

LONG LIVE YOU @home

Have you done our Beginner Strong Seniors classes?

We have put together an exciting at home program for you to follow based on the exercises in that class.

Just as if you were down at ALAC with Vicki, put some music on and make your way through this guided program.

Always take care when exercising and make sure to warm up and cool down.

If you have any questions or need clarifications, please give us a call on 08 6820 3400 or email catherine.bailey@albany.wa.gov.au

*Participants are advised to check with their doctor before trying these exercises.

ENJOY!

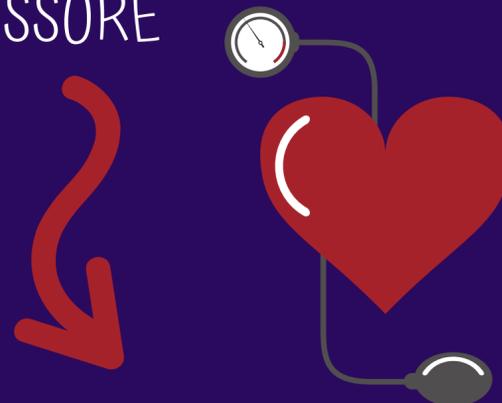


BUILD YOUR
BALANCE AND
HELP REDUCE
FALLS

Its important to keep moving...just 30 minutes of exercise a day can help to:



REDUCE HIGH BLOOD
PRESSURE



ENHANCE
YOUR MOOD
AND
OVERALL
EMOTIONAL
WELL-BEING



WARM UP

HIGH KNEES AND BUTT KICKS



Warm up 1
High knees



Standing on your right leg, bend at the knee and bring your right hand to left knee

Switch sides and repeat



Warm up 2
Butt Kicks



Standing with feet shoulder width apart, hands straight out in front of you.

Bend at the knee, taking the left foot towards your butt, bringing the elbows back towards the waist. Repeat on other side.

WARM UP

SIDE STEP AND TIPPY TOE WALK



Warm up 3
Side Step



Step right foot to the right,
taking a wide stance

Putting the weight into the right
foot, step the left foot across so
that the feet are together.
Repeat.



Warm up 4
Tippy Toe
Walk



Standing with feet shoulder
width apart bring the heels
off the ground

Keeping the weight in the toes
and heels off the ground, take
a step forward. Repeat

WARM UP

HEEL WALK AND LUNGES



Warm up 5
Heel Walk



Stand with feet shoulder width apart. Put the weight into the heels and toes up in the air.

Step the right foot forward, keeping the toes in the air. Step the left foot forward. Repeat.



Warm up 6
Lunge



Step the right foot forward, coming up onto the toe on the left foot. Take the left knee towards the ground.

Keeping the back straight and chest up, push through the right heel to switch legs. Repeat.

WARM UP

ZOMBIE WALK AND ARM SWINGS



Warm up 7
Zombie
Walk



Take the arms out straight in front of the body. Kick the right leg up towards the hands, keeping it as straight as possible.

Place the right leg back on the ground and kick the left leg up. Repeat.



Warm up 8
Arm Swings



Stand with the feet shoulder width apart. With straight arms take the right hand overhead and the left hand down to the left hip.

Take the hands back to the chest and then take the left hand overhead and the right hand down to the right hip.

WARM UP

TRUNK ROTATIONS AND SCARECROW



Warm up 9
Trunk
Rotations



Take the arms up and elbows out to the side. Keeping the hips forward, turn the upper body slowly to one side.

Take the upper body to the other side. Repeat



Warm up 10
Scarecrow



Stand with the feet shoulder width apart. Take the arms out to the sides, palms facing forward, squeezing the shoulder blades together.

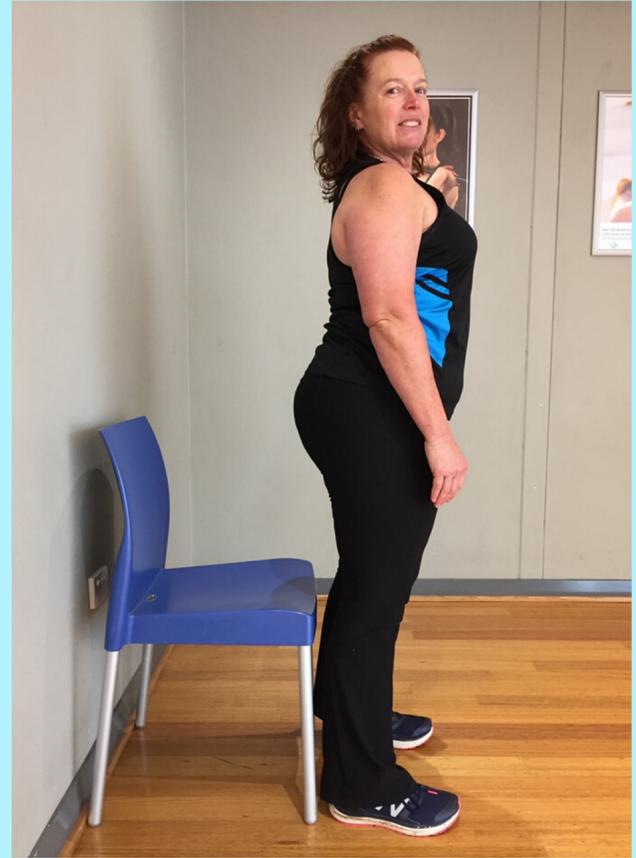
Keeping the elbows back, take the arms overhead and touch the hands together. Slowly return to starting position. Repeat.

