your feet on the ground raise onto tip toes and then go back on to your heels pointing toes upwards.

3. Stretching

The next 5 minutes of your warm up should be to stretch the muscles that you are going to be using. Only stretch as far as your muscles allow. It is important to remember to keep your feet moving in between the stretches so that your body remains warm and your heart rate is still raised slightly.










Timing	Exercise	Teaching Points	Image
10 - 15 seconds	Upper Back Stretch	Sit or stand tall, abdominal muscles pulled in with back straight. Clasp hands in front of the body, push forward, drop head down	
10 -15 seconds	Chest Stretch	Sit or stand tall, abdominal muscles pulled in with back straight. Place hands on the lower back, squeeze shoulders blades together, push chest forwards. To increase the stretch clasp hands behind, squeeze shoulders blades together, push chest forwards.	

Repeat 5 times	Lower back and waist mobility	Side bends. Stand with your feet shoulder width apart either with hands on your hips or down by your side. Slowly lean to one side from your waist, being careful not to move your hips. Come back to an upright position and lean to the other side.	
10 - 15 seconds	Back Upper Leg Stretch (<i>Hamstrings</i>) (Repeat on opposite leg)	Sit tall, abdominal muscles pulled in with back straight. One leg extended in front with opposite leg bent, support body with hands on the thigh. Lean slightly forwards maintaining posture. Stretch should be felt in back of extended leg.	 Hamstring stretch #ADAM
10 – 15 seconds	Front Upper Leg Stretch (<i>Quadriceps</i>) (Repeat on opposite leg)	Stand holding on to a wall or chair for support lift foot up behind and reach to hold onto the foot. Ease leg towards buttocks. Keep knees together and back in neutral. If you are finding it difficult to reach your foot hold on to back of shoe or trouser leg.	 QUADRICEPS STRETCH
10 – 15 seconds	Calf Stretch	Stand tall, abdominal muscles pulled in with back straight. One leg forward with bend in knee, back leg straight. Slightly leaning forward and keep both feet facing forward. Stretch should be felt in the lower leg of the back straight leg.	

4. Pulse raising (movement) activities

The final 5 minutes of the warm up should be pulse raising activities at a slightly higher intensity than the first 5 minutes. The purpose is to continue to increase the heart rate in preparation for the main exercise session. Walking, marching on the spot, or low-level cycling are suitable methods of pulse-raising.

Main Exercises

Exercises	Techniques and safety points
Lower body	
Squats 	Stand with your feet shoulder width apart in front of a chair. Stand up straight with your shoulders back, and then bend down to sit on the chair. Keep back straight, knees facing forward, and arms out in front or on your hips. Keep heels on the ground at all times. Stand up again with out using your arms, and repeat the exercise.
Lunges 	Stand up straight with your shoulders back. Take one step forward, keep the front knee in line with your toes, and drop the back knee as low as you can but don't let it touch the floor. Using your front leg push backwards to the start position, alternate legs. To increase the difficulty, take a larger step or incorporate side and backward lunges. The same principles apply with a backwards and side lunge other than the direction.
Leg curls 	Stand tall with legs slightly wider than shoulder width apart. Bring one leg back towards the bum, bending at the knee and then place back on the ground. Repeat with the opposite leg and the alternate. Include an arm exercise to increase difficulty.
Leg press – theraband 	This exercise can be performed standing, lying on the floor or sat in a chair. Place the theraband around your foot whilst your leg is bent making sure each side is the same length so resistance is equal. Hold the ends of the band tightly and straighten your leg pushing against the band. Slowly return your leg back to a bent position then repeat.
Calf raises 	Stand tall with feet shoulder width apart, stand near a wall or chair so you have something to hold onto for balance. Slowly rise up onto your toes as high as possible and then hold it for 2 seconds. Repeat the exercise making sure it's performed nice and slowly. To increase difficulty this can be done on one leg at a time, then change legs.
Outer thigh 	Back straight & stomach pulled in. Stand behind a chair/wall for support with feet hip distance apart. Raise and lower leg to the side in a controlled motion. Alternate legs
Inner thigh 	Back straight & stomach pulled in. Feet hip distance apart. Raise leg across standing leg, to the front of body. Repeat process using other leg.
Core exercises	
Side bends 	Back straight & stomach pulled in. Feet shoulder width apart. Grasp dumbbells in each hand. Bend to one side reaching for the knee and repeat on opposite side.
Trunk Twist 	Keep your back straight & stomach pulled in. Extend your arms and hold medicine ball or weighted object at chest height. Twist from waist, turning shoulders. The hips must remain facing forwards.

Upper body

Bicep curls



This exercise can be performed sitting, standing or to increase difficulty whilst marching on the spot. Remember to keep your elbows tucked into your sides. Holding some light weights bring your hands from down by your sides up towards your shoulders with wrists facing up. Lower the weights back down, slowly and controlled and repeat.

