



**Home Exercise Example –  
Minimal equipment upper & lower body exercise.**



**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. Please ensure you have warmed up prior to carrying out this workout – (Please refer to warm up videos or pdf document on our website [www.have-a-heart.co.uk](http://www.have-a-heart.co.uk))**
- 4. Please ensure you COOL DOWN after this workout (Follow the cool down video on our website)**
- 5. 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 simple workout with minimal weight (i.e. bottles) – mainly standing or using the chair for support/some exercises

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



## **EXERCISES:**

- 1. A) Marching on the spot (1-2 minutes)  
B) Add in straight arm crossovers – arms out straight in front of body, open and close arms crossing hands over (10-12 times)**



- 2. A) Knee touch and twist away – both hands touch opposite knee and twist body away to point diagonally towards the ceiling keeping toe on floor (10-12 times)**



- B) To make exercise harder lift knees to meet hands and lower toes to floor as you reach for the ceiling (10-12 times)**

- 3. A) Marching chest flys into shoulder press – arms in a flexed position - open arms out from centre of body and then lift arms above head and return (Repeat 10-12 times)**



- B) To make the exercise harder add in hand weights (10-12 times)**

- 4. A) Step back with reach – step back and reach forward with opposite arm - (10-12 times)**



- B) To make exercise harder step back further into more of a reverse lunge (hold chair for balance if needed) (10-12 times)**

5. A) **Marching front raise into side lowers – take arms out in front of the body, palms down to shoulder height. Take arms out to the side and lower back down (10-12 times)**



**B) To make the exercise harder add in hand weights.**

6. A) **Squats holding onto chair – Standing behind chair, hold onto top for support, slowly lower yourself down to a comfortable depth and return to standing position (10-12 times)**

**B) Squats in front of chair – Standing in front of the chair, arms crossed in front of body, slowly lower yourself down using chair as a guide for depth and return to standing (10-12 times)**

7. A) **Tricep dips with bent legs – Taking weight through the arms lift yourself off the edge of the chair with bent legs and slowly lower yourself down and back up 10-12 times)**



**B) Tricep dips with straight legs - Taking weight through the arms lift yourself off the edge of the chair, straighten legs out in front and slowly lower yourself down and back up 10-12 times)**



- 8. A) Marching arm circles – hold arms out to the side, palms down. Circle arms forwards and then backwards 10-12 times**  
**B) To make this exercise harder add in hand weights (10-12 times)**
- 9. Standing side leg raises – Holding chair, take right leg out to the side and back to centre (10-12 times) Repeat on left side (10-12 times)**





10.

**Standing straight leg kick backs – Holding chair, take right leg straight out behind you as far as is comfortable and return (10-12 times) Repeat with left leg (10-12 times)**



11.

**Standing inner thigh crossovers – Holding chair, bring right leg across in front of left leg as far as feels comfortable and return (10-12 times) Repeat with left leg (10-12 times)**



**WELL DONE EVERYONE 😊**

**PLEASE FEEL FREE TO REPEAT THIS CIRCUIT A FURTHER 1-2 TIMES IF YOU WOULD LIKE TO FOLLOWED BY YOUR COOL DOWN ROUTINE 😊**

**IF 1 CIRCUIT IS ENOUGH FOR YOU TODAY THEN PLEASE COMPLETE YOUR COOL DOWN ROUTINE 😊**

**Progression: Work towards completing this set of exercises up to 3 times before completing your cool down routine.**

