

Exercise Session 2

Stretch and Flex Movements - *Repeat this section twice*

Reach and Pull -

Reach across your body as far as feels comfortable, with your hands flexed open. At the end point, grip and pull back to the centre position. Repeat with the other arm. (8 on each side)

Hip Opener -

With one leg out as your base, rest your other leg on top with a slight bend at the knee. Gently push down on the knee to feel a stretch on your upper leg. (4 on each side)

Chair Hold Plus Side Reach -

Bring one hand across your body and hold on to the chair for support, then raise the opposite arm above your head and reach to the side. (8 on each side)

Cat Stretch -

While seated in a chair, round your shoulders forward and nod your head downwards. Slowly move your head back up and gradually tilt back, looking upwards. Bring your shoulders back and lift your chest forward. (10 times)

Strength Movements - *Repeat this section twice*

High Knees Step Up -

Hold on to a chair for support. With one leg at a time, raise your knee up to complete high knee steps. This can be done seated as a knee lift. (8 on each leg)

Hip Extension -

Hold on to a chair for support. Using one leg at a time, swing your leg backwards from your hip. (8 on each side)

Rowing -

With feet firmly on the ground, lean forward from the hips and reach both arms out. Bring your body back to the centre and pull your arms in, as if you are rowing. (16 times)

Sit to Stand -

From a sitting position, raise up to a standing position (without using your hands to support you into standing if possible) (No more than 3 times)

Coordination Movements - *Repeat this section twice*

Cross Crawl -

Lift one knee and your opposite arm up together, then lower them down and lift the opposite knee and arm together. (do 15, have a rest, do 10, have a rest, do 5, have a rest)

Knee Lifts -

Lift each knee up in turn as high as feels comfortable. If you can, twist the upper body and touch your knee with the opposite elbow. (8 on each leg)

Exercise Session 2 - *Continued*

Soft Cardio Movement - *Repeat this section twice*

Walk/jog like nobody is watching -

Put on your favourite song or radio station. When it's the chorus of the song you walk/jog. When it stops, rest. See if you can do the full song!