



**BEFORE ATTEMPTING THIS HOME EXERCISE CIRCUIT
PLEASE ENSURE:**

- 1. You have no changes in your symptoms, health or medication & not eaten within the last hour.**
- 2. If you have any changes in symptoms, health or medication please do not exercise and speak to your GP or Phase 4 instructor (Jen/Ade) before attempting any exercise.**
- 3. STOP IF YOU HAVE ANY CHEST PAIN, SEVERE SHORTNESS OF BREATH, DIZZINESS OR MUSCLE CRAMP**

This workout has been designed for those wishing to complete a lower intensity workout – either sitting in the chair or using the chair for support.

Please make sure you are pacing yourself during these exercises – if you are following on the video you do not need to keep up with your instructor.

Think about your RPE (how hard you are working – ideally we would like you to be at no more than a 12-13 during your workout)

Please follow the list of exercises below and complete at your own pace.

Complete all exercises at least once. If you feel you would like to do more, complete a further 2-3 times before completing your cool down.

Rating of Perceived Exertion (RPE)

6	No Exertion at all	(Equivalent to sitting)
7	Extremely Light	(Equivalent to standing still)
8		
9	Very Light	
10		
11	Light	(You should be able to sing)
12		
13	Somewhat hard	(You should still be able to talk)
14		
15	Hard	(Talking will now be difficult)
16		
17	Very Hard	
18		
19	Extremely Hard	
20	Maximal Exertion	(Complete Fatigue)

Ref: Borg G.E (1985)

An introduction to Borg's RPE Scale, Ithaca, New York





- Seated marching – bringing feet up off the floor slow and controlled as if marching on the spot (1-2 minutes)
- Toe taps – tap the toes in front alternating legs pointing toes towards the floor (10-12 times)
- Heel digs – dig heels into the floor alternating legs and pointing toes towards the ceiling (10-12 times)
- Side bends right – Arms relaxed by your side leaning over to the right and back to centre (repeat 8 times and hold on the 8 for 10 secs)
- Side bends left - Arms relaxed by your side, leaning over to the left and back to centre (repeat 8 times and hold on the 8 for 10 secs)
- Side rotations right – Arms crossed in front of you and twist body to the right and back to centre (Repeat 8 times and hold on the 8 for 10 secs)
- Side rotations left – Arms crossed in front of you and twist body to the left and back to centre (Repeat 8 times and hold on the 8 for 10 secs)
- Seated marching – adding in a bicep curl (10-12 times)
- Heel digs –adding in bicep curl (10 – 12 times)
- Hamstring stretch- Right leg out straight, lean forward from the hips, back straight, chest high, leaning towards toes. (Hold stretch for 10-15 secs). Return to upright position and repeat on left leg. (Hold stretch for 10-15 secs).
- Quad stretch – Shuffle slightly forward in the chair tuck right foot under the chair, support yourself either side of the chair and gently lean back with a nice straight back. (Hold stretch for 10-15 secs). Return to upright position and repeat on left leg. (Hold stretch for 10-15 secs)

- **Seated marching – (30 secs – 1 minute) rolling the shoulders backwards 3 times and forwards 3 times**
- **Seated punches forward (10-12 times). Continue marching if you wish.**
- **Seated punches across body (10-12 times). Continue marching if you wish.**
- **Seated punches above the head (if you can – 10-12 times). Continue marching if you wish.**
- **Seated speedballs (10-12 times). Continue marching if you wish.**
- **Seated knee raises – hands out in front of you, palms down, bring knees up to hands – (10-12 times)**
- **Alternating hands to knees (if you can – 10-12 times)**
- **Hold marches there and take 2 deep breaths to finish.**

EXERCISES:

**COMPLETE EXERCISES LISTED BELOW.
WHERE THERE IS AN OPTION YOU CAN DO EXERCISE A)
ONLY OR YOU CAN DO BOTH EXERCISE A) & B) IF YOU
WOULD LIKE MORE OF A CHALLENGE.
(Please bear in mind that you need to monitor your RPE if
challenging yourself more)**

1.

