

Exercise Session 4

Stretch and Flex Movements - *Repeat this section twice*

Forward Lean Stretch -

Start by sitting up tall. Keep your hips still and lean your body forwards. Bring yourself back upright in your chair and repeat. (10 times)

Shoulder Seat Stretch -

Lift one arm out straight to the side and rest your other hand on your shoulder. Rotate the straight arm round in a small, backwards circular motion. (5 on each side)

Shoulder Hip Opener -

Sitting up right. Bring your hands up to rest on your shoulders. Bend at the hips to bring your elbow towards the floor. Rest and repeat. (5 on each side)

Foot Side Fruit Stretch -

With one foot flat on the floor, step out with the other leg to one side. Holding down on the knee of the foot that is flat, lean your body gently forwards. Hold at the end point and bring your body back to where you began. Do this on each side. (3 time each side)

Strength Movements - *Repeat this section twice*

Walk/Jog High Knees -

Raise your knee up as high as feels comfortable. Place down and lift the other knee. Alternate each side and fast as you can, either at a walking or jogging pace. (15 each side)

Standing Supported Squat -

Using a chair to support you, stand to the side and move from a standing position into a squat position. (10 times)

Ham String Curls -

Using a chair to support you, raise one leg at a time up behind you, do a 90° angle. Return back down and switch legs. (10 each side)

Double Leg Lifts -

Clutch a small ball in between your feet. Hold the chair arms for support and raise both legs up together and place back down. (10 times)

Coordination Movements - *Repeat this section twice*

Alphabet -

Imagine your toe is a pen. Raise one leg and write every letter of the alphabet with one foot. Rest and repeated with the other foot.

Hip To Knee -

Hold a ball/ball of socks in your hands.

Tap your right hip then your left knee. Now tap your left hip then your right knee. See how fast you can get this routine going. (20 times)

Exercise Session 4 - Continued

Soft Cardio Movement

Mini circuit

1. Leg kicks
2. Double arm reach outs
3. Buttercup side reach on each arm

Do each of the movements 5, 10 or 15 times and give yourself plenty of rest in between. This is a mini circuit to get you going.

Guidance notes:

You may notice your heart rate increase - this is normal.