



HOME EXERCISE GUIDE #1

STEP OUT

IMPORTANT: The number of repetitions is a guide only. Start slowly and build gradually as you get stronger. Rest as you need to, maintain comfortable breathing, and keep hydrated. Try not to lean on the back of the chair whilst doing exercises.

WARM UP: We recommend 3-5 minutes of chair marching or marching on the spot, or a short walk



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1 TOE RAISES

REPS

6-10

Sit tall on chair with feet flat in front of you. Keep heels on ground and lift toes and the balls of your feet towards the ceiling. Return to start position.



2 SIT TO STAND

REPS

6-10

Sit tall with feet flat on the ground hip distance apart. Keeping your spine long, lean forward as you push yourself to standing. Stand tall, then gently move your hips back and bend your knees to lower yourself into your chair.



3 SEATED ROW

REPS

6-10

Sitting at the front of your chair, lean slightly forward. Keep your back straight as you skim your elbows past your waist. Return to start position.



4 SINGLE KNEE PULSE

REPS

6-10

Sit tall on chair. Lift knee three times, without placing foot on floor between lifts. Return to start position and repeat with other leg.



5 BENT ARM LATERAL RAISE

REPS

6-10

Start with upper arms at side and elbows bent to right angle. Raise arms to the side until parallel with the ceiling, or to a comfortable height. Return to start position.



6 STEP TAP

REPS

6-10

Stand tall in front of a step. Lift one leg and tap your toe to the edge of the step. Return to start position and repeat with other leg.



7

SEATED CHEST PRESS

REPS
6-10

Begin with elbows bent and parallel to the ground. Press arms out to a 'soft straight' position, then return to start position.



8

SEATED SIDE STEP

REPS
6-10

Sit tall on chair. Tap right foot out to the right side remembering to keep knee directly over your foot. Return to start position and repeat with left foot.



9

BICEP CURL

REPS
6-10

Sit tall on chair with hand to side and palms facing to the front. Curl arms whilst keeping elbows locked into your waist. Return to start position.



10

SEATED HEEL DIG

REPS
6-10

Sit tall on chair. Place one heel on the floor in front of you, pulling toes towards the ceiling. Return to start position and repeat with other leg.



11

SEATED CALF RAISE

REPS
6-10

Sit tall on chair. Rise up onto balls of feet, hold, then lower to start position.



12

TANDEM STANCE

REPS
30 SEC

Using a chair or bench for support, place one foot directly in front of the other (line heel up with toe). Try to take away pressure from supporting hand, and aim to balance for 10 seconds. Switch legs and repeat.



13

UPPER BODY STRETCH

Stand tall with feet shoulder width apart. Place the hands on the small of the back. Pull shoulders back to open chest area. Hold for 15 - 20 seconds, breathing comfortably. Repeat.



14

LOWER BODY STRETCH

Sit on the edge of the chair with one leg straight out in front of you, heel resting on the floor with toes to ceiling. Press the chest forward gently until a gentle stretch is felt in the back of the leg. Hold for 15 - 20 seconds each side. Repeat.

