



A HEALTHIER COMMUNITY
Health Promotion & Disease Prevention Directorate

EXERCISE GUIDELINES **11**

Here is an easy to do home exercise programme which anyone can perform in the comfort of their home.

Safety points

- ▶ Always carry out these exercises in a safe environment.
- ▶ Ensure that the floor is clear of any obstacles and not wet.
- ▶ Ideally have someone else there with you in case of emergency.
- ▶ Carry out exercises near an object, or surface which you can hold on to such as a table.
- ▶ Carry out these exercises with the correct footwear eg. trainers.

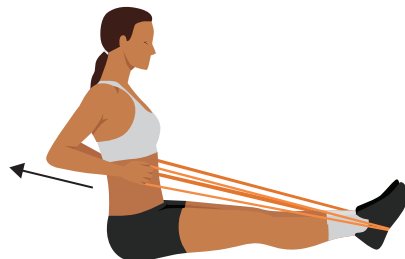
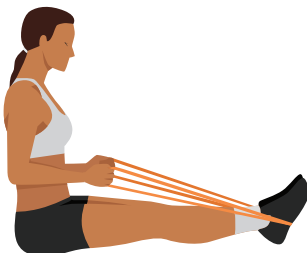
Workout

- ▶ Start with one set of each exercise and increase the number of sets as you get fitter.

Workout
1

SEATED ROW

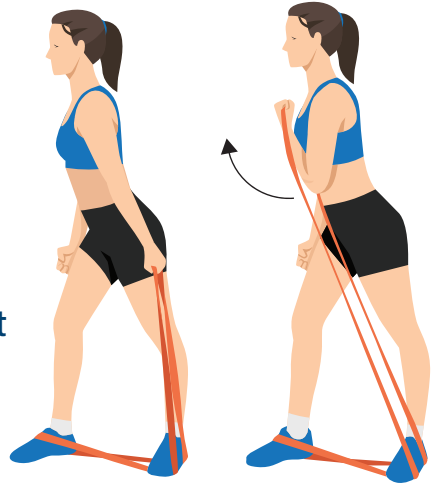
Set 1 → 45 seconds
of work,
15 seconds rest



Workout
2

BICEPS CURL

Set 1 → 45 seconds
of work,
15 seconds rest



Workout
3

TRICEPS EXTENSION

Set 1 → 45 seconds
of work,
15 seconds rest

