



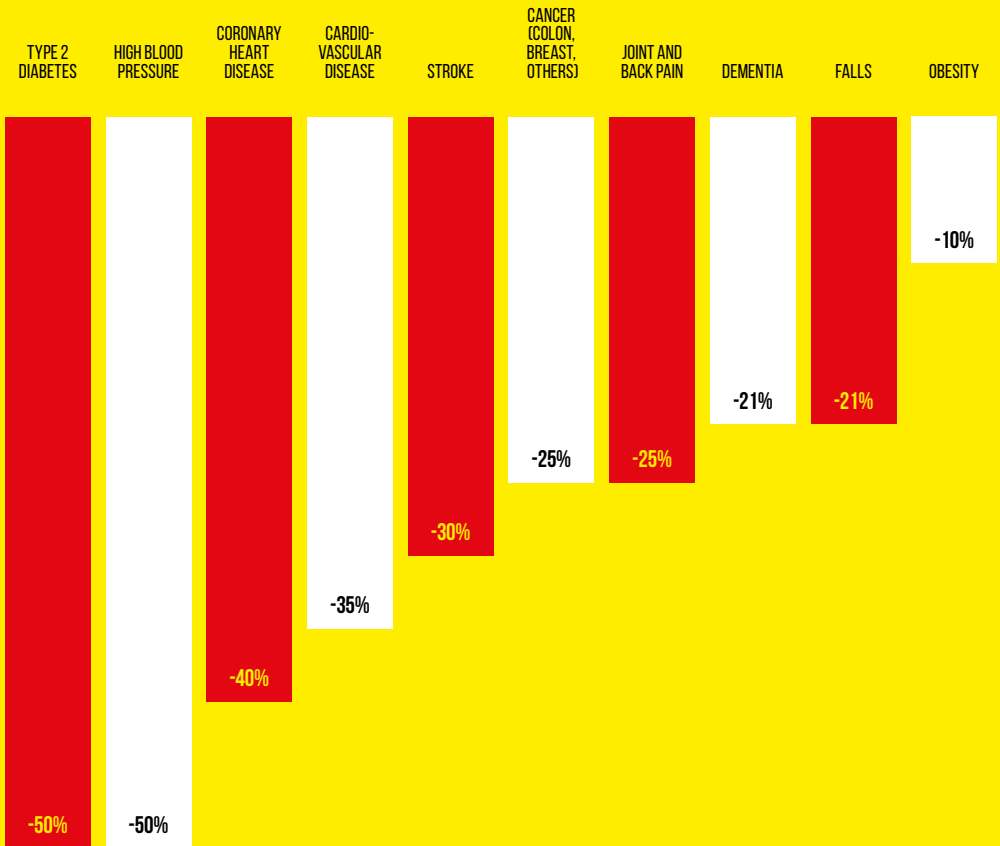
EXERCISE 101

MANvFAT **SOCCER**[®]

WHY SHOULD YOU MOVE MORE?

BEING ACTIVE HELPS REDUCE THE RISKS OF DISEASE AND
KEEPS YOU HEALTHY

SEE YOUR RISKS FALL THE MORE YOU MOVE



GOOD THINGS WILL COME YOUR WAY



BOOST WELLBEING



MANAGE STRESS



IMPROVED MOOD



MAINTAIN HEALTHY WEIGHT



LIVE LONGER

STRESS LESS

- Burn off nervous energy.
- Distract from negative thoughts and feelings.
- Reduce overthinking.
- Reduce anxiety.
- Sleep better.

EXERCISE AND AGEING

- As our age goes up, muscle mass tends to go down.
- Losing muscle mass can slow metabolism, leading to weight gain
- Lifestyle changes as we age can mean we're less active, causing us to gain weight
- Good news is there's plenty we can do to stay active. Check out the tips on the next page.



10 TOP TIPS TO STAY ACTIVE

1

EASE IN

Start slowly and build up gradually over 3-6 months.

2

DO IT DAILY

Make movement part of your daily routine and find little ways to level up, like taking the stairs instead of the elevator.

3

ACHES AND PAINS

It's normal to feel a little muscle soreness during and after doing a new activity, or increasing your exercise levels. Over time, your body will adapt.

4

GET UP, STAND UP

At home or work, standing up and moving about will give you more energy, improve your concentration and help you be more physically active.

5

GO LOCAL

Check out your city council listings of activities and groups you could try. Your primary care physicians will have details of what's going on by you too.



6

SPEAK UP

Tell your friends and family you're trying to be more physically active. They can give you moral support and might be able to offer practical support with things like childcare.

7

BUDDY UP

Exercising with a friend or group can be more fun and motivating, as well as being safer than exercising alone.

8

LOVE IT

Doing something you enjoy will make it easier to stick with it. Try a few different activities until you find one you love.

9

NOTE IT

Use an app, your smartphone or a notepad to track your activity so you can see your progress and set yourself personal goals like joining a local community club.

