

EXERCISE GUIDELINES **1**

Here is an easy-to-follow programme with exercises that anyone can perform, right from the comfort of their own 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

MARCHING

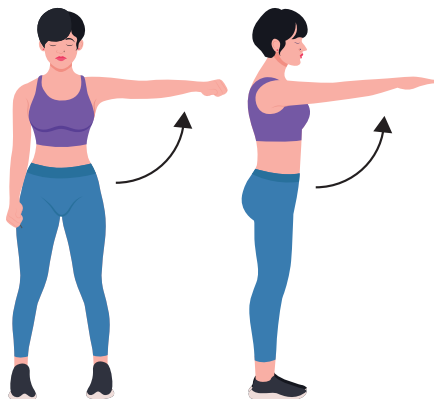
Set 1 → 30 seconds work,
15 seconds rest



SHOULDER MOVEMENTS

Workout
2

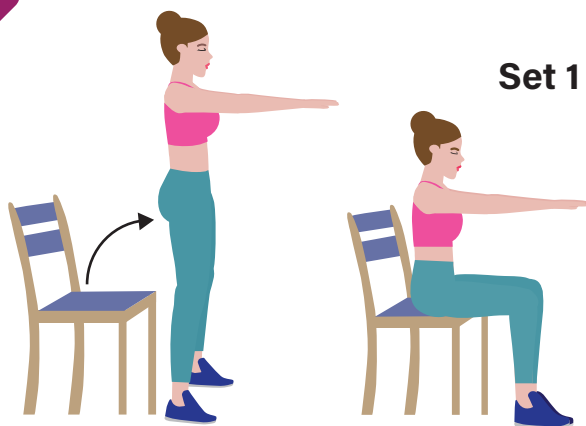
Set 1 → Front and side raises 10 reps each direction on each arm



SIT TO STAND

Workout
3

Set 1 → 12 reps



EXERCISE GUIDELINES 2

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Workout

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

Workout 1

HAMSTRING KICKBACKS

Set 1 → 30 seconds work
(alternate sides)



Workout
2

BICEPS CURLS

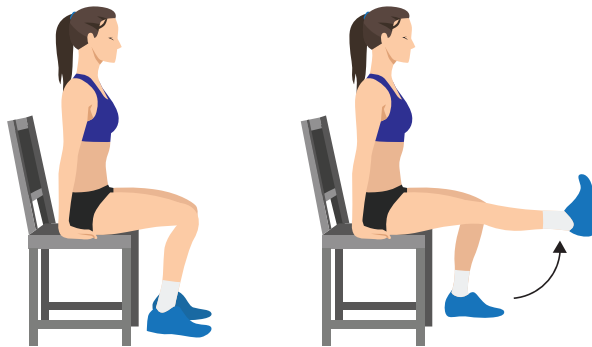
Set 1 → 10 reps each side



Workout
3

SEATED KNEE EXTENSIONS

Set 1 → 10 reps each side



EXERCISE GUIDELINES **3**

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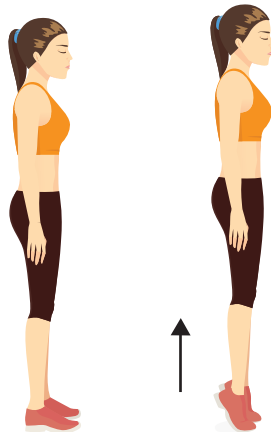
Workout

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

Workout
1

TOE LIFTS

Set 1 → 30 seconds



Workout
2

SEATED TRUNK ROTATIONS

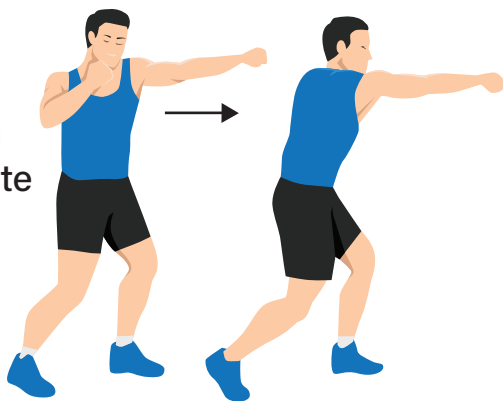
Set 1 → 8 reps each side (alternate sides)



