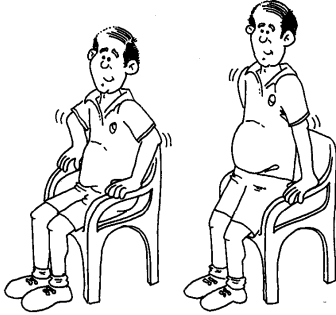


Sport Canterbury's Green Prescription Home Exercise resources: Sit and Be Fit Circuit

Spend about 2 - 3 minutes warming up before starting these exercises.

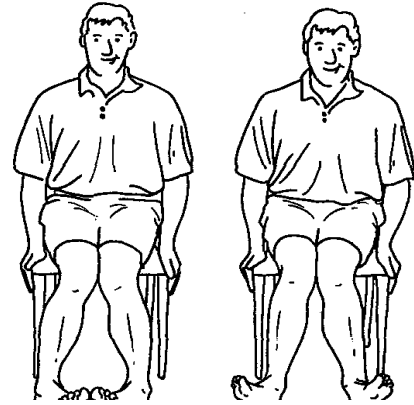
1



Chair Push ups

Use a chair with arms
Sit tall with hands firmly gripped on chair
Without using legs, lift yourself up off the chair until your arms are almost straight
Hold for 1 to 4 seconds then WITH CONTROL lower yourself
Start with 2 - 4

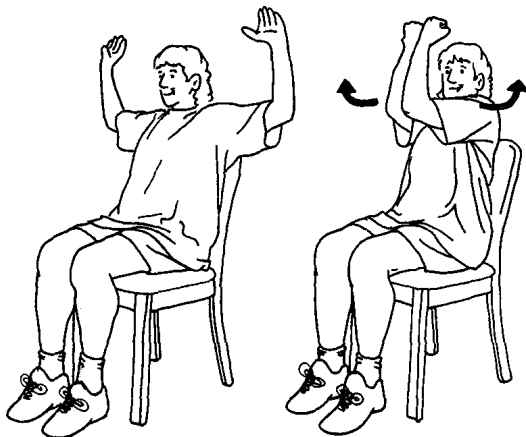
2



Ankle Strengtheners

Sit tall, keep knees bent and thighs together
Hold side of chair for support
Keep knees together and heels on floor
Point toes together as far as you can go
Hold and return to start position

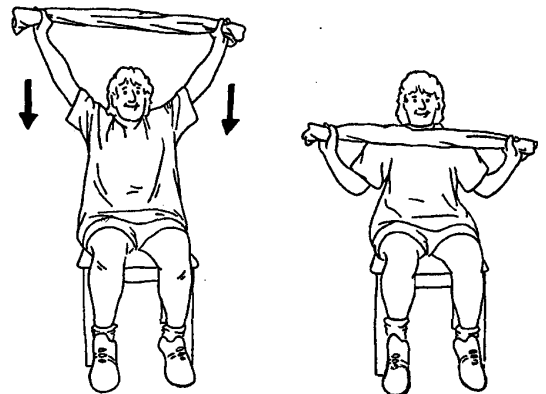
3



Muscle arm squeeze

Stand or sit—good posture
Bend arms at elbows and lift both arms out to the side
Squeeze the elbows and forearm together
Hold squeeze for 1 to 2 seconds
Repeat 10 - 12 times

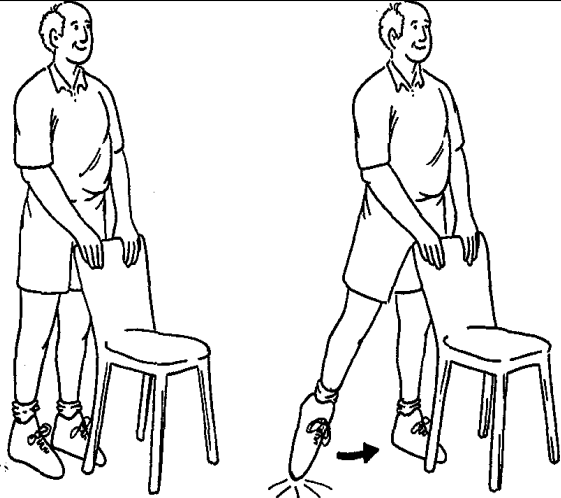
4



Towel Pulldown

Hold the towel with a wide grip and lift arms overhead so both arms are almost straight
Pull the towel down so arms come in front of head and stop below the chin
Return to starting position
Try 12 - 15