10

GET REAL

Some days will feel easier than others, and that's totally normal. Every little extra bit of movement counts so take the wins and move on from any losses.

MOVE IT, MOVE IT EVERYDAY LIFE



AT HOME



Gardening



Housework



Sex



Carry
your groceries
home



Home-based
exercise
equipment



TRAVELING



Cycling



Walk



Get off the bus
a stop early



Park at a further
car parking space

MOVE IT, MOVE IT EVERYDAY LIFE



AT WORK



Walk
up stairs



Walking
meetings



Take an active
lunch break



Stand
to talk on
the cell



AT PLAY



Yoga/pilates
/tai chi



Throw
a ball in
the park



Take
the dog
for a walk



Walk
or hike



Swim
or join an
aqua class



Exercise
classes

WARM UP

Prepare your body mentally and physically for activity.

Get yourself in the game before you start by warming up to improve flexibility and range of motion. Raise your heart rate, dilate your blood vessels and boost blood flow which will mean more oxygen for your muscles. A good thing all round.



HOW TO WARM-UP

Spend 5-10 minutes doing a mix of light aerobic activity, mobility exercises and some dynamic stretching movements.

You could try:

- marching on the spot
- fast-paced walking
- walking up and down stairs
- fast-paced side stepping
- jogging on the spot
- arm swings
- lunges
- squats

Check out the cardio exercise on pages 26-38 or mobility exercises on pages 44-46 for more ideas.

To get the most out of your warm-up, build up gradually, starting with low intensity exercises and then moving onto slightly more challenging ones. At the end of the warm up you should feel warm, like your joints are moving freely and that your heart and breathing has amped up - slightly out of breath.

COOL DOWN

Cooling down after a workout is as important as warming up.

If you stop suddenly after exercising you might feel faint or sick. You want to gradually slow down by doing some stretching while your limbs, muscles and joints are still warm. Stretching will help reduce the build-up of lactic acid, which means less cramping and stiffness too.

HOW TO COOL DOWN

Simply reduce the intensity of the activity you have been doing – if you have been jogging, then walk; if you have been running, then jog; fast swimming then easy swim.

Gradually reduce your heart rate and kickstart recovery. Stretch each of the main muscle groups for 10–30 seconds to help to increase flexibility and bring your mind and body back to a resting state.

Check out the cool down stretches on pages 47-51 for more ideas.



HOW HARD SHOULD YOU GO?

You can use the Rate of Perceived Exertion Scale (RPE) to measure the intensity of your exercise. It runs from 1–10 showing varying levels of effort.

Using the scale can help you understand what level of exertion you should be exercising at to achieve your goals without putting yourself under too much stress.



HOW HARD ARE YOU WORKING?

RPE SCALE	RATE OF PERCEIVED EXERTION
10	MAX EFFORT ACTIVITY Feels almost impossible to keep going. Completely out of breath, unable to talk. Can't maintain for more than a very short time.
9	VERY HARD ACTIVITY Very difficult to maintain exercise intensity. Can barely breathe and only speak a few words.
7-8	VIGOROUS ACTIVITY Borderline uncomfortable. Short of breath but can speak a sentence.
4-6	MODERATE ACTIVITY Breathing heavily but can hold a short conversation. Still somewhat comfortable but becoming noticeably more challenging.
2-3	LIGHT ACTIVITY Feels like you can maintain for hours. Easy to breath and can carry on a conversation.
1	VERY LIGHT ACTIVITY Hardly any exertion, but more than sleeping. For example, watching TV.

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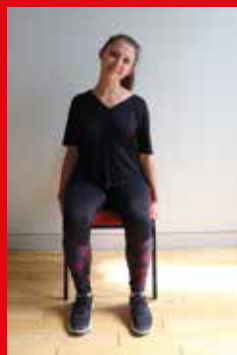
CIRCUIT

We'll guide you through a warm-up, get your muscles working, then finish it all off with a cool-down

WARM-UP	55
MAIN CIRCUIT	56
COOL DOWN	57

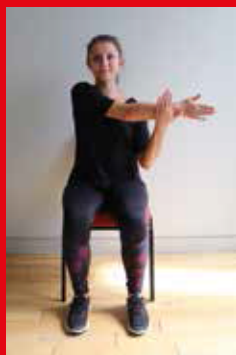
You can plan your own workout, picking and choosing activities that work for you. Or follow our guided circuit. Just click the links in the Contents above to get moving.

STRETCHES



TRAPEZIUS STRETCH

- Keep your back straight and arms by your side
- Tilt your head to one side, moving your ear towards your shoulder.
- Hold stretch for as long as instructed.
- Repeat on the opposite side.



DELTOID STRETCH

- Lift your arm to chest height and hold it across your body.
- Place your other hand on your forearm and gently pull your arm further across your body.
- Hold stretch for as long as instructed.
- Swap arms and repeat.