Workout
3

SLOW STANDING AIR PUNCHES

Set 1 → 10 reps each
side (alternate
sides)



EXERCISE GUIDELINES 4

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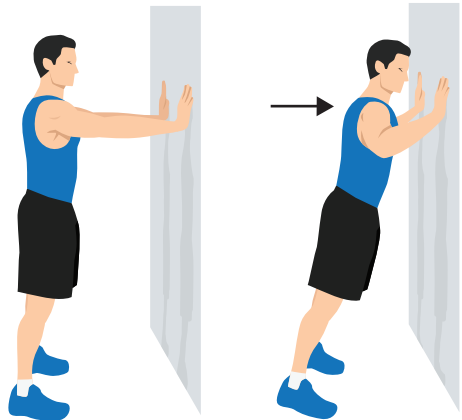
Workout

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

Workout 1

WALL PUSH-UPS

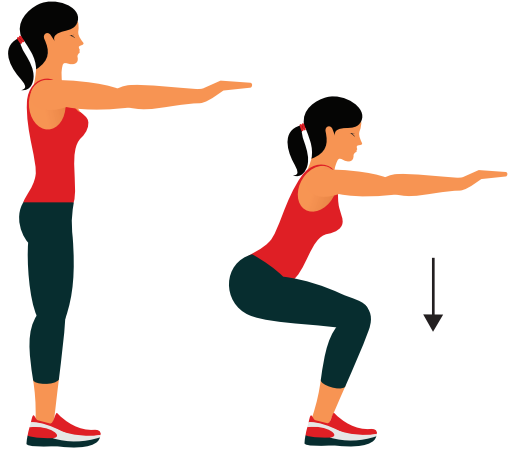
Set 1 → 10 seconds



Workout
2

SQUATS

Set 1 → 30 sec



Workout
3

SIDE LEG RAISES

Set 1 → 10 reps on
each leg



EXERCISE GUIDELINES **5**

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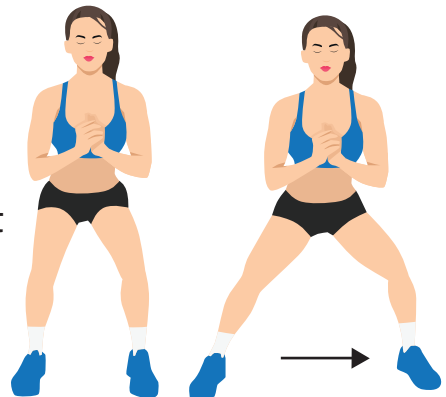
Workout

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

Workout
1

SIDE SQUAT

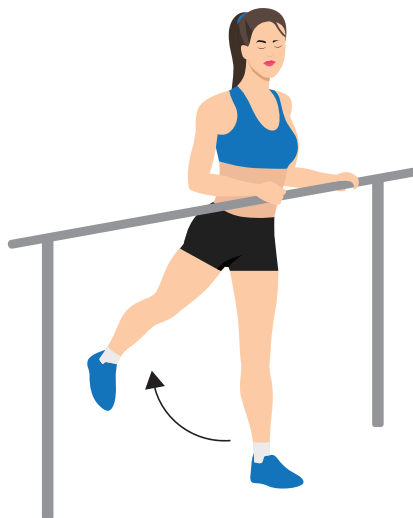
Set 1 → 30 seconds
side step in squat
position (alternate
sides)



Workout
2

BACK LEG RAISES

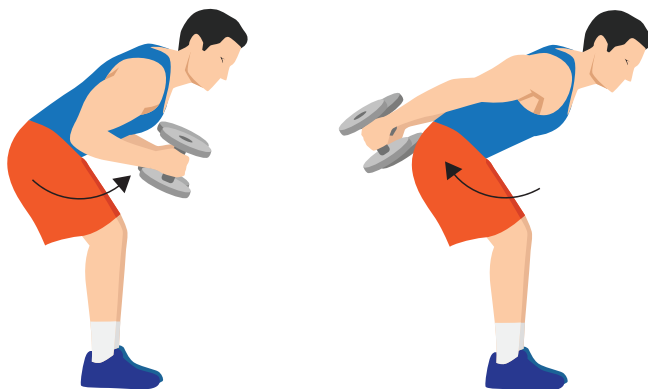
Set 1 → 10 reps
each side



Workout
3

TRICEPS CURLS

Set 1 → 10 reps on each side
(straighten elbow backwards)



