

# SIMPLE EXERCISES YOU CAN DO AT HOME



## 01 This exercise strengthens the muscles on the back of the leg.

Using a chair for balance, keep the standing leg slightly bent. Using your knee as a hinge, draw your ankle back towards your buttocks. Slowly move the ankle back to the starting position. Repeat 8-12 times, then repeat on other leg.



## 02 This exercise strengthens muscles in the hip and buttocks.

Draw your belly button to your spine, not letting it impact your breathing. Maintain this posture throughout the exercise. Place one hand on a chair for balance, gently bend your standing leg. Slowly raise your other leg to a 45 degree angle, then slowly bring the leg to the starting position. Ensure your foot and toes point forward.



Gently control each movement, ensuring you maintain your breath and a tall and straight posture. Repeated 8-12 times, then repeat on other leg.



## 03 This exercise focuses on the shoulders, upper back and arms.

Using a chair or a bench for balance, take a step forward leading with your outside leg. Keep the forward leg bent at the knee. Draw in from the belly button towards the spine to stabilise your upper body and lean forward from the hips.



Using a dumb bell, filled water bottle or tin of fruit or vegetables in your outside hand, start with your arm straight. Slowly bring the weight up towards your ribs, then lower back to the starting position. Ensure that you keep your elbow moving in a straight line and that you continue to breathe out when raising the weight towards your ribs, and out when you lower the weight back down.

If you are experiencing back pain with this exercise, you can bring your feet closer together to shorten the stance, along with your upper body remaining a little more upright.

This can be repeated 8-12 times, then repeat with other arm.



## 04 This exercise strengthens the muscles in the shoulders, upper back and arms.

Stand one step away from a wall with your feet shoulder width apart and your shoulders back, drawing your belly button in to your spine. Place both hands on the wall in front of you at shoulder height.



Slowly lean into the wall, keeping your belly button drawn into the spine. Gently bend your elbows, keeping your shoulders in line with your hips and ankles and lower your body towards the wall. Once near the wall, slowly push your body back to the original position. Keeping your body in a straight line and maintaining an even breath throughout the exercise. Repeat 8-12 times.



## 05 This exercise strengthens the muscles in the shoulders, upper back and arms.

Stand tall, drawing in your belly button towards your spine and maintaining a straight posture.



Using your left arm hold your weight (dumbbell etc) palm forward, at shoulder height. Gently push your arm up until your arm has a slight bend at the elbow.

Breathe out on the way up and in on the way down. Then slowly lower the arm back down to the starting position. Repeat 8-12 times, then repeat with other arm.



## 06 This exercise strengthens the muscles around the front of your legs, in your hips and in your bottom.

Sit forward on the chair, bring your heels back towards your bottom and place your hands on the arm rest. Lean forward, keeping your chest and chin up, stand up, pushing through your legs. Once standing completely, slowly lower yourself back into the chair in a smooth and controlled movement. Repeat 8-12 times.



To make this exercise harder, you can place your arms across your chest instead of on the arm rest. Repeat as above.

*\*This exercise is best done on a sturdy chair without wheels.*