STRETCHES



CALF STRETCH

- Stand up straight and take one large step forwards.
- Ensure toes are pointing forward.
- Bend your front knee and gently lean forward until you feel a slight pull in the back of your lower leg.
- Hold stretch for as long as instructed.
- Swap legs and repeat.



HIP FLEXOR STRETCH

- Kneel on the floor then place one foot in front of your body.
- Ensure both knees are at 90 degrees.
- Gently push your raised knee forwards, keeping your upper body straight.
- Hold stretch for as long as instructed.
- Swap legs and repeat.

STRETCHES



TRICEP STRETCH

- Keep your back straight and feet at hip width apart.
- Lift one arm above your head and place your hand on/near your opposite shoulder.
- Place your other hand on the opposite elbow.
- Gently pull elbow towards the mid line of your body.
- Hold stretch for as long as instructed.
- Swap arms and repeat.



UPPER BACK STRETCH

- Lift both arms to chest height and hold them straight out in front of you.
- Bring your hands together, keeping your palms facing away from you.
- Keeping your back straight, gently push your hands away from your body.
- Hold stretch for as long as instructed.

STRETCHES



GLUTE STRETCH

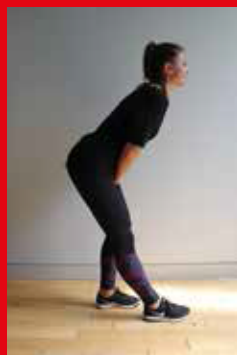
- Sit on a chair and lift one foot off the floor, placing it on your opposite knee.
- Using your hand(s), apply some pressure to your knee, gently pushing it down towards the floor.
- Hold stretch for as long as instructed.
- Swap legs and repeat.



QUADRICEP STRETCH

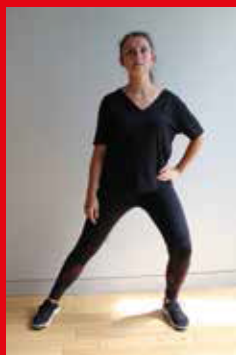
- Stand up straight and lift one foot off the floor.
- Hold your foot in your hand and pull towards your bottom whilst trying to keep your knees together.
- Ensure that your standing leg has a slight bend in the knee.
- Use a wall to balance if you need to.
- Hold stretch for as long as instructed.
- Swap legs and repeat.

STRETCHES



HAMSTRING STRETCH

- Stand up straight, feet at hip width apart.
- Take a small step forward with one foot, keeping your weight on your back foot.
- Bend the back knee, keeping the front leg straight.
- Place hands flat on thigh of back leg.
- Hold stretch for as long as instructed.
- Swap legs and repeat.



ADDUCTOR STRETCH

- Stand up straight and take one large step sideways.
- Keep both feet flat on the floor and toes pointing forwards.
- Bend one knee and lean to the side, until you feel a slight pull in your inner thigh.
- Hold stretch for as long as instructed.
- Swap legs and repeat.



SEATED BICEP CURL

- Sit upright in your chair, place center of resistance band under one foot.
- Hold each end of the resistance band, palms facing upwards.
- Keeping the upper arms locked to the side of the body, bend your arm, curling the band up to shoulder height.
- Slowly return to starting position.
- Repeat.



SEATED TRICEP EXTENSIONS

- Sit in the front third of your chair, back straight.
- Place the center of the band under one foot, holding each end of the band with palms facing inwards towards the body.
- Bend at the hips, leaning slightly forward ensuring the back is straight.
- Now bend both elbows to 90 degrees, keeping them in line just behind your back.
- Keep upper arms locked in position and extend your arms straight back behind you.
- Then slowly bring elbow back to 90 degrees.
- Repeat.



SEATED LAT PULL DOWN

- With hands slightly wider than shoulder width apart, hold the resistance band with a small amount of tension.
- Keeping your back straight, raise your arms straight above your head.
- Whilst maintaining the tension, bring your elbows down, pulling the resistance band in front of your head, your hands should be in line with your shoulders.
- Focus on squeezing your shoulder blades together at the bottom of the movement.
- Return to starting position
- Repeat.



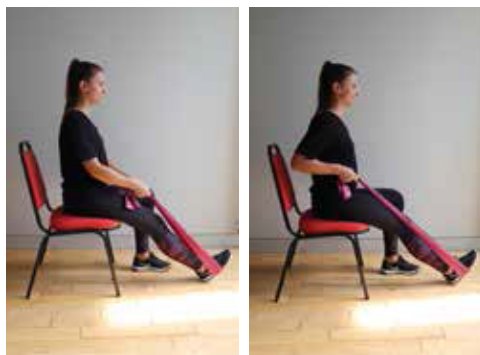
SEATED FRONT RAISE

- Place center of resistance band under one foot.
- Keep back straight.
- Hold each end of the resistance band, palms facing down towards the floor.
- Whilst keeping your arms straight, lift your arms in front of your body up to shoulder height.
- Slowly return to starting position.
- Repeat.



