



HOMEBASED EXERCISE PROGRAMME

This home based programme should take approximately 30 minutes with rests in between exercises. They are similar exercises to the classes at River Park Leisure Centre. If you have any questions please do not hesitate to contact us.

Suitability: For participants who currently take part in our existing referral classes such as Pulmonary and Assisted Circuits.

Duration: 30 minutes (1-2 times a week)

Please make sure you do not exercise if you feel unwell or are advised not to. Please also make sure that you stop or slow down if you become breathless and need to take a break. You take part in these exercises at your own risk.

WARM-UP (POSTURE CHECK – SIT OR STAND UP TALL THROUGH ALL EXERCISES)

Seated:

March	20-30seconds
Toe taps (alternate legs)	5 each leg
Heel taps (alternate legs)	5 each leg
Leg extension (alternate legs and then both)	5 each leg
Neck mobility (look side to side then up and bring chin down to chest)	x5
Shoulder mobility (roll shoulders backwards)	5-10 rolls
Ankle mobility	5 circles each ankle both directions
March	20-30seconds

MAIN CIRCUIT (2MINS ON EACH EXERCISE)

- Sit to stand or leg raises seated
- Bicep Curls using tins (seated or standing)
- Calf raises – holding on to sturdy chair or wall if needed
- Wall press
- Stand on 1 leg and alternate (hold on to something sturdy if needed for balance)
- Step-up (if you have stairs use first step only and hold on to banister if needed)
- Lateral raises (arms out to side using tins if needed, seated or standing)

COOL DOWN

Focus on breathing - in through the nose and out through the mouth.

Seated chest / side / hamstring stretch (12 second-20 seconds each stretch)