EXERCISE GUIDELINES 6

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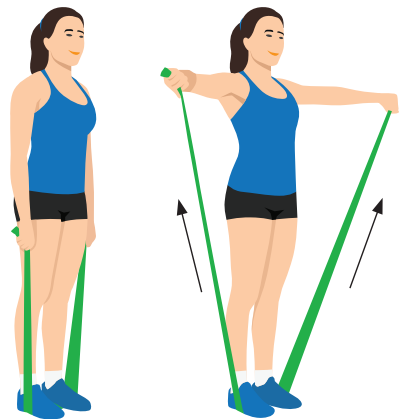
Workout

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

Workout 1

LATERAL RAISES

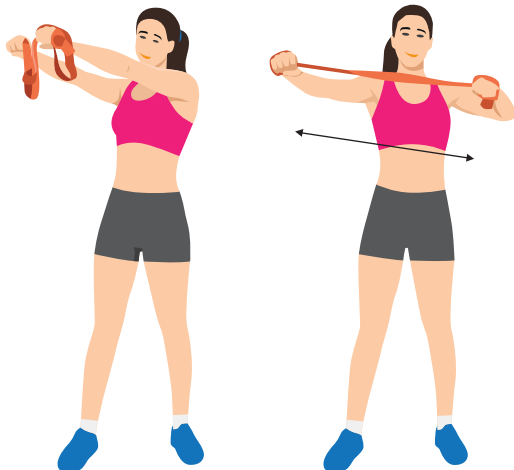
Set 1 → 30 seconds work,
15 seconds rest



Workout
2

ARCHER

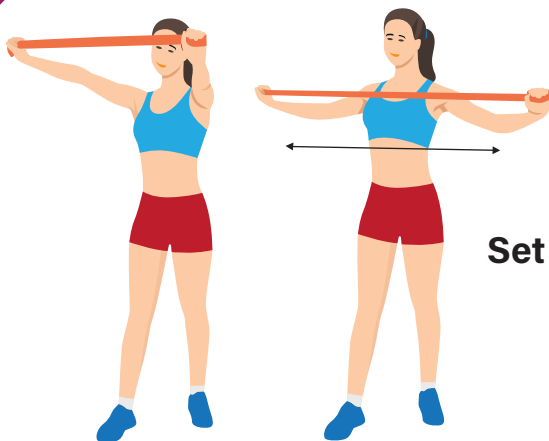
Set 1 → 8-15 reps



Workout
3

REVERSE FLY

Set 1 → 30 seconds
of work,
15 seconds
rest



EXERCISE GUIDELINES 7

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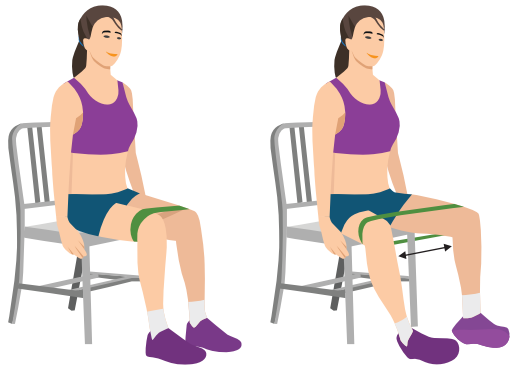
Workout