SEATED **CHEST PRESS**

- Sit back in your chair with a straight back, feet hip width apart.
- Place resistance band around the back of the chair.
- Hold each end of the band.
- Keep your elbows at shoulder height.
- Press bands forward until arms are straight.
- Slowly return to the starting position.
- Repeat.



SEATED **ROW**

- Sit in the front third of your chair with a straight back.
- Extend one leg out and place band around that foot. Keep other leg at a right angle with foot on the floor.
- Hold each end of the band with palms facing inward.
- Keeping your elbows tucked into your body, breathe out whilst pulling both elbows back until your hands are at your waist.
- Breathe in as you slowly return your hands to starting position.
- Repeat.



SEATED LATERAL RAISE

- Place center of resistance band under one foot and keep feet flat on the floor.
- Hold each end of the resistance band and keep your arms rested at your side.
- Keep your back straight.
- Keeping your arms extended, with a slight bend at your elbows, slowly raise your arms up from the sides of your body.
- Once your arms reach parallel with the floor, pause and slowly return to starting position.
- Repeat.

TOP TIP

Keep your resistance workouts balanced. Let your muscles recover and train different groups each day rather than the same group two days in a row.

UPPER BODY LEVEL 2



STANDING BICEP CURL

- Stand with feet at hip width, back straight.
- Place center of resistance band under one foot.
- Hold one end of the resistance band, palms facing upwards. Keep foot on other end of the band.
- Keeping the upper arms locked to the side of the body, bend your arm, curling the band up to shoulder height.
- Slowly return to starting position.
- Repeat.



STANDING TRICEP EXTENSION

- Place your feet at hip width apart and knees slightly bent.
- Place one end of the band under one foot, holding the other end of the band with palms facing inwards towards the body.
- Bend at the hips, leaning slightly forward ensuring the back is straight.
- Now bend both elbows to 90 degrees, keeping them inline just behind your back.
- Keep upper arms locked in position and extend your arms straight back behind you.
- Then slowly bring elbow back to 90 degrees.
- Repeat.



WALL PRESS

- Take a step away from the wall, feet at hip width apart.
- Place hands flat against the wall at shoulder height and 1.5x shoulder width apart.
- Keep back straight.
- Lower yourself towards the wall, bending at the elbow until your face comes close to the wall.
- Keep a controlled movement extending arms back out.
- Ensure that you keep a slight bend in your elbows whilst your arms are extended.
- Repeat.



STANDING RESISTANCE BAND ROW

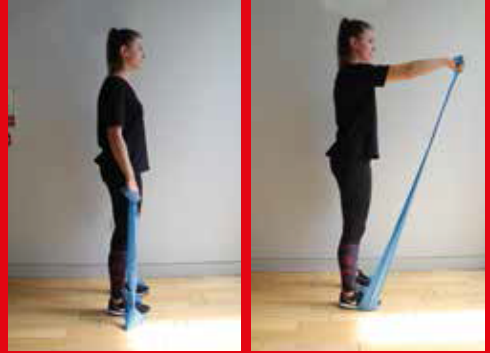
- Feet at hip width apart, keep your knees slightly bent. back straight.
- Place band around object or bar, hold each end of the band with palms facing inward.
- Stand far away so arms are extended.
- Pull the band towards you, keeping your elbows tucked into your body.
- Slowly return your hands to starting position.
- Repeat.

UPPER BODY LEVEL 2



STANDING LATERAL RAISE

- Feet at hip width, back straight.
- Hold one end of the band, place foot/feet on the other end of the band.
- Keeping your arm extended, with a slight bend at your elbows, slowly raise your arm up from the side of your body.
- Once your arms reach parallel with the floor, pause and slowly return to starting position.
- Repeat.



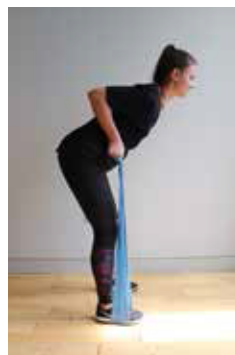
STANDING FRONT RAISE

- Feet at hip width and keep back straight.
- Place feet on one end of the band.
- Hold onto the other end of the resistance band, palms facing down towards the floor.
- Whilst keeping your arms straight, lift your arms in front of your body up to shoulder height.
- Slowly return to starting position.
- Repeat.



BOX **PUSH UP**

- On floor exercise- hands at shoulder width, flat on the floor.
- Knees slightly apart, back straight at all times.
- Lower yourself towards the floor, bending at the elbows until they are at 90 degrees.
- Keep a controlled movement extending arms back out.
- Ensure that you keep a slight bend in your elbows whilst your arms are extended.
- Repeat.



BENT OVER **ROW**

- Feet at hip width apart, keep your knees slightly bent, back straight.
- Place the center of the resistance band under your foot/feet.
- Bend at the hip, leaning slightly forward until you feel a slight pull in the back of your thigh. Hold that position.
- Pull the band towards you, keeping your elbows tucked into your body.
- Slowly return your hands to starting position.
- Repeat.



