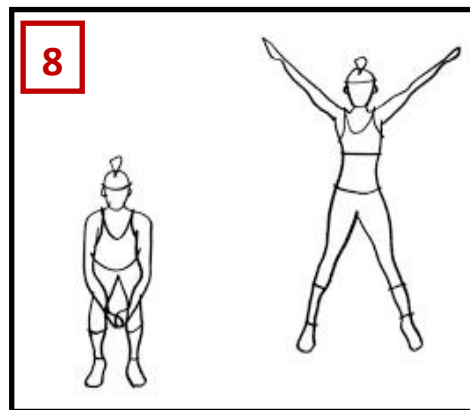
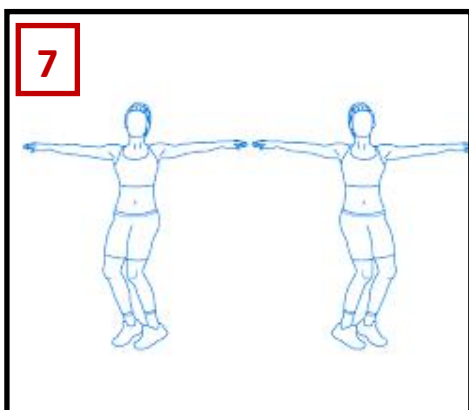
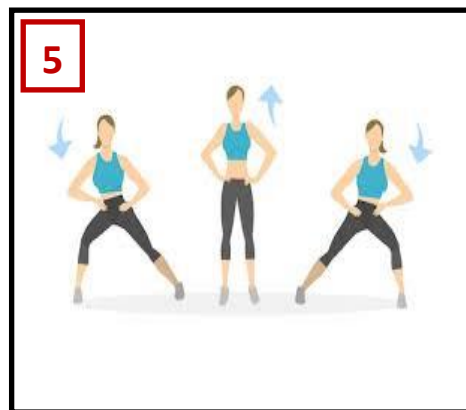
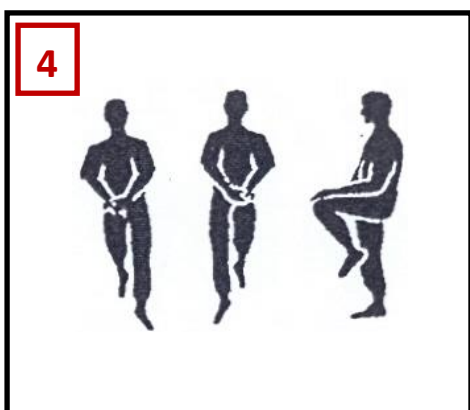
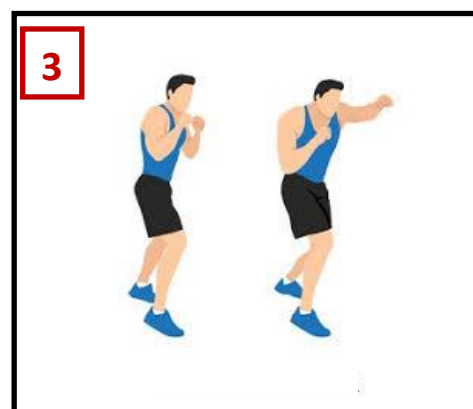