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

Workout
1

SEATED HIP ABDUCTIONS

Set 1 → 8-15 reps



Workout
2

TRICEPS PULL

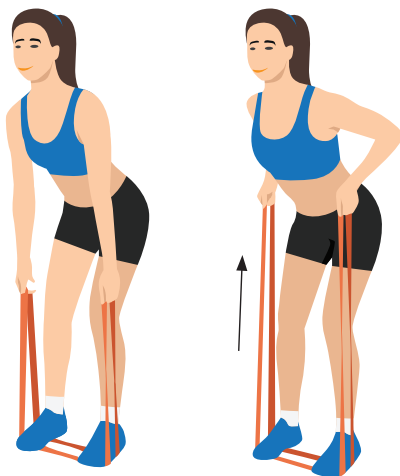
Set 1 → 8-15 reps



Workout
3

BENT OVER ROW

Set 1 → 30 seconds
of work,
15 seconds rest



EXERCISE GUIDELINES 8

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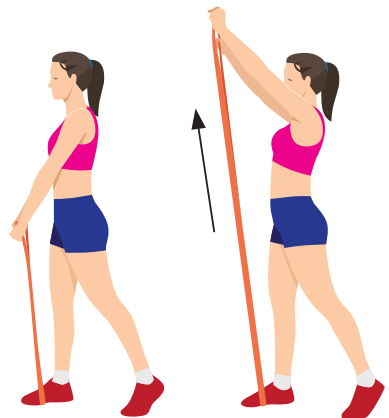
Workout

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

Workout 1

FRONT RAISES

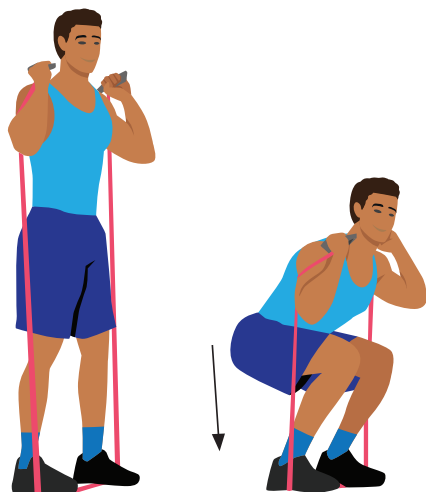
Set 1 → 30 seconds
of work,
15 seconds rest



Workout
2

RESISTED SQUATS

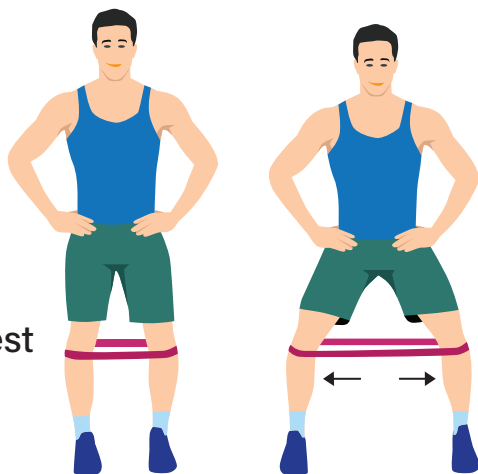
Set 1 → 8-15 reps



Workout
3

LATERAL WALKING

Set 1 → 30 seconds
of work,
15 seconds rest



EXERCISE GUIDELINES 9

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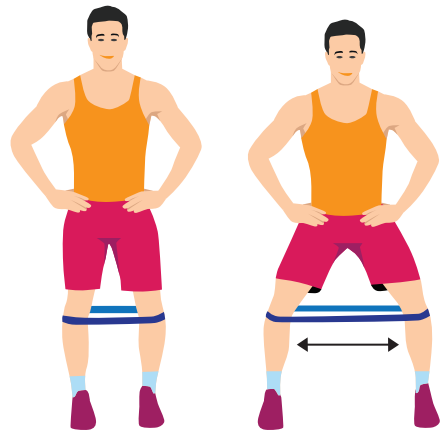
Workout

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

Workout 1

BAND SQUATS

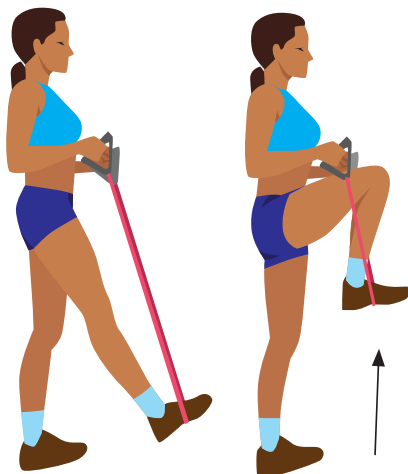
Set 1 → 45 seconds of work,
15 seconds rest