TRICEP DIPS

- Use chair.
- Keep hands on the edge of the chair, back straight.
- Slide bottom off the chair, keeping your knees at 90 degrees.
- Bend at the elbow, to lower yourself towards the floor.
- Push off the chair to extend arms and bring your body up.
- Repeat.

TOP TIP

Weight loss comes from burning more calories than you consume, creating a calorie deficit.

While doing hundreds of sit-ups is great for your core, you can't target weight loss and it won't necessarily lead to you losing weight around your stomach. Similarly, endless bicep curls will strengthen your biceps but might not mean you lose weight around your arms.

As you shed the pounds, you'll lose weight from different parts of your body along the way.

LOWER BODY LEVEL 1



SEATED LEG EXTENSION

- Sit back in your chair, back upright and feet hip width apart.
- Keeping one foot planted on the floor, slowly extend the other leg until it is parallel with the floor.
- Return the leg back to the floor to complete one rep.
- Repeat.



SEATED LEG PRESS

- Sit back in your chair, with back straight.
- Place one foot in the centre of the band. Hold each end of the band with palms facing inward.
- Bend working knee, pull band towards the body.
- Whilst keeping your arms locked to the side of your body, press your foot against the band so that your leg is extended.
- Bend the working knee back again.
- Repeat.



STANDING LEG CURL

- Stand upright with your feet hip width apart.
- Slide back working leg and bend to 90 degrees, keeping knees in line with each other.
- Hold a chair if required.
- Keep a slight bend in standing leg.
- Deliver a controlled return back to standing.
- Repeat.



SEATED LEG ABDUCTION

- Sit on front third of the chair and keep back straight.
- Place band under thighs and wrap around legs.
- Use hands to keep band secure, whilst keeping feet flat on the floor.
- Push knees outwards against the band.
- Then bring knees back in line with ankles.
- Repeat.



SEATED LEG ADDUCTION

- Sit on the front third of chair, back upright.
- Feet flat on the floor.
- Use hands and place inbetween legs (knees).
- Keep hands still and press against hands to engage inner thigh, hold.
- Relax.
- Repeat.



SEATED CALF RAISES

- Sit on the front third of chair, back upright and feet at hip width.
- Hands can be placed on thigh or side of the chair.
- Raise heels up, toes stay planted on the floor.
- Slowly bring heels back down.
- Repeat.



SIT TO STAND

- Sit two thirds on your chair, feet flat on the floor at hip width.
- Keep back straight, with feet, knees and hips in line.
- Push through your heels, extending knees and hips to standing.
- Lower yourself back down to seated.
- Repeat.



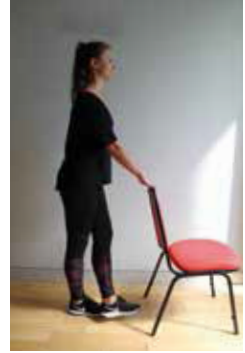
LIGHT LUNGE

- Keep back straight and feet at hip width.
- Step one foot slightly in front, ensure toes are pointing forward.
- Slightly bend both knees.
- Hold chair if needed.
- Swap legs and repeat.



STANDING LEG ABDUCTION

- Keep back straight and feet at hip width.
- Ensure your standing leg is kept slightly bent.
- Keep leg straight and extend out to the side, in line with the body.
- Keep your toes pointing forward at all times.
- Repeat on opposing leg.



STANDING LEG ADDUCTION

- Keep back straight and feet at hip width.
- Ensure your standing leg is kept slightly bent.
- Keep working leg extended and cross over the standing leg to engage inner thigh.
- Then bring back to standing.
- Repeat on opposing leg.



STANDING **CALF RAISE**

- Keep back straight and feet at hip width.
- Raise both heels off the floor, keeping toes planted.
- Keep a controlled movement.
- Hold for 5 seconds.
- Bring heels back down to standing position.
- Repeat.

TOP **TIP**

Planning can be your best friend. To keep everything balanced, plan out your recovery days and a balanced mix of workouts.

Could be a full body workout, then back and arms the next day, a rest day then chest and shoulders, followed by legs and core the day after. Find what works for you!



LUNGES

- Keep back straight and feet at hip width.
- Take a large step forward and bend both knees to 90 degrees.
- Push backwards off the front foot to bring both feet back together.
- Repeat on both legs.



STANDING SINGLE LEG CALF RAISE

- Keep back straight and feet at hip width.
- Lift one leg slightly off the ground.
- Slightly bend the standing leg.
- Raise heel off the floor, keeping toes planted.
- Keep a controlled movement.
- Lower back down to the floor to meet other foot.
- Repeat on both legs.



SEATED SHADOW BOXING

- Sit up straight and punch the air in front of you, alternating your hands.
- Repeat.



SEATED HIGH KNEES

- Keep hands by your side.
- Sit up straight and lift one knee towards the ceiling.
- Lower knee so your foot is back on the floor.
- Lift opposite knee towards the ceiling
- Lower knee so your foot is back on the floor.
- Repeat.