A) Seated marching with exaggerated arms (1 minute)

B) Seated running man – hold onto side of chair for support lean slightly back, alternate bringing knees toward the chest and digging heels into the floor (10-12 times)



2. A) Seated marching + leg extension (Bring knee up and extend leg out, bend leg back and lower foot to floor. Alternate 10- 12 times)



- B) Add in bicep curls to exercise A (using hand weights if you wish)

3. A) Seated arm circles – Arms out to the side – circle forwards 15 secs, circle back 15 secs

- B) Add in knee raises/marching to exercise A

4.

Seated toe touches and stretch up in the air (10-12 times) – Looking forwards throughout the movement



5.

A) Sit to stands – Arms crossed in front of body and stand up tall and lower back down to chair

B) Moving slightly forward from the chair, arms across body, squat down using the chair as a guide for depth and stand back up as soon as you touch the chair



6.

A) Seated punches – alternate punches in front of body – jab crosses (30 seconds/10-12 time)

B) Add in hand weights and repeat exercise A

7.

A) Seated bicep curls with march – curl arms up and back down (10-12 times)

B) Add in hand weight - holding tins or water bottles or dumbbells if you have them (10-12 times)

8.

A) Seated chest flys with march – take arms from centre of the chest and out to the side and return to centre – as a butterfly would flap their wings (10-12 times)

B) Add in hand weight - holding tins or water bottles or dumbbells if you have them (10-12 times)

9.

A) Seated shoulder press with march – press arms above head and return – palms facing out (10-12 times)

B) Add in hand weight - holding tins or water bottles or dumbbells if you have them (10-12 times)

10.

A) Seated bicep curl to shoulder press with march – curl arm up and then extend up above head and return (10-12 times)

B) Add in hand weights – holding tins, water bottles or dumbbells if you have them (10-12 times)

11.

A) Hip openers – Sit slightly forward in the chair, feet and knees together and bent at 90 degrees. Take right leg out to the side from the centre keeping foot in contact with the ground – Go as far as feels comfortable and return to centre. (10-12 times)

Repeat with left leg (10-12 times)



B) Perform exercise with both legs at the same time (10-12 times)



COOL DOWN - SIMILAR TO THE WARM UP BUT PERFORM AT A SLOWER PACE

- **Seated slow marching – bringing feet up off the floor slow and controlled as if marching on the spot (1-2 minutes)**
- **Toe taps – tap the toes in front alternating legs pointing toes towards the floor (10-12 times)**
- **Heel digs – dig heels into the floor alternating legs and pointing toes towards the ceiling (10-12 times)**
- **Side bends right – Arms relaxed by your side leaning over to the right and back to centre (repeat 8 times and hold on the 8 for 10 secs)**
- **Side bends left - Arms relaxed by your side, leaning over to the left and back to centre (repeat 8 times and hold on the 8 for 10 secs)**
- **Side rotations right – Arms crossed in front of you and twist body to the right and back to centre (Repeat 8 times and hold on the 8 for 10 secs)**
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- **Hamstring stretch- Right leg out straight, lean forward from the hips, back straight, chest high, leaning towards toes. (Hold stretch for 10-15 secs). Return to upright position and repeat on left leg. (Hold stretch for 10-15 secs).**
- **Quad stretch – Shuffle slightly forward in the chair tuck right foot under the chair, support yourself either side of the chair and gently lean back with a nice straight back. (Hold stretch for 10-15 secs). Return to upright position and repeat on left leg. (Hold stretch for 10-15 secs)**

- Seated slow marching – (30 secs – 1 minute) rolling the shoulders backwards 3 times and forwards 3 times
- Hold marches there and take 2 deep breaths to finish.

WELL DONE EVERYONE 😊