Workout
2

LEG EXTENSIONS

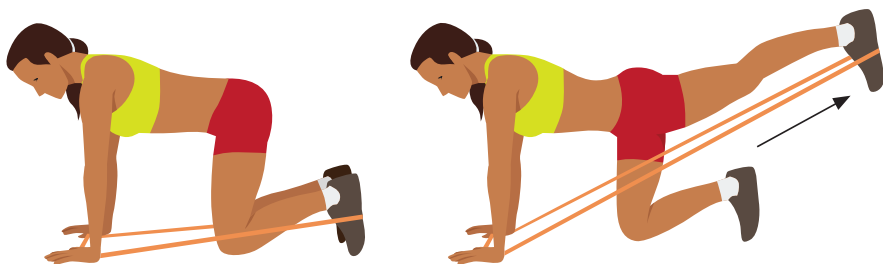
Set 1 → 8-15 reps



Workout
3

DONKEY KICKS

Set 1 → 45 seconds
of work,
15 seconds rest



EXERCISE GUIDELINES 10

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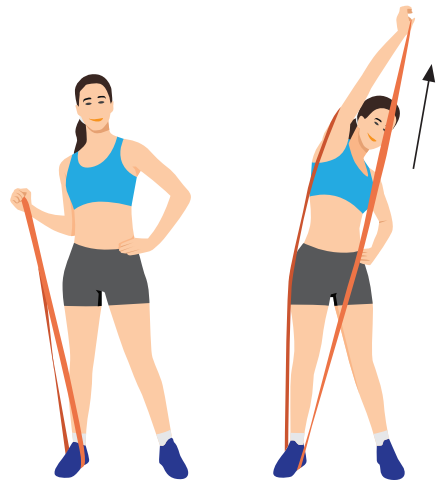
Workout

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

Workout
1

SIDE BENDS

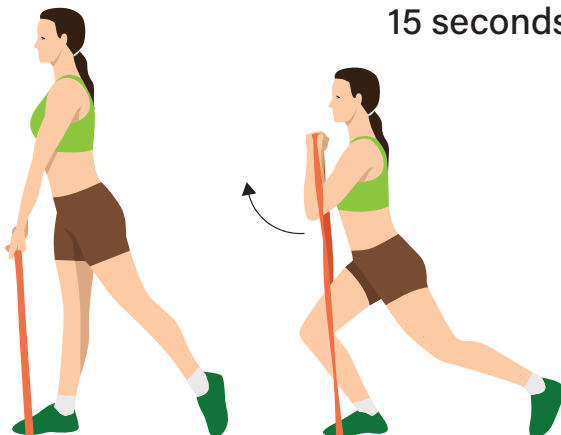
Set 1 → 8-18 reps



Workout
2

LUNGES

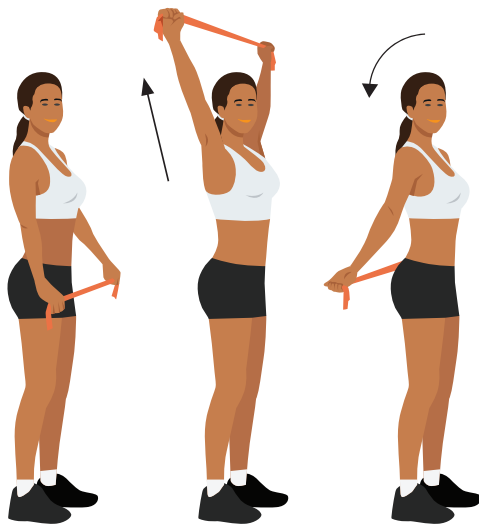
Set 1 → 45 seconds
of work,
15 seconds rest



