

Low back strengthening

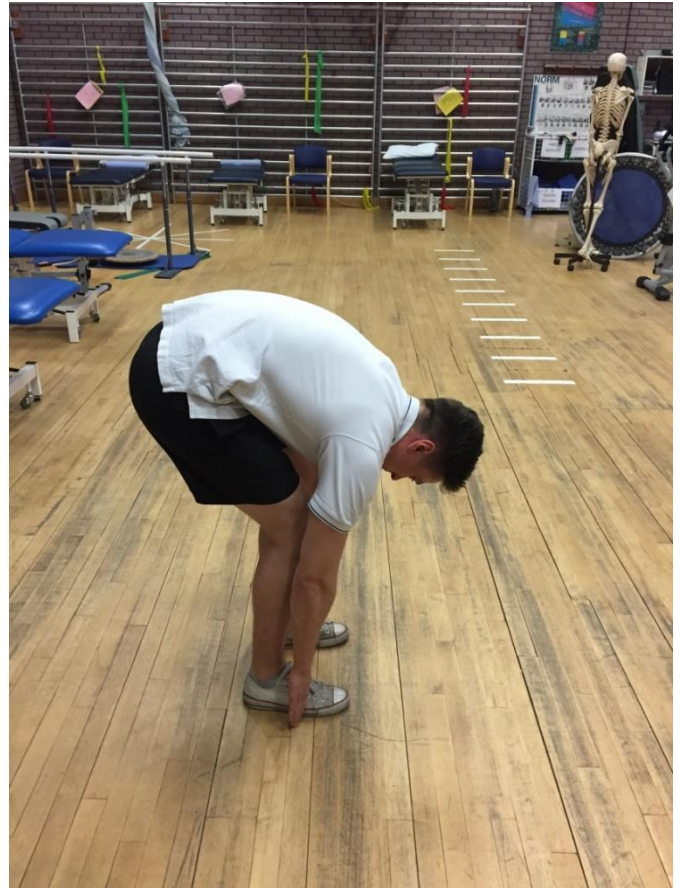
Level: low



- Sit on the chair with your arms down by your sides
- Slowly reach your hands down to the floor bending your back as much as possible
- Slowly return to starting position

Low back strengthening

Level: moderate



- Standing with your feet shoulder width apart
- Slowly bend your back and reach your hands down towards the floor
- Allow your knees to bend a little if you feel tightness in the back of your legs
- Slowly return to starting position without using your hands

Low back strengthening

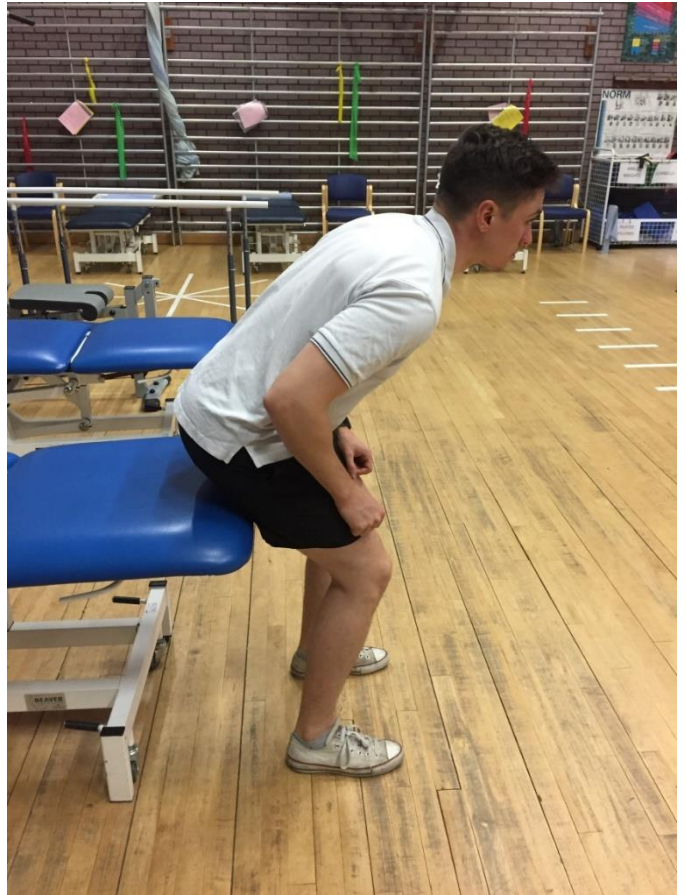
Level: high



- Stand on the middle portion of a band and hold either end with each hand
- Starting with your back in a bent position, slowly straighten up
- Slowly return to the starting position allowing your back to bend as much as able