SEATED **UP, SIDE, DOWN**

- Sit up straight.
- One hand at a time, reach upwards across the body.
- One hand at a time, reach across the body to each side.
- One hand at a time, reach down across the body towards the floor.
- Repeat.



SEATED **ARM SPRINTS**

- Sit up straight and lift your hands in front of your body, ensuring there is a 90-degree bend in your elbows.
- Push your elbows backwards and forwards, alternating each arm.
- Repeat.



SEATED SIDE TAPS

- Sit up straight with both feet flat on the floor.
- Lift one foot off the floor and move to the side, away from your body.
- Tap your toes on the floor and bring your foot back to the start position.
- Alternate feet and repeat.



SEATED BOX STEP

- Sit up straight with both feet flat on the floor.
- Lift one foot off the floor and place it one step in front of you.
- Repeat with the opposite foot so that they are both one step in front body.
- One at a time, bring feet back to the starting position.
- Repeat.



SEATED **HEEL DIGS**

- Sit up straight with both feet flat on the floor.
- Lift one foot off the ground, move foot forward and tap your heel on the floor.
- Bring foot back to starting position.
- Alternate feet and repeat.



SEATED **SIDE STEPS**

- Sit up straight with both feet flat on the floor.
- Lift one foot off the floor and move to the side, away from your body.
- Repeat with the opposite foot so that both feet are placed next to each other.
- Return each foot to the center position
- Repeat on opposite side.



STANDING SHADOW BOXING

- Stand up straight and punch the air in front of you, alternating your hands.
- Repeat.



STANDING HIGH KNEES

- Stand up straight and lift one knee towards the ceiling.
- Lower knee so your foot is back on the floor.
- Lift opposite knee towards the ceiling.
- Lower knee so your foot is back on the floor.
- Repeat.



STANDING UP, SIDE, DOWN

- Stand up straight.
- One hand at a time, reach upwards across the body.
- One hand at a time, reach across the body to each side.
- One hand at a time, reach down across the body towards the floor.
- Repeat.



STANDING ARM SPRINTS

- Stand up straight, core tight.
- Lift your hands in front of your body, ensuring there is a 90-degree bend in your elbows.
- Push your elbows backwards and forwards, alternating each arm.
- Repeat.



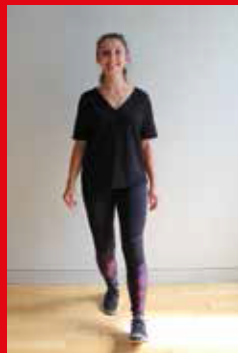
STANDING HALF JACKS

- Stand up straight with both feet flat on the floor.
- Extend your right arm and leg out to the side, tapping your foot on the floor.
- Return arm and leg to center position.
- Repeat on opposite side.



STANDING BOX STEP

- Stand up straight with both feet flat on the floor.
- Lift one foot off the floor and place it one step in front of you.
- Repeat with the opposite foot so that they are both one step in front of your body.
- One at a time, bring feet back to the starting position.
- Repeat.



STANDING HEEL DIGS

- Stand up straight with both feet flat on the floor.
- Lift one foot off the ground, move foot forward and tap your heel on the floor.
- Bring foot back to starting position.
- Alternate feet and repeat.



STANDING SIDE STEPS

- Stand up straight with both feet flat on the floor.
- Lift one foot off the floor and move to the side, away from your body.
- Repeat with the opposite foot so that both feet are placed next to each other.
- Return each foot to the center position.
- Repeat on opposite side.



ADVANCED SHADOW BOXING

- Stand up straight with both feet flat on the floor.
- Extend your right arm and leg out to the side, tapping your foot on the floor.
- Return arm and leg to center position.
- Repeat on opposite side.



CROSS OVER HIGH KNEES

- Stand up straight, lift one knee towards the ceiling and across your body to meet the opposite arm.
- Lower knee so your foot is back on the floor.
- Repeat on opposite side.



ADVANCED UP, SIDE, DOWN

- Stand up straight.
- One hand at a time, reach upwards across the body.
- One hand at a time, reach across the body to each side.
- One hand at a time, reach down across the body towards the floor.
- Introduce leg movements such as marching or side steps.
- Repeat.



ADVANCED ARM SPRINTS

- Stand up straight and lift your hands in front of your body, ensuring there is a 90-degree bend in your elbows.
- Push your elbows backwards and forwards, alternating each arm.
- Introduce leg movements such as marching or side steps.
- Repeat.



JUMPING JACKS

- Stand up straight with your arms by your side.
- Jump up slightly, move both legs to each side and land on the floor with a wider stance than when you started.
- Whilst jumping, lift both arms up to shoulder height.
- Jump up again bringing your feet together and placing your arms back to your side, landing in your initial starting position.
- Repeat.