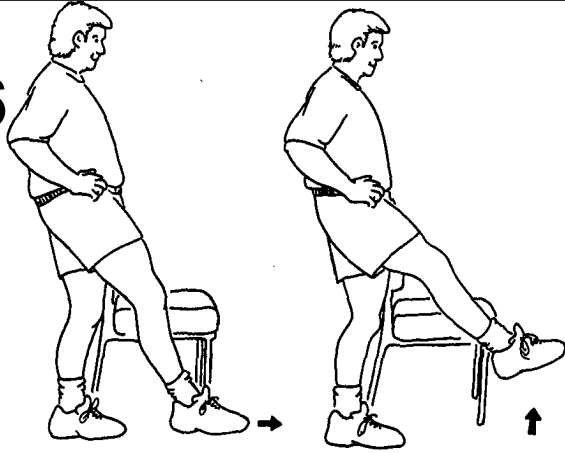
5



Side leg lifts

Keep toes facing forward, or point to floor
Lift one leg out to the side
Take 2 to 4 counts and then lower the leg
Try 4 -6 lifts on each leg

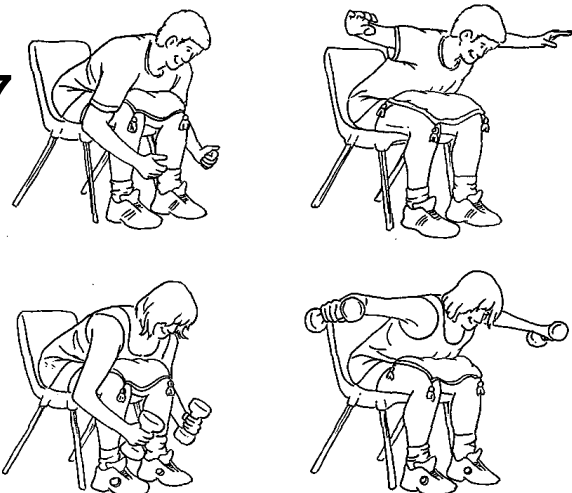
6



Front leg lifts

Sit or stand
Both feet point forward
Slide your foot forward and then lift, keeping knee slightly bent.
Hold and lower the leg
Repeat 8 - 10 times and then switch legs

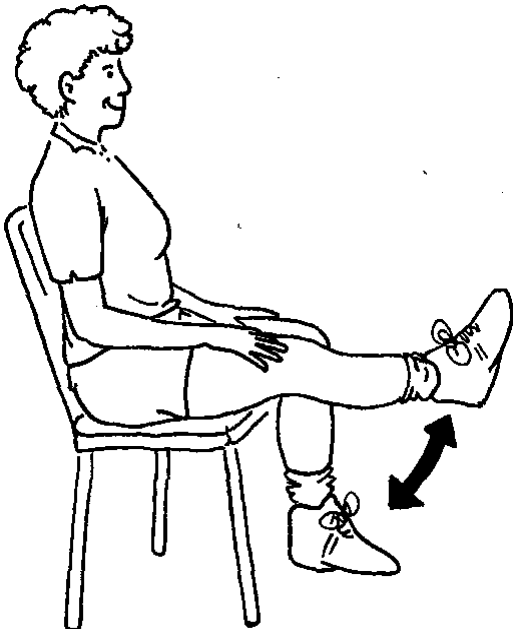
7



Bent over back strengtheners

Sit comfortably
Lean forward and rest upper body on cushion
Keep your head down and arms bent, lift arms upwards then squeeze shoulder blades together
Hold for 3 - 4 seconds then release
Start with 2 or 3