Sit to stand

Level: low



- Standing in front of a raised plinth
- Slowly sit down on the edge of the plinth
- Slowly stand back up again

Physio Tip: Make this exercise harder by gently touching your bottom on the plinth instead of sitting down

Sit to stand

Level: moderate



- Stand in front of a chair
- Slowly sit down on the edge of the plinth
- Slowly stand back up again

Physio Tip: Make this exercise harder by gently touching your bottom on the chair instead of sitting down

Squat

Level: high



- Stand with your feet shoulder width apart
- Slowly squat down until your thighs are parallel to the floor
- Hold for a moment and slowly stand back up

Physio tip: Make this exercise harder by holding a small weight close to your chest with both hands

Push ups

Level: low



- Stand just further than arms-length away from the wall
- Lean against the wall with your hands about chest height
- Slowly lower yourself towards the wall
- Slowly push yourself away from the wall until your arms are straight

Push ups

Level: moderate



- Stand leaning forwards on a plinth
- Bend your elbows to slowly lower your chest towards the plinth
- Hold for a moment and return to the starting position

Push ups

Level: high



- Starting in a press up position on the floor with your hands in line with your chest and your body straight
- Slowly lower your chest towards the floor
- Stop just short of contacting the floor and then push yourself up to the starting position

Bridging

Level: low



- Lying on the floor with your knees bent
- Keep your bottom and shoulders in contact with the floor and gently arch the small of your back up into the air
- Then gently flatten your back down into the floor and slightly lift your bottom into the air a little bit

Bridging

Level: moderate



- Lie on your back with your knees bent
- Slowly lift your bottom up into the air until your body is straight
- Hold for a moment and then slowly lower

Bridging

Level: high



- Lie on your back with your knees bent with your feet further away from your bottom than in the 'Moderate' exercise
- Hands up in the air
- Slowly raise your bottom into the air and hold for a moment
- lower your bottom to the floor

Cycling



- Adjust the seat so that is equal to hip height (ask for assistance if needed)
- Start cycling and adjust the intensity by twisting the blue knob towards either '+' or '-'

Step ups

Level: low



- Stand holding on to the hand rails and step up and down the bottom step
- Alternate your feet to ensure an equal amount of work through each leg

Step ups

Level: moderate



- Step up and down the free standing step
- Alternate your feet to ensure an equal amount of work through each leg

Step ups

Level: high



- Hold a weight close to your chest
- Step up and down the free standing step
- Alternate your feet to ensure an equal amount of work through each leg

Triceps strengthening

Level: low-moderate



- Stand with one foot in front and one behind and hold onto each end of the band
- Pull the band towards your stomach whilst keeping your elbows tight to your sides
- Hold for a moment then slowly return to the starting position

Low level: Yellow and red bands

Moderate level: Green and blue bands

Triceps strengthening

Level: high



- Stand on the band with both feet and hold onto each end with your hands
- Bend your knees a little and lean your body forwards
- Raise your elbows towards the ceiling and squeeze your shoulder blades together

Balance and stability

Level: low



- Hover your hands near a railing for support
- Stand on one leg and hold for as long as able

Balance and stability

Level: moderate



- Stand on one leg
- Swing your arms and other leg forwards and backwards to mimic a walking pattern
- Swap legs and repeat

Balance and stability

Level: High



- Stand on the centre of the blue side of the Bosu ball on one leg and hold your balance
- Hover your hands near a wall or rail for safety
- Repeat on other leg

Knee Rolls



- Lie on your back with your knees bent
- Gently rock your knees side to side allowing your knees to drop as close to the floor as they will go

Knee Hugs



- Lie on your back
- Pull your knees into your chest as far as able and hold this position

Pelvis Rotations



- Stand with your hips shoulder width apart
- Make circular movements with your pelvis
- Change direction

Side bends



- Stand with your feet shoulder width apart
- Bend down to your side to reach your hand towards your knee
- Return to the starting position and repeat in the other direction

Rotations



- Stand with your hands on your opposite shoulders
- Rotate side to side as far as able

Leaning backwards



- Hands on your hips
- Lean as far backwards as you can
- Return to starting position and repeat

Marching – high knees

Level: Low



- March on the spot raising your knees nice and high

Jogging – high knees

Level: Moderate



- Jog on the spot
- Make this harder by raising your knees nice and high

Jogging

Level: High



- Jog on the spot on the trampette
- Make this harder by raising your knees nice and high