



COMMUNITY STRENGTH & BALANCE HOME WORKOUT CIRCUIT—LEVEL 2

Circuit: This means you perform each exercise one after the other until they are all completed. You then have a rest before completing it all again. Complete as many exercises as you can in 15 minutes, twice a day.

WARM UP

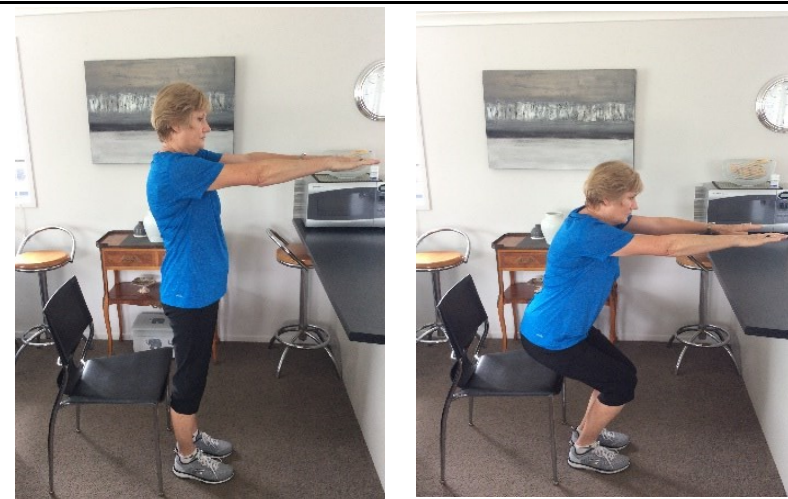
Start with some light marching on the spot for five minutes, or if you are unable to march sit in a chair and march or conduct an orchestra to ensure your body is ready for exercise.

INITIAL	Perform 6-8 repetitions of each exercise Rest for 60 seconds between each set of repetitions
PRACTICED	Perform 8-10 repetitions of each exercise Rest for 45 seconds between each set of repetitions
ADVANCED	Perform 10-12 repetitions of each exercise Rest for 45 seconds between each set of repetitions

1. Semi-Sits

- ⇒ Stand in front of a chair, feet hip width apart.
- ⇒ Hold your hands out in front for balance.
- ⇒ Engage your abdominal muscles by gently pulling them in and up.
- ⇒ Slowly lower your buttocks and bend your knees as though you are going to sit.
- ⇒ Just touch your buttocks lightly on the chair then return to a standing position.
- ⇒ Complete this 8-10 times

Variation for initial stage: Lower your buttocks just a few inches instead of going far enough to touch the chair seat.



2. Seated twists

- ⇒ holding a ball or similar, feet flat on the floor
- ⇒ without moving your shoulders twist slowly to one side and then to the other. Keep your eyes looking at the ball.
- ⇒ The object/ball does not need to be heavy as it is about the twist to strengthen the core muscles.



3. Font arm raises

- ⇒ Sit with your feet flat on the floor and hip width apart
- ⇒ holding a light ball out in-front of you
- ⇒ raise it up above your head or to where is comfortable, but don't lift your buttocks off the seat.



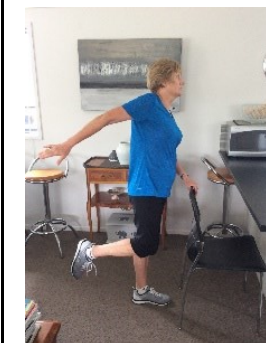
4. Clock reach 1

- ⇒ hold the chair at 12:00 o'clock, and lift the opposite leg off the floor
- ⇒ reach out to 3:00 o'clock with the other arm.
- ⇒ Repeat with the other arm and leg



5. Clock reach 2

- ⇒ hold the chair at 12:00 o'clock, and lift the opposite leg off the floor
- ⇒ Slowly move your other arm to 6:00 o'clock
- ⇒ Repeat with the other arm and leg.