If you are using a theraband place the band securely under one foot making sure it is at equal lengths either side, and perform the exercise as above.

Wall push



Stand with feet shoulder width apart about 2 steps away from a wall. Place your hand on the wall slightly wider than shoulder width apart but at shoulder height. Slowly lower yourself towards the wall until you are roughly a cm away, and then push yourself back up. To make this exercise easier stand closer to the wall, and to make it more difficult stand further away.

Try to keep your back and hips straight throughout the whole exercise.

Lateral raises



This exercise can be performed sitting, standing or marching. Dumbbells or therabands can be used for resistance. Stand tall with feet shoulder width apart. Arms should start down by your sides, and then bring them out to the sides until they are in a straight line. Then nice and slowly bring them back to the starting position. The movement on the way up should take 3 seconds and also 3 on the way down, counting this will help control the movement.

Front raises



This exercise can also be performed sitting, standing or marching. Dumbbells or therabands can be used for resistance. Stand tall with feet shoulder width apart. Start with your arms down in front of you resting on your thighs, slowly counting to 3 raise your arms up in front of you until shoulder height, and then, lower them back down also to the count of 3.

Upright row



This exercise can be performed using a band or dumbbells. Stand tall with arms down in front of you. Raise your arms up the centre of your body (like doing up a zip) keeping your elbows high. Bring your hands up as far as what is comfortable and no further than your chin. Then slowly lower the weights back down to the starting position.

If you are using a theraband place the band securely under one foot making sure it is at equal length either side, and perform the exercise as above

Chest press – theraband



Chest Press

Stand up straight with feet shoulder width apart. Wrap the band around your upper back so it goes under your armpits. Hold the ends of the band and push them out in front of you. Only push as hard as is comfortable. Make sure you bring your hands back into to your chest slowly. Try to keep elbows as close as possible to the body throughout the movement.

Tricep kickbacks



This exercise can be done with a band or dumbbells, sitting or standing. Stand tall abdominal muscles pulled in with back straight. Resistance band around your feet, keep elbows in at waist and start with elbows at 90 degrees. Extend the arms back, and then curl the arms forward and repeat.

Aerobic exercises

Half Star



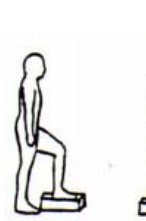
Start standing tall, feet together and hands by your side. Next step, separating your legs and bringing arms out to the side. From that position step again bringing both arms and legs back to the starting position. To change the difficulty either work at a faster pace or use weights in your hands.

High knees



Stand tall with feet shoulder width apart. Bring one knee up as high as you can and then lower it back to the floor, do the same with the other leg and repeat. Keep marching moving the arms at the same time. To increase difficulty raise knees higher to work at a faster pace and include your arms.

Step-ups



Step ups can be used as aerobic exercise. You can use the door step or the stairs. Stand tall, then step up onto the step making sure your whole foot is in the step, with second leg following. Step back down and repeat. After a certain amount of steps or time, change your leading leg. To make it more difficult increase the pace, use a higher step, and incorporate your arms by raising them as you step up.

If you increase the speed in which you go up and down the step it becomes aerobic exercise as well as working your lower body.

Boxing/Dumbbell punches



Boxing can be completed with boxing gloves and pads or with dumbbells in your hands. While boxing make sure your back is straight & your stomach is pulled in. Feet should be an open stance. Punch across to opposite pad at shoulder height or punch across your body with the dumbbells.

Spotty Dogs



Standing tall with your feet together and arms by your sides, start by raising one arm in front of you to head height. At the same time take a stride back with the opposite leg (e.g. right arm, left leg). Then return your arm and leg back to the starting position and repeat using the other arm and leg (e.g. left arm, right leg) and again return to the starting position. By repeating this process in a brisk and controlled manor you will raise your heart rate to a level in which you can gain health benefits if maintained for long enough.

Walking



Walking is a great way to keep active. Try getting a pedometer so you can see how far you go a day and so you can see your improvements. Make sure you walk at a brisk pace so you get the most out of your walk

Most of the exercises above can be performed at home. If you don't have any dumbbells you can use other weighted items around the home for example tins of beans or bottles of water. Try picking a few different exercises and doing 2 sets of 10 repetitions with a rest in between. The other option is to do the exercises for a certain time i.e. 2 x 45 seconds. Four examples of home circuit sessions can be found on the following page.

If you feel you need for more of a challenge or the exercises feel too easy go through them three times and/or reduce the rest time. You can also increase the difficulty of each exercise by doing more repetitions (e.g. 12 times instead of 10 times) or increasing its duration (1 minute rather than 45 seconds). Make sure that you do not over do it by pushing yourself beyond your limits!

Please feel free to contact me if you have any questions on 01209 310062.