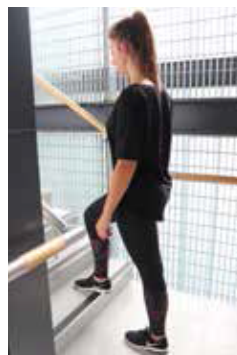
ADVANCED BOX STEP

- Stand up straight with both feet flat on the floor.
- Lift one foot off the floor and place it one step in front of you.
- Repeat with the opposite foot so that they are both one step in front of your body.
- One at a time, bring feet back to the starting position.
- Introduce arm bicep curls.
- Repeat.



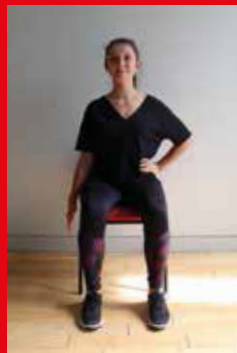
ADVANCED HEEL DIGS

- Stand up straight with both feet flat on the floor.
- Lift one foot off the ground, move foot forward and tap your heel on the floor.
- Bring foot back to starting position and repeat with your other foot.
- Introduce arm movements such as punches or arm raises.
- Repeat.



STEP UPS

- Stand up straight with both feet flat on the floor.
- Place one foot onto the step.
- Bring other foot onto step.
- Step down one foot at a time.
- Alternate between starting leg and repeat.



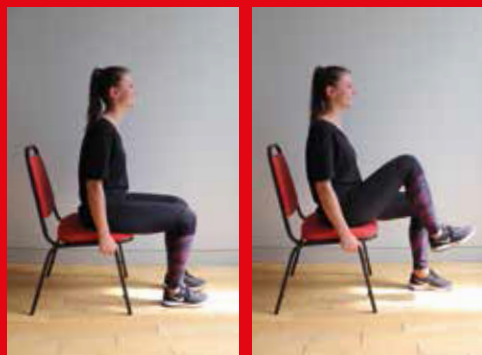
SEATED SIDE BEND

- Sit up straight with one hand on your hip and the other arm down by your side.
- Bend to the side whilst staying sat on the chair.
- Alternate and repeat.



SEATED KNEE TUCK

- Sit up straight with hands holding chair if needed for balance.
- Lift both knees as close to your chest as possible.
- Slowly lower feet back towards to ground.
- Repeat.



SEATED SINGLE LEG BALANCE

- Sit up straight on the front third of your chair. Hold the chair if you need too.
- Raise one knee so that one foot is off the floor.
- Try and keep your balance for as long as instructed.
- Alternate legs and repeat.



SEATED OBLIQUE TWIST

- Sit up straight with arms at chest height.
- Keeping your hips facing forward, twist your upper body to each side as far as you can.
- Repeat.



STANDING SIDE BEND

- Stand up straight with arms by your side.
- Bend to the side, whilst keeping back straight.
- Alternate and repeat.



STANDING OBLIQUE TWIST

- Stand up straight with arms at chest height.
- Twist your upper body as far as you can, whilst keeping your feet flat on the ground and hips facing forward.
- Alternate and repeat.



SEATED STRAIGHT LEG RAISES

- Sit on the front third of the chair and lean back slightly.
- Hold on to the seat to help keep your balance.
- Lift both feet as high as you can, whilst trying to keep your legs straight.
- Slowly lower feet back towards the floor.
- Repeat.

TOP TIP

Strengthening your muscles through activity like resistance training will help boost your metabolism and you'll burn more energy while your body is at rest - an important factor in weight loss!



SEATED SPELL YOUR NAME

- Sit on the front third of the chair and lean back slightly.
- Hold on to the seat to help keep your balance.
- Lift feet off the floor whilst keeping your legs straight.
- Try and spell your name with your feet, keeping them off the ground.
- Repeat.



STANDING SINGLE LEG BALANCE

- Stand up straight, holding onto a chair or the wall for balance if you need to.
- Raise one knee to lift your foot off the floor.
- Try to keep your balance for as long as instructed.
- Swap legs and repeat.



LAYING LEG RAISES

- Lay on the floor with your legs flat on the ground.
- Lift both legs towards the ceiling whilst trying to keep your lower back near the floor and legs as straight as you can.
- Slowly lower your legs back towards the floor.
- Repeat.



STANDING SINGLE LEG BALANCE WITH LEG SWING

- Stand up straight, holding onto a chair or the wall for balance if you need to.
- Raise one foot off the floor whilst keeping standing leg slightly bent.
- Gently swing leg forwards and backwards whilst trying to keep your balance.
- Swap legs and repeat.



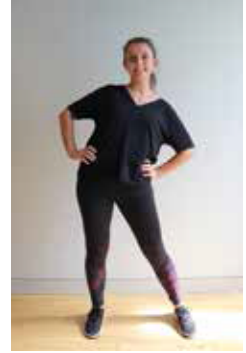
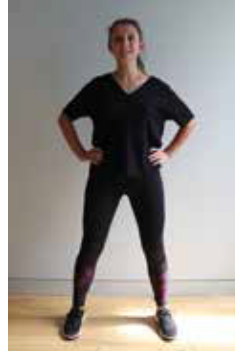
HEAD TURNS

- Sit up straight with your feet flat on the floor.
- Slowly rotate your head to one side, aiming to look over your shoulder.
- Repeat in the opposite direction.



