



WARM UP EXERCISE CARDS

For these exercises you will need some everyday household objects including a filled bottle of water and tinned food.

There are 18 exercises to do, 6 easy, 6 medium and 6 hard.

All these exercises have been created by a personal trainer and can be done at home and in the garden.



EASY

MEDIUM

HARD

In association with:



WARM UP - EXERCISE 1

March on the spot



60 seconds

1. Make sure that your feet are shoulder width apart.
2. Lift one knee up and lift the opposite arm in the air, with a bend in the elbow.
3. Go back to standing and do the same on the other side.
4. Repeat this for 60 seconds.

Tip: Keep your head up, look forwards and keep your shoulders back.



WARM UP - EXERCISE 2

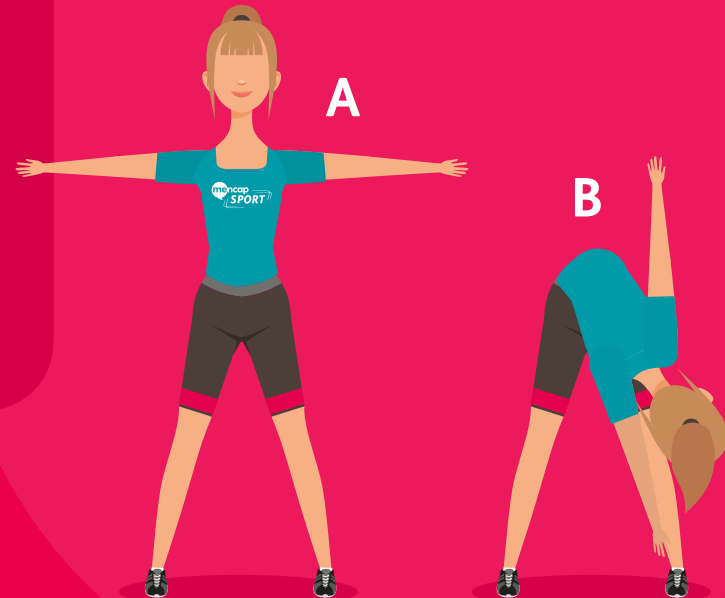
Crossover toe touches



60 seconds

1. Make sure that your feet are hip distance apart.
2. Bend forwards and reach your arm to touch your opposite toe. Keep the other arm straight and point it to the ceiling.
3. Come back to standing and repeat on the other side.
4. Repeat this for 60 seconds.

Tip: Keep your back straight, and if you cannot touch your toes just reach as low as you can.



WARM UP - EXERCISE 3

Heel flicks



60 seconds

1. Stand up straight and bring one heel off the floor behind you towards your bottom.
2. Lift the opposite hand towards your shoulder like running arms, then switch to the other side.
3. Repeat this for 60 seconds.

Tip: Look forwards and try to keep your thighs still as you lift your heel off the ground.



WARM UP - EXERCISE 4

Star jumps



60 seconds

1. Stand up straight with your arms by your side and knees slightly bent.
2. Jump up, and stretch your arms and legs out into a star shape in the air.
**Beware of hazards and make sure you have enough space to jump.*
3. Land softly, with your knees together and hands by your side.
4. Repeat this for 60 seconds.

Tip: If you find jumping hard, you can move one arm and leg at a time. Picture B shows you how to do this.



B.





EXERCISE CARD INSTRUCTIONS

Each exercise card has 3 different options. You can try all three or choose the one that is right for you.



In association with:



REPETITIONS AND SETS

What is a repetition?

This is the amount of times that you complete an exercise.