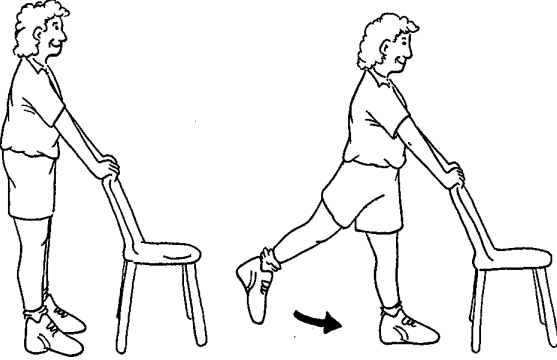
8



Seated front leg lifts

Keep back straight
Take one leg out and hold for 2 to 5 seconds
Try 8 - 10 for each leg

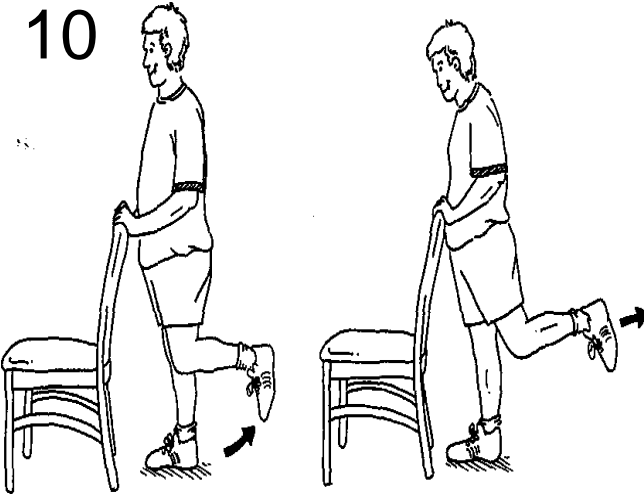
9



Rear leg lifts

Keep the standing leg slightly bent
Stand upright
Lift one leg straight behind you
(do not lean forward) Hold
for 1 to 2 seconds
Repeat 4 times then switch legs

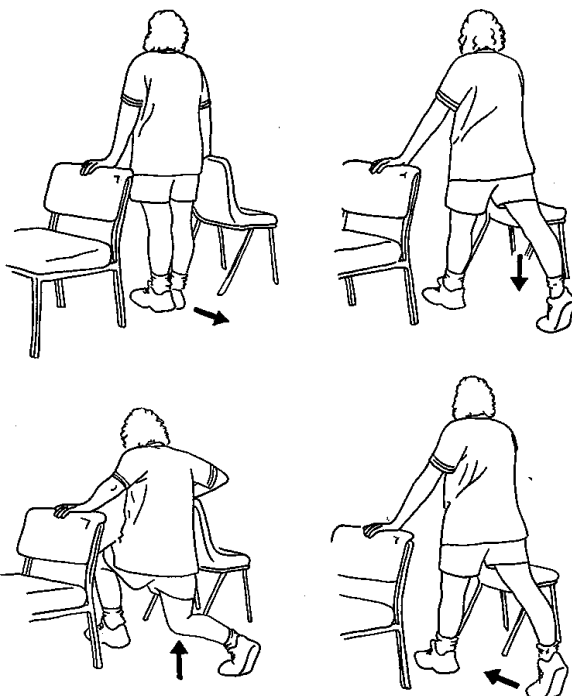
10



Standing push backs

Keep both knees close together and bend
one leg up behind you— 'push back'
Try 6 - 10 then switch legs

11



Stride lunges with chair

Use 1 or 2 chairs for support
With one leg behind the other, bend both legs and
lower your body straight down Push back up
through your feet and thighs
Continue with this leg until it tires then switch
legs