**HOME CIRCUIT**

**Aim: try and do 2-3 x week start with 5-10 each and build up over time slowly and safely**

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|  | **Warm up and stretch beforehand as attached,** | **sitstand** | **1. Sit to stand****Sit to stand slowly and safely using chair with arms.****Alternative: Sit and kick alternate legs up and down.** |
| **step up** | **2. Step ups****Holding on to wall/rail if need be, step up and down.****Alternative: Toe tap up and down** | **heelraise** | **3. Toes****Holding on to supportive surface push up onto toes slowly.****Alternative: Do this seated.** |
| **wall slides** | **4. Slide****Standing with back to wall, slowly slide down and back up. Not too far.** | **catcowsit** | **5.Cat/cow****Sitting slowly go from slouch to sitting tall and achieving arch in lower back** |
| **push up wall** | **6.Press ups****Stand to a wall; hold your body straight, hands at shoulder height on wall for press ups.****Alternative:****Sitting press up on wall.** | **stand1** | **7.One leg****Standing at supportive surface practice standing on one leg and alternate** |
| **march** | **8.March****Standing at supportive surface march on spot****Alternative:****Seated marching** | **overhead** | **9. Lifts****Standing tall holding small bottle of water/ weights lift up.****Alternative:****Punching forward**  |