



# HOME EXERCISE GUIDE #2

## 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



Sport Gisborne | Tairāwhiti *enliven*

### 1 CHAIR SQUATS

REPS  
6-10

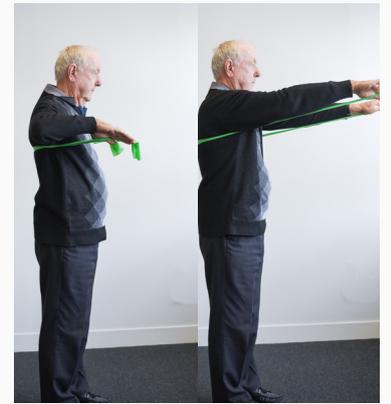
Stand tall with feet hip distance apart, bend at knees and hips, tap bottom to chair and rise up immediately returning to start position. Remember to breathe.



### 2 BANDED CHEST PRESS

REPS  
6-10

Wrap band around your upper back and sit tall. Begin with elbows bent and parallel to the ground. Press arms out to a 'soft straight' position, then return to start position.



### 3 STANDING SIDE TAP

REPS  
6-10

Stand with feet together and knees slightly bent. Transfer all weight onto left foot and tap right foot to the right side. Return to start and repeat on the left side. If you would like variation you can tap forwards and backwards also.



### 4 BANDED ROW

REPS  
6-10

Place band under both feet, hold the ends of the band next to your knees. Keep your back straight as you skim your elbows past your waist and draw your shoulder blades together.



### 5 STEP UPS

REPS  
6-10

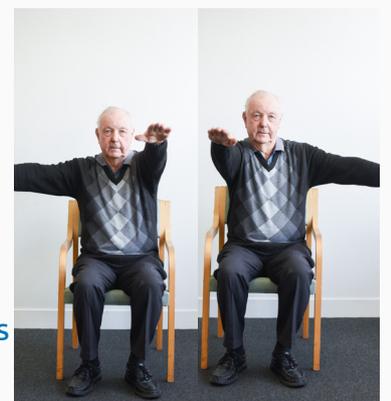
Start standing in front of step. Step up on to step, making sure weight is evenly distributed through the foot. Bring up other foot, then step down one foot at a time to return to start position. Repeat with opposite leg.



### 6 FRONT/LATERAL ARM RAISE

REPS  
6-10

Sit tall on chair. Raise right hand straight out to right hand side, and simultaneously raise left hand to the front. Return to start position and repeat with opposite sides. Only lift arms as high as is comfortable.



## 7 CALF RAISES

REPS

6-10

Using a chair or bench for support, rise up onto the balls of your feet, hold, then lower to start position.



## 8 SEATED LEG EXTENSION

REPS

6-10

Sit tall on chair. Extend one leg out in front of you by straightening at the knee. Return to start position and repeat with other leg.



## 9 BANDED BICEP CURL

REPS

6-10

Place band under both feet and hold the ends of the band to your side. 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 ANKLE ALPHABET

REPS

1 EACH

Sit tall on chair. Hover one foot 6" from ground. Use foot to draw alphabet in the air. Repeat with other foot.



## 11 SINGLE LEG BALANCE

REPS

30 SEC

Using a chair or bench for support, raise one leg off the ground. Try to take away pressure from supporting hand and aim to balance for 10 seconds. Repeat with opposite leg.



## 12 TANDEM WALKING

Using a bench for support. Attempt to walk heel to toe for 5-10 metres whilst maintaining balance.



## 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.

