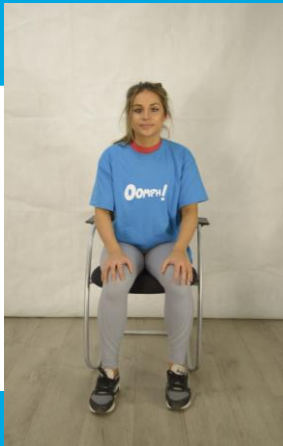


Stage 1 Exercises

Stretch and Flex movements

Repeat this section twice

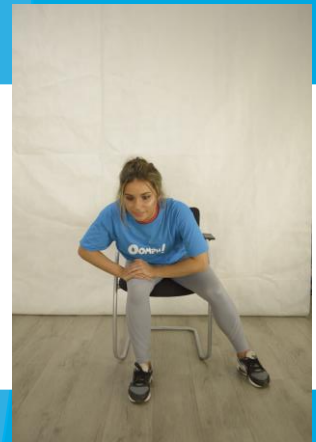
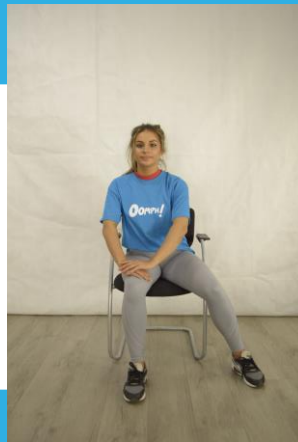
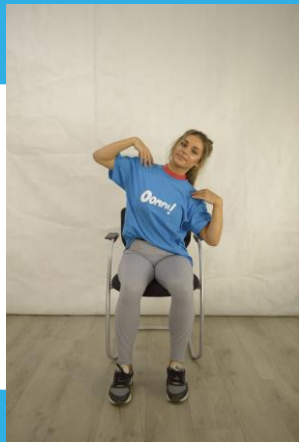
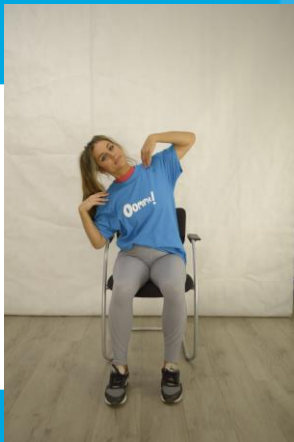


Forward Lean Stretch 10 times

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

Shoulder Seat Stretch 5 on each side

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.



Shoulder Hip Opener 5 on each side

Sit upright. Bring your hands up to rest on your shoulders. Bend at the hips to bring your elbow towards the floor. Rest and repeat.

Foot Side Fruit Stretch 3 time each side

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.

Guidance notes:

- Slow and controlled movements

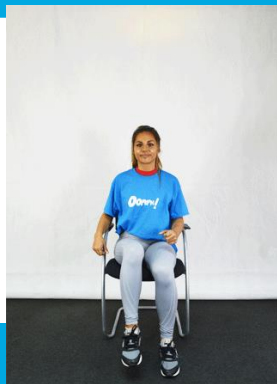
Stage 1 Exercises

Strength movements combined

Repeat this section twice

Oomph!

A full life for life

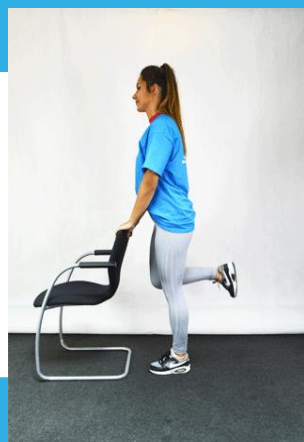


Walk/Jog High Knees 15 each side

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

Standing Supported Squat 10 times

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



Ham String Curls 10 each side

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

Double Leg Lifts 10 times

Clutch a small ball between your feet. Hold the chair arms for support and raise both legs up together, place back down.

Guidance notes:

- Move to where feels comfortable, focusing on the end point as a hold.

Created in
collaboration with



Coordination movements



Alphabet

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

Hip To Knee **20 times**

Hold a ball/ball of socks in your hands.

1. Tap your right hip, and then your left knee.
2. Now tap your left hip, and then your right knee.

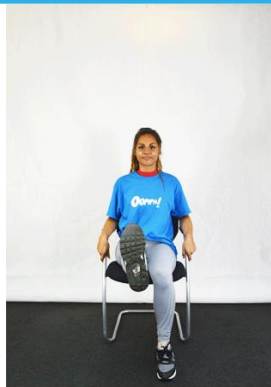
See how fast you can get this routine going!

Soft Cardio movements Mini circuit

Here is a 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.



Guidance notes:

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