

AT HOME

exercise circuit

This home circuit programme is designed to get you 'huffing and puffing' for at least 10 minutes. Repeat the circuit until you have been puffing for 10 minutes.



1. March on the spot – seated or standing

March on the spot to music for 5 minutes

2. Upper Back Pull

Work towards one set of 8 to 10 or two sets of 6 to 12



Without fitstrips – use light hand weights



With fitstrips

Step Ups

Up, up, down, down. Lead with one leg then swap



OR

Heel Digs

Try for up to 2 minutes

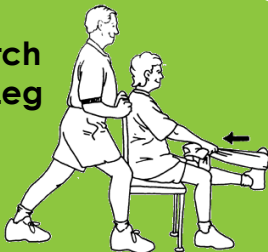


Calf Stretch Bent Leg



10.

Calf Stretch Straight Leg



9.

Back of thigh stretches

One on each leg – hold with gentle pressure for up to 30 seconds



8.

7. Standing Knee Lifts

Try 20 on each leg



Bicep Curls

One set of 10-12 or two sets of 8-10



With fitstrips

6.



Chest Press

Start with 4-5 reps and work towards one set of 10-12 or two sets of 8-10



Without fitstrips – use light hand weights

4.

Sit Down Stand Up

One set of 10-12 or two sets of 8-10



5.

ACTIVE & WELL