Example:

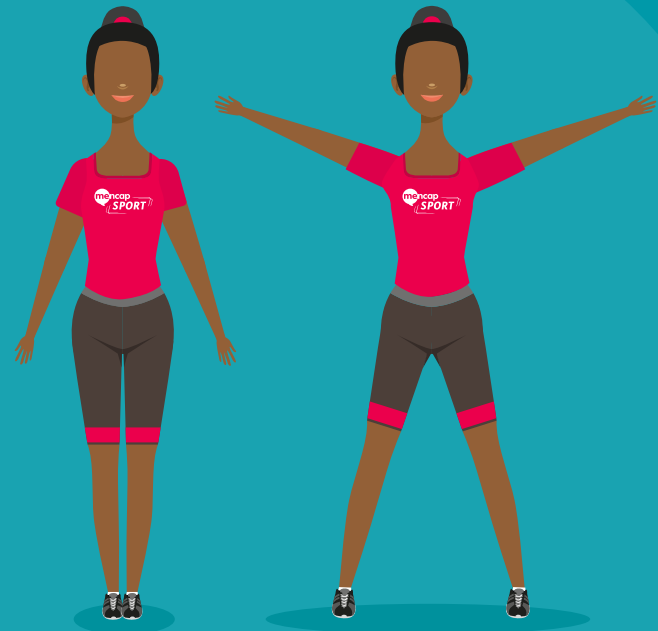
When you have done 10 star jumps, you have done 10 repetitions.

What is a set?

A set is the amount of times that you complete a certain number of repetitions of an exercise.

Example:

When you have done 10 star jumps 3 times, you have done 3 sets.



WHAT CAN I USE AS A WEIGHT?

Here are some ideas of things you can use as weights.

Remember to make sure that you have **2 objects** that are the **same weight** for the exercises which mean you need to have one weight in each hand.



Dumbbells or hand weights



A book



Food tin



Filled bottle of water



EXERCISE 1 - SQUAT

Area of body worked during exercise: Thighs and Bottom.

Equipment needed: Chair

1. Stand in front of a chair with your feet shoulder width apart. Raise your arms straight out in front of you.
2. Push your hips back as you bend your knees, lowering your bottom towards the chair.
3. Make sure your weight stays in your heels and your back remains straight as you sit back.
4. Reverse the movement by pressing through your heels to go back to standing.
5. Complete **10** repetitions.

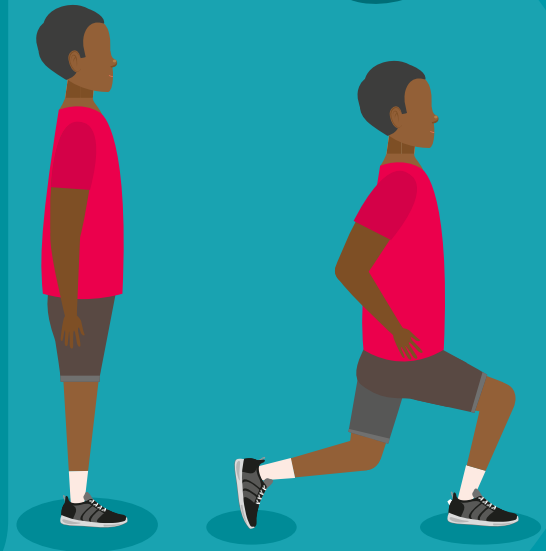


EXERCISE 2 - LUNGE

Area of body worked during exercise: Thighs and Bottom.

1. Keep your upper body straight, with your shoulders back and relaxed and chin up. Put your hands on your hips.
2. Step forward with one leg, lower your hips down until both knees are bent.
3. Step back carefully and go back to standing.
4. Do the same on the other leg.
5. Complete **20** repetitions – **10** on each leg.

Tip: Pick a point to stare at in front of you so that you do not keep looking down. Do not try to rush this exercise, stay in control and take your time.



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EASY

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SPORT

EXERCISE 3 - CALF RAISES

Area of body worked during exercise:
Lower leg.

1. Rest your hands against a wall or something strong for balance.
2. Lift your heels so that you are on your tiptoes.
3. Hold the position for 5 seconds, and then lower your heels gently back to standing.
4. Complete **10** repetitions.



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EXERCISE 4 - TRICEP EXTENSION

Area of body worked during exercise : Triceps (back of the arm).

Option: You can choose to use a weight.

1. Sit on a chair, with your shoulders back.
2. Hold a weight in your hands or clasp your hands together.
3. Extend your arms fully and lift your hands or weight overhead.
4. Bend your elbows and lower your hands or the weight behind your head to the base of your neck.
5. Move your hands and arms back to the start position.
6. Complete **10** repetitions.