6. Standing Leg Curl

- ⇒ Standing hold onto the kitchen bench or the back of a chair
- ⇒ raise your heel to your buttocks or as far as you can go
- ⇒ squeeze your buttocks at the top of the movement



LIVE STRONGER FOR LONGER

PREVENT FALLS & FRACTURES

7. Sumo squats

- ⇒ use the back of the chair or kitchen bench for support
- ⇒ keep your torso upright
- ⇒ feet wide
- ⇒ toes pointing outwards and;
- ⇒ slowly bend your knees and lower as far as you can go
- ⇒ return to the start position



8. Single Arm stretch

- ⇒ Standing with feet shoulder width apart
- ⇒ Raise your right arm
- ⇒ Transfer your weight onto the left foot
- ⇒ Raise the right foot off the ground
- ⇒ Toes pointed
- ⇒ Repeat with other leg



9. Sit and reach stretch

- ⇒ heels on the ground, toes off
- ⇒ reach forward to where it is comfortable
- ⇒ hold the stretch for 20 seconds
- ⇒ Relax, and repeat



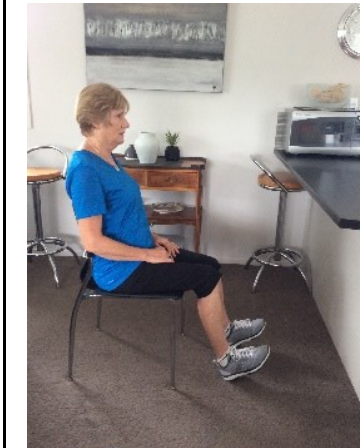
10. Pendulum Side Leg Raise-

- ⇒ standing upright behind a chair, lightly touching the chair
- ⇒ keeping the leg straight slowly raise one leg off the ground towards your hip
- ⇒ slowly lower the straight leg until foot is flat on the floor
- ⇒ repeat with the other leg.



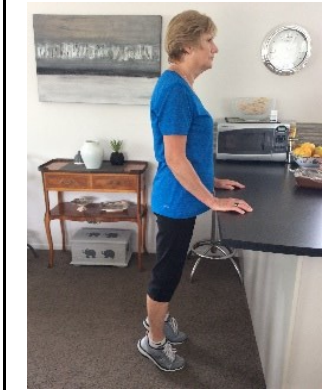
11. Seated Shin Strengtheners

- ⇒ Sitting upright in a chair
- ⇒ feet flat on the floor
- ⇒ one leg at a time
- ⇒ raise your toes towards your shin
- ⇒ point your toes
- ⇒ then lower both feet flat to the floor



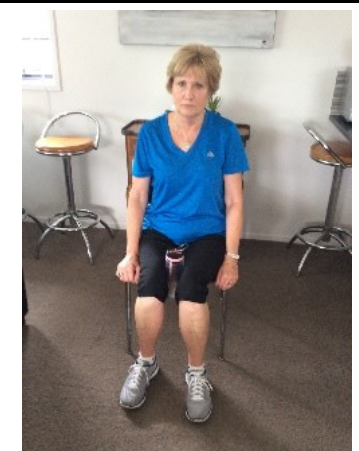
12. Heel raises

- ⇒ standing hold the kitchen bench
- ⇒ raise up onto your toes slowly
- ⇒ heels off the ground
- ⇒ then heels slowly back down to the ground



13. Inner Thigh Squeeze

- ⇒ while seated with feet flat on the floor, place your drink bottle between your thighs, halfway between your knee and hips
- ⇒ squeeze the bottle tightly with both legs, hold for 2 seconds; then relax



14. Neck rotation

- ⇒ seated upright in a chair
- ⇒ grip the steering wheel and turn your head to the right as far as you can go
- ⇒ Hold for 2 seconds, relax and repeat turning your head to the left-hand side



Warm Down: Finish your workout with some light marching on the spot until your heart rate and breathing returns to normal.