

5 EXERCISES DO TO AT HOME



Time: 20-30mins

Equipment needed: Chair or stool and kitchen bench or dining table

Warm up:

Do 2 rounds of:

- 30 seconds marching
- 30 seconds boxing
- 30 seconds heel-to-bum kicks

Exercise 1:

Chair squats X 15 repetitions

- Stand in front of a knee-height chair with feet hip-width apart, facing forward.
- Slowly lower your hips back to touch the chair, then stand back up.
- Keep knees from falling inward and move with control.

Exercise 2:

Star jumps or star step X 50 repetitions

- Find a chair or stool around knee height and stand in front of it.
- Take your feet out about hip-width or wider with feet facing forward.
- Lower your hips back and down to the front of the chair, and when you reach it, stand back up again.
- Try not to let your knees fall inward and move with a slow, controlled tempo.

Exercise 3:

Push up on a bench or table X 50 repetitions

- Stand and tapping one foot to the side while raising your arms to shoulder height
- Then move to the other foot. Start slow and speed up if you can.
- Hold on to a heavy furniture while finding your balance

Exercise 4:

Reverse hand clap(straight arms) X 20 repetitions

- Stand straight, arms out in front, palms together.
- Bend knees and stick your bottom back slightly, leaning torso forward.
- Keep arms straight and move hands back in a wide arc like clapping.
- Return hands to start.
- Feel the movement between shoulder blades, not the neck.

Exercise 5:

Shoulder taps on a bench or table X 20 repetitions

- Start in a plank position on the bench, arms and torso straight.
- Place feet wider apart.
- Slowly lift one hand to touch the opposite shoulder.
- Use your core and hips to keep your body stable.
- Move slowly and with control.