Example Home Circuit

Below are four examples of home circuit sessions. It is recommended that you start with Level 1 and gradually increase to level 2 as your fitness levels increase.





Exercise	Level 1	Level 2	Level 3	Level 4	
Warm up	10 - 15mins	10 - 15 minutes	10 - 15 minutes	10 - 15 minutes Round 1 Round 2	
Step ups	30 sec	45 sec	1 min	1 min	45 min
Front raises	30 sec	45 sec	1 min	1 min	45 min
Squats	30 sec	45 sec	1 min	1 min	45 min
Trunk Twists	30 sec	45 sec	1 min	1 min	45 min
Rest	Rest 1 min	-	-	-	-
Dumbbell punches	30 sec	45 sec	1 min	1 min	45 min
Calf raises	30 sec	45 sec	1 min	1 min	45 min
Upright Row	30 sec	45 sec	1 min	1 min	45 min
High Knees	30 sec	45 sec	1 min	1 min	45 min
Triceps kickbacks	-	45 sec	1 min	1 min	45 min
Half star	-	45 sec	1 min	1 min	45 min
Leg curls	-	45 sec	1 min	1 min	45 min
Lateral raises	-	45 sec	1 min	1 min	45 min
Lunges	-	45 sec	1 min	1 min	45 min
Bicep curls	-	45 sec	1 min	1 min	45 min
Rest	-	-	-	Rest 90sec	-
Cool down	10mins	10mins	10mins	10mins	
TOTAL TIME	25 - 30mins	30 – 35mins	35mins – 40mins	45mins – 50mins	





Please note these exercises are just a guide and that if you use them you will be doing so at your own risk.

Cool down

It is important you leave enough time at the end of your session to cool down properly. Gradually lower your pace during the cool down. The goal is to bring your body back to its resting state.

- A thorough cool down for 10 minutes reduces the risk of fainting or dizziness that could result from a sudden drop in blood pressure if you suddenly stop exercising.
- Cooling down also reduces the risk of disturbances in your heart rhythm that could happen if you stop exercising suddenly.
- Stretching during the cool down also helps to reduce any muscle soreness that may be caused by the activity.
- The cool down should be performed at a gradually slower speed. The aim is to bring you body back to its resting state gradually.

Timing	Exercise	Teaching Points	Image
12 - 15 seconds	Tricep Stretch <i>(Repeat on opposite arm)</i>	Sit or stand tall, abdominal muscles pulled in with back straight. On hand up, bend at the elbow placing hand in between the shoulder blades. Support arm with other hand. Gently press down towards spine.	
12 - 15 seconds	Upper Back Stretch	Sit or stand tall, abdominal muscles pulled in with back straight. Clasps hands in front of the body, push forward, drop head down	
12 -15 seconds	Chest Stretch <i>(Pectoralis Major)</i>	Sit or stand tall, abdominal muscles pulled in with back straight. Place hands on the lower back, squeeze shoulders blades together, push chest forwards. To increase the stretch clasp hands behind, squeeze shoulders blades together, push chest forwards.	
12 -15 seconds	Arm-Across-Chest Stretch (Shoulder) <i>(Repeat on opposite arm)</i>	Sit or stand tall, abdominal muscles pulled in with back straight. Raise arm to shoulder height, slightly bend the arm at the elbow. Move the arm across the front of the body and support with other hand behind the elbow.	

Repeat 5 times	Lower back and waist mobility	Side bends. Stand with your feet shoulder width apart either with hands on your hips or down by your side. Slowly lean to one side from your waist, being careful not to move your hips. Come back to an upright position and lean to the other side.	
12 - 15 seconds	Inner Thigh Stretch <i>(Adductors)</i>	Sit tall, abdominal muscles pulled in with back straight. Soles of the feet together, rest hands on inside of thighs and ease the knees apart. Stretch should be felt on inside of thighs.	
12 - 15 seconds	Back Upper Leg Stretch <i>(Hamstrings)</i> <i>(Repeat on opposite leg)</i>	Sit tall, abdominal muscles pulled in with back straight. One leg extended in front with opposite leg bent, support body with hands on the floor. Lean slightly forwards maintaining posture. Stretch should be felt in back of extended leg.	 Hamstring stretch #ADAM
12 - 15 seconds	Front Upper Leg Stretch <i>(Quadriceps)</i> <i>(Repeat on opposite leg)</i>	Stand holding on to a wall or chair for support lift foot up behind and reach to hold onto the foot. Ease leg towards buttocks. Keep knees together and back in neutral. If you are finding it difficult to reach your foot hold on to back of shoe or trouser leg.	 QUADRICEPS STRETCH
12 - 15 seconds	Calf Stretch	Stand tall, abdominal muscles pulled in with back straight. One leg forward with bend in knee, back leg straight. Slightly leaning forward and keep both feet facing forward. Stretch should be felt in the lower leg of the back straight leg.	