EXERCISE 1

SIT TO STAND



Start by sitting on a chair, feet shoulder width apart. Back straight, arms straight out in front of you.



Push through the legs, weight slightly in heels, to a standing position.

3 sets of
10 reps



Bend a little at the knees to push hips back and lower the body slowly to a seated position.



EXERCISE PROGRESSION:

- 1) Keep arms folded across the chest
- 2) Hold a weight on the chest or two equal weights in either hand.

EXERCISE 2

WALL PUSH - UPS



From a standing position, place hands on the wall shoulder width apart. Bring the feet away from the wall.



Standing on the balls of the feet, bend the elbows to lower the body towards the wall. Keep the core engaged. Push back to starting position.

3 sets of
10 reps



EXERCISE PROGRESSION:
Place the knees on the ground, hands on a chair or elevated surface. Ensure that the elevated surface is secure and won't slide.



Keeping the body in a straight line from shoulders to knees and holding the core strong, bend at the elbows to lower the body towards the elevated surface. Return to starting position.

EXERCISE 3

HIP BRIDGE



Lie face up on the floor with your knees bent and feet flat on the ground, shoulder width apart. Arms at your sides.



Lift your hips off the ground to form a straight line from shoulders to knees. Squeeze the bottom and hold for a few seconds.

3 sets of
10 reps



EXERCISE PROGRESSION:
Start with one foot on the ground and the other leg in a straight line in the air.



Bring the hips up until the body is in a straight line from shoulders to toe. Hold for a few seconds and return to start position.

EXERCISE 4

BURPEES



Stand in front of a secure elevated surface with your feet shoulder-width apart.



Push your hips back as you place your hands on the elevated surface .

3 sets of
10 reps



Step the feet straight back so the body is in a straight line from head to toes, keeping the core strong.



Step the feet back in, push through the feet and come back to standing.

EXERCISE PROGRESSION:

Jump the feet back together and back in.

EXERCISE 5

DIPS



Sit on a secure chair or bench and place your hands on either side of your hips on the edge of the chair. Fingers facing forward.



Lift your bottom off the chair and extend your legs forward until you knees are above your ankles. Your legs should be at a 90° angle.

3 sets of
10 reps



Slowly lower your body by bending your elbows - pointing them straight back. Stop once your upper arms are parallel to the floor.



Return to starting position.

EXERCISE PROGRESSION:

Extend the feet out further, keeping the back close to the chair. The further your feet extend, the harder the exercise.

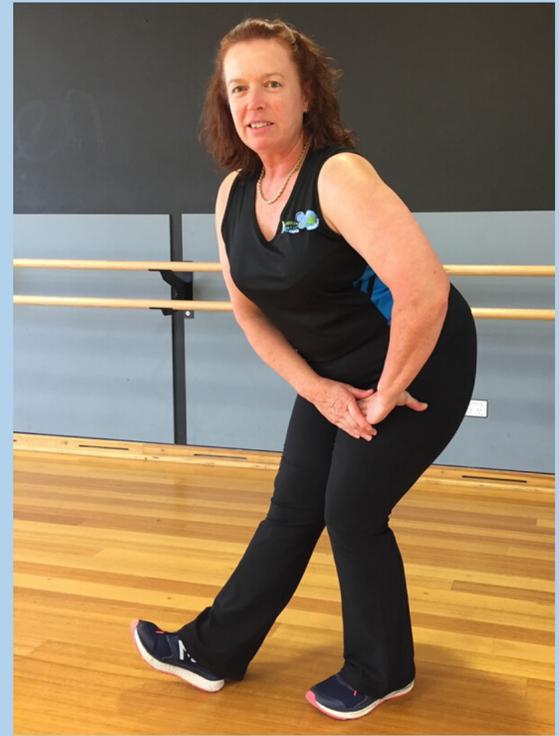
COOL DOWN



Hold for
15-20
seconds

CALF STRETCH

- Take a big step forward, back leg straight and front leg bent
- Keeping the back heel on the ground, push the weight to the front, hands on the front thigh



HAMSTRING STRETCH

- Place the right leg in front, foot flexed, heel on ground.
- Bend left knee, driving hips back, placing hands on left thigh



Hold for
15-20
seconds

ADDUCTOR & SHOULDER STRETCH

- Stand with legs wide apart, toes pointed out slightly
- Shift the weight into the left side, bending at the knee, right leg straight. Take arm across the body holding with left arm



QUAD STRETCH

- Stand near a stable surface for balance
- Take left foot behind the body and grasp ankle with left hand
- Keeping knees together, push through hips. Repeat on right

COOL DOWN



Hold for
15-20
seconds

SIDE STRETCH

- Step right foot behind the left
- Take the right arm overhead and further to the left until you feel a stretch down the right hand side. Repeat on left.



UPPER BACK STRETCH

- Link the fingers and push the back of the palms forward
- Keep the elbows out, trying to separate the shoulder blades



Hold for
15-20
seconds

CHEST STRETCH

- Take the hands out to the side, palms up, thumbs back
- Squeeze the shoulder blades together. Hold



TRUNK ROTATIONS

- Take the arms up and elbows out to the side
- Keeping the hips forward, turn the upper body slowly to one side. Take the upper body to the other side. Repeat