**HOME CIRCUIT**

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

|  |  |  |  |
| --- | --- | --- | --- |
|  | **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** |