Workout
3

CHEST OPENER

Set 1 → 8-15 reps



EXERCISE GUIDELINES 11

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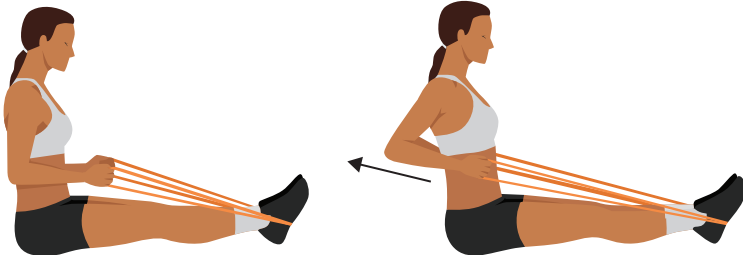
Workout

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

Workout
1

SEATED ROW

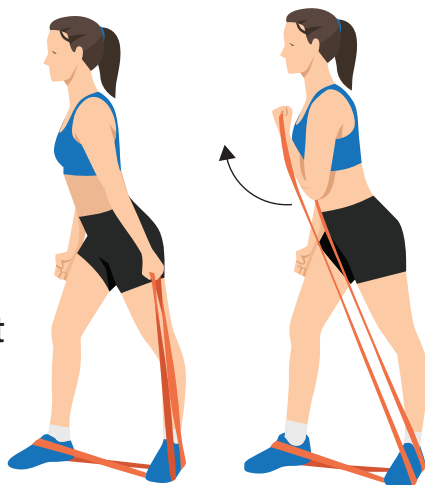
Set 1 → 45 seconds of work, 15 seconds rest



Workout
2

BICEPS CURL

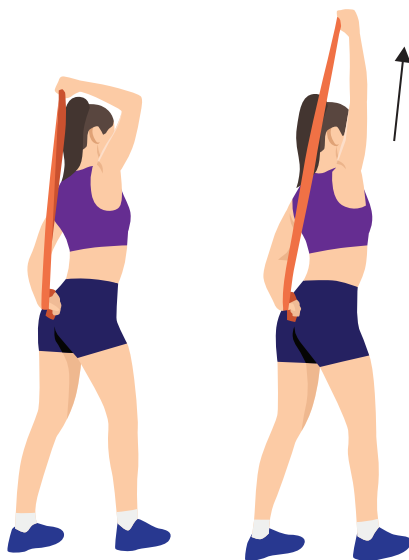
Set 1 → 45 seconds
of work,
15 seconds rest



Workout
3

TRICEPS EXTENSION

Set 1 → 45 seconds
of work,
15 seconds rest



EXERCISE GUIDELINES 12

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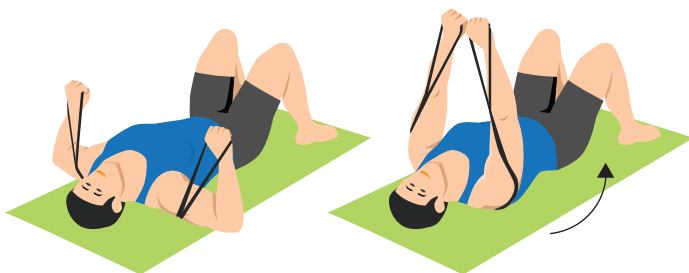
Workout

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Workout 1

CHEST PRESS

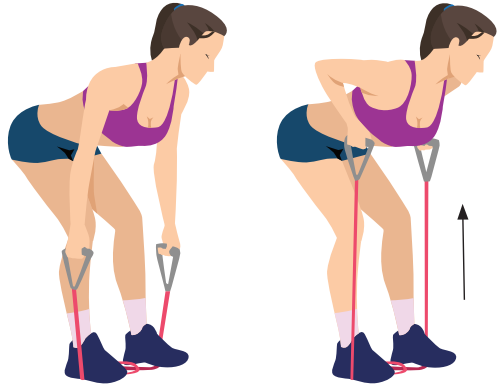
Set 1 → 45 seconds
of work,
15 seconds rest



Workout
2

BENT OVER ROW

Set 1 → 8-15 reps



Workout
3

TRICEPS KICKBACKS

Set 1 → 45 seconds
of work,
15 seconds rest