SHOULDER CIRCLES

- Sit up straight with your feet flat on the floor.
- Lift your shoulders towards the ceiling and rotate backwards in a circular motion.
- Repeat.

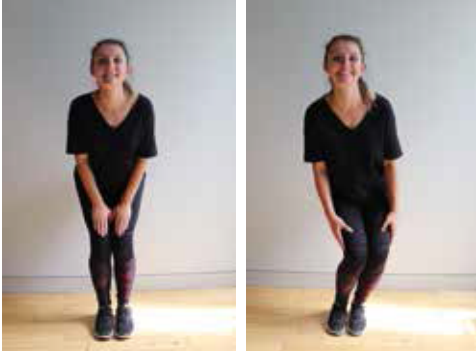


SPINE **ROTATION**

- Sit up straight with your feet flat on the floor.
- Slowly rotate your upper body to one side, whilst keeping your bottom sat on the seat and hips facing forwards.
- Repeat in the opposite direction.

HIP **ROTATIONS**

- Stand up straight with your hands on your hips and feet shoulder width apart.
- Slightly bend your knees.
- Gently rotate your hips in a circular motion.
- Repeat in the opposite direction.



KNEE **ROTATIONS**

- Stand with your feet and knees together.
- Ensure you have a slight bend at your hips and knees, whilst keeping your back straight.
- Place your hands on the side of your thighs.
- Gently rotate your knees in a circular motion.
- Repeat in the opposite direction.



ANKLE **FLEX / EXTEND**

- Sit or stand comfortably with one foot off the floor.
- If stood, ensure your standing leg is slightly bent.
- Point your toes towards the ceiling.
- Point your toes away from your body.
- Repeat.

WE'VE PUT TOGETHER A CIRCUIT GUIDE FOR YOU TO FOLLOW. START WITH A WARM-UP, MOVE ON TO GET YOUR BLOOD PUMPING AND YOUR MUSCLES MOVING, AND END WITH A COOLDOWN TO STRETCH AND FLEX.

CIRCUIT **WARM UP**

The aim here is to get you feeling warm, like your joints are moving freely and that your heart and breathing has amped up (slightly out of breath).

- Do one round of each exercise below for 30 seconds for a total of 4m 30s.
- Each exercise can be performed either seated or standing.
- Start at a 1/2 intensity on the RPE scale and gradually build up and aim to be 4/5 on the RPE scale by the final exercise.
- Repeat any of the exercises until you feel warmed up.

EXERCISE LIST

UP, SIDE, DOWN	34
HIGH KNEES	35
SEATED ARM SPRINTS	34
SEATED SIDE TAPS	35
SEATED BOX STEP	36
SEATED HEEL DIGS	37
STANDING HALF JACKS	40
CROSS OVER HIGH KNEES	42

MAIN CIRCUIT

We're going to do a mix of Resistance and Cardio activities so pick your level and let's go!

- **Beginner.** Do 1 round of each exercise for 30 seconds, rest for 30 seconds.
- **Intermediate.** Do 1 round of each exercise for 45 seconds, rest for 15 seconds.
- **Advanced.** Do 1 round of each exercise for 60 seconds, with no rest between exercises.
- Each exercise can be performed either seated or standing.
- Take a break at the end of the circuit, then if you can, repeat the circuit a 2nd or a 3rd time.

EXERCISE LIST

CALF RAISES	32
CARDIO STANDING ARM SPRINTS	39
SIT TO STAND	12
CARDIO STANDING HALF JACKS	40
SEATED OBLIQUE TWIST	47
CARDIO STANDING BOX STEPS	40
BICEPS	22
CARDIO STANDING SIDE STEPS	41
TRICEPS EXTENSION	22
BACK	41
CARDIO STANDING HALF JACKS	25
CHEST	40
CARDIO	23
STANDING FRONT RAISE	24

CIRCUIT **COOL-DOWN**

Awesome work, don't forget to cool-down as stretching now will mean less cramping and stiffness later.

- Do 1 round of each exercise for 30 seconds for a total of 4m 30s.
- Each exercise can be performed either seated or standing.
- Start at a 3/4 intensity on RPE scale and gradually lower to a 1/0 on the RPE scale by the final exercise.

EXERCISE LIST

UP, SIDE, DOWN	34
HIGH KNEES	35
SEATED ARM SPRINTS	34
SEATED SIDE TAPS	35
SEATED BOX STEP	36
SEATED HEEL DIGS	37
STANDING HALF JACKS	40
CROSS OVER HIGH KNEES	42

Stretches for 15-30 seconds per muscle

DELTOID STRETCH	13
CALF STRETCH	14
UPPER BACK STRETCH	15
QUADRICEPS STRETCH	16

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