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EXERCISE 5 - SEATED CORE

Area of body worked during exercise : Tummy.

Equipment needed: Chair.

1. Sit on a chair, with your shoulders back.
2. Place your hands behind your head. Squeeze your tummy muscles and twist, moving your right elbow towards your left knee.
3. Lift your left knee off the ground and touch it to your right elbow.
4. Do the same again but use your right knee and left elbow.
5. Complete **10** repetitions.



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EASY

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EXERCISE 6 - LYING CORE

Area of body worked during exercise: Tummy.

Equipment needed: Exercise mat/rug or towel to lie on.

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EASY

1. Lie down on the floor, with your feet on the ground and knees raised to the ceiling.
2. Put your hands behind your head and, squeeze your tummy and lift your shoulders off the floor.
3. Hold for a second, before going back down to the floor.
4. Complete **10** repetitions.



Tips: Take your time during the exercise and control your action.

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EXERCISE 1 - SQUAT

Area of body worked during exercise:
Thighs and Bottom.

1. Stand in front of a chair with your feet shoulder width apart, with your weight in your heels.
2. Raise your arms straight out in front of you.
3. Press your hips back and bend your knees. You should be lowering your bottom as if you are going to sit on a chair.
4. Make sure your weight remains in your heels and your back stays straight as you sit back.
5. Reverse the movement by pressing through your heels to go back to standing.
6. Complete **10** repetitions.



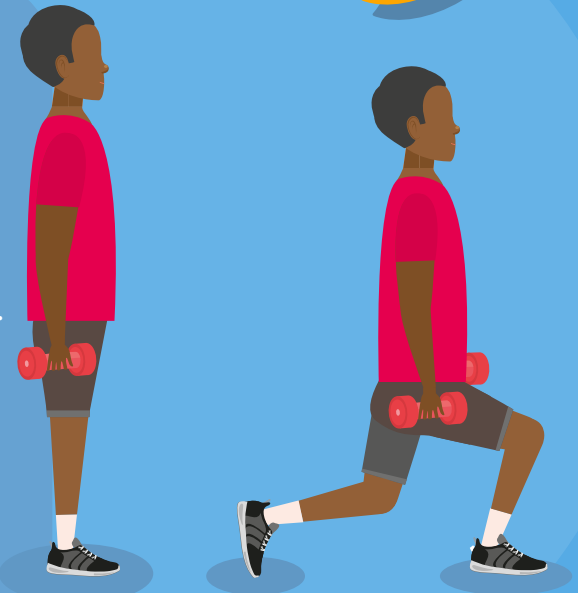
EXERCISE 2 - LUNGE

Area of body worked during exercise: Thighs and Bottom.

Equipment needed: Weights x2.

1. Keep your upper body straight, with your shoulders back and chin up.
2. Hold one weight in each hand, keep your arms by your side.
3. Step forward with one leg, lowering your hips until both knees are bent at about a 90-degree angle, and your back knee is roughly 2 inches from the ground.
4. Step back carefully and go back to standing.
5. Repeat on the other leg.
6. Complete **20** repetitions – **10** on each leg.

Tips: Make sure that your two weights weigh the same to keep you balanced. Choose two weights that you are comfortable with.



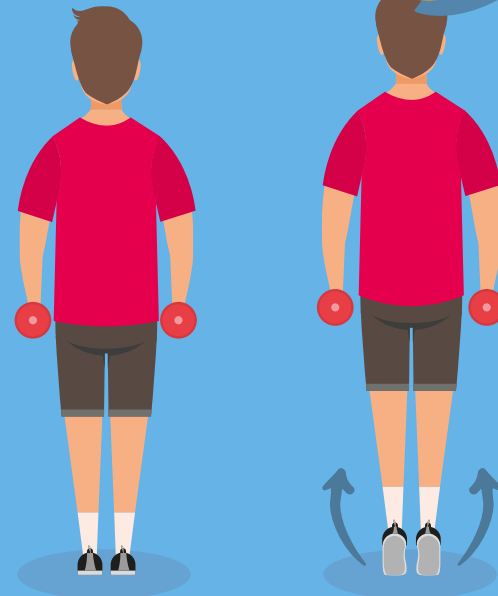
EXERCISE 3 - CALF RAISES

Area of body worked during exercise: Lower leg.

Equipment needed: Weights x2.

This is good for your balance.

1. Stand with feet shoulder width apart, with your chest raised and shoulders back.
2. Hold one weight in each hand.
3. Lift your heels a few inches off the floor so that you are on your tiptoes.
4. Hold the position for 5 seconds, and then lower your heels back to standing.
5. Complete **15** repetitions.



EXERCISE 4 - TRICEP EXERCISE

Area of body worked during exercise :
Triceps (back of the arm).

1. Sit on the **floor** with your knees bent and hands at your sides, directly underneath your shoulders.
2. Lift your hips off the **floor**, like a crab.
3. Bend your elbows and lower yourself towards the floor without touching it.
4. Straighten your arms and return to your crab position.
5. Complete **10** repetitions.

Tips: Keep your back straight and keep looking forwards.



EXERCISE 5 - SEATED CORE

Area of body worked during exercise : Tummy.

Equipment needed: Chair.

1. Sit on the edge of a chair, with your chest raised and shoulders back.
2. Hold the side of the chair with your hands for support.
3. Whilst seated, lean back slightly and straighten your legs out together in front of you.
4. Lift your legs together above the ground no higher than hip height.
5. Complete **10** repetitions.

Tip: Keep your back straight. Try to keep your head up and look in front of you.



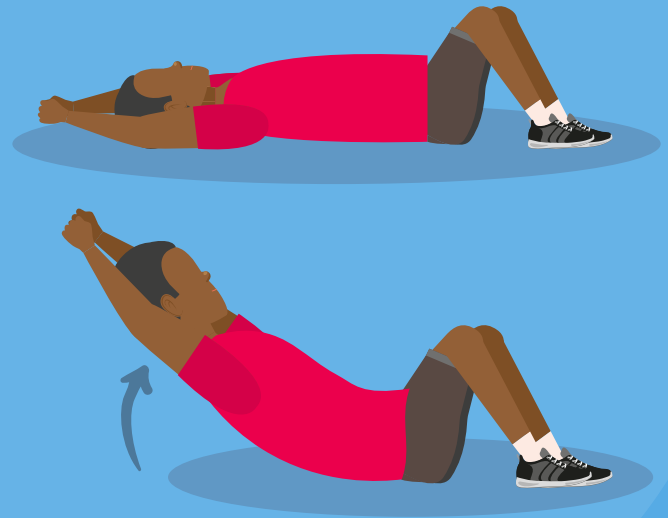
EXERCISE 6 - LYING CORE

Area of body worked during exercise: Tummy.

Equipment needed: Exercise mat/rug or towel to lie on.



1. Lie down on the floor, with your feet on the ground and knees raised to the ceiling.
2. Extend your arms straight out behind the head with hands together, keeping the arms next to the ears.
3. Squeeze your tummy and lift the shoulders around 3 inches off the floor.
4. Keep your **arms** straight and complete **15** repetitions.



Tips: Do not try and do more than you are comfortable with. Try and keep your neck relaxed when you do this exercise.



EXERCISE 1 - SQUAT

Equipment needed: Weight x1

1. Stand with your head facing forward, chest out and shoulders back. Hold your weight into your chest and keep it there.
2. Press your hips back as you bend your knees, lowering your bottom to the floor.
3. Make sure your body weight stays in your heels and your back stays straight as you sit back.
4. Reverse the movement by pressing through your heels to go back to standing.
5. Complete **10** repetitions.

Tips: Choose a weight that you are comfortable with.



EXERCISE 2 - LUNGE

Equipment needed: Weight x2.

1. Keep your upper body straight, with your shoulders back and relaxed and chin up.
2. Hold one weight in each hand, lift your arms straight in front of you.
3. Step forward with one leg, lowering your hips until both knees are bent at about a 90-degree angle, and your back knee is roughly 2 inches from the ground.
4. Step back carefully and go back to standing.
5. Repeat on the other leg.
6. Complete **20** repetitions - **10** on each leg.

Tip: Choose a weight that you are comfortable with.



EXERCISE 3 - HEEL RAISES

Equipment needed: A staircase or a secure step box.

1. Stand in front of a staircase or secure step box.
2. Step up onto the first step of a staircase with both feet, and hold on to the bannister, wall or both to keep your balance.
3. Move your heels back so that they are off the step. Lift your heels a few inches up so that you are on your tiptoes.
4. Hold the position for 3 seconds, and then lower your heels gently back down.
5. Complete **15** repetitions.



EXERCISE 4 - TRICEP DIPS

Equipment needed: Staircase or chair.

1. Sit in front of the bottom step of your staircase, or a chair. Face away from the step.
2. Put your hands on the step or chair behind you and straighten your legs in front of you. Push yourself up and straighten your arms.
3. Slowly bend your elbows and lower yourself towards the floor without touching it.
4. Straighten your arms and push yourself back up.
5. Complete **15** repetitions.

Tips: Keep your bottom close to the step or chair as you lower down. When straightening your arms do not lock them.



EXERCISE 5 - SEATED CORE

Equipment needed: Chair.

1. Sit on a chair, with your chest raised and shoulders back.
2. Hold the front of the chair with your hands for support.
3. Whilst seated, lean back slightly and bend your knees toward your chest.
4. Extend your legs straight out together in front of you.
5. Complete **15** repetitions.

Tips: Squeeze your tummy muscles each time you bring your knees to your chest.



EXERCISE 6 - LYING CORE

Equipment needed: Weight x1, an exercise mat, rug or towel to lie on.

1. Lie down on the floor, with your feet on the ground and knees raised to the ceiling.
2. Hold a weight safely in both your hands and extend your arms straight out behind your head. Keep your arms next to your ears.
3. Squeeze your tummy and lift the shoulders around 3 inches off the floor.
4. Keep the arms straight and complete **15** repetitions.



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COOL DOWN - STRETCH 1

Quadricep stretch.

Stretching: The front of the leg.



30 seconds

1. While standing, place your hand on a sturdy wall, or chair to help you balance.
2. Bend your knee back by holding your ankle with one hand.
3. Keep the position for 30 seconds.
4. Go back to standing position and repeat the same exercise on the other leg.



COOL DOWN - STRETCH 2

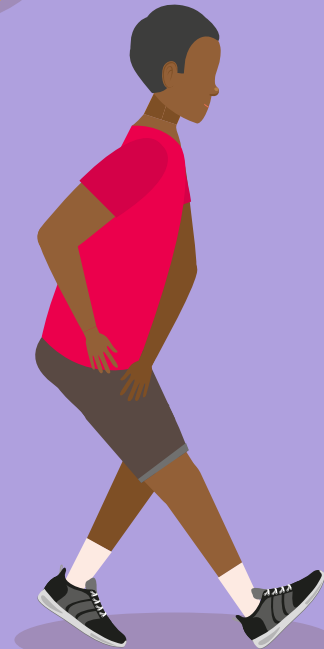
Hamstring stretch.

Stretching: The back of the leg.



30 seconds

1. Stand with your left foot a few inches in front of your right foot and your left toes lifted.
2. Bend your right knee slightly.
3. Lean forward from your hips, and rest both palms on top of your left thigh for balance and support.
4. Keep your shoulders down and relaxed and hold for 30 seconds.
5. Repeat on the other leg.



COOL DOWN - STRETCH 3

Shoulder stretch.



30 seconds

1. Hold one arm above your elbow with your opposite hand and pull it across your body towards your chest until you feel a **stretch** in your **shoulder**.
2. Make sure to keep your elbow below shoulder height.
3. Hold for 30 seconds and then repeat on the other side.



COOL DOWN - STRETCH 4

Tricep (back of arm) stretch.
Stretching: Back of the arm.



30 seconds

1. Reach your right arm to the ceiling keeping your shoulder down away from your ears.
2. Bend at the elbow and let your right hand drop to the middle of your back, palm facing your back.
3. Reach your left hand up and put it just above the elbow, applying light pressure.
4. Hold for 30 seconds, and then repeat on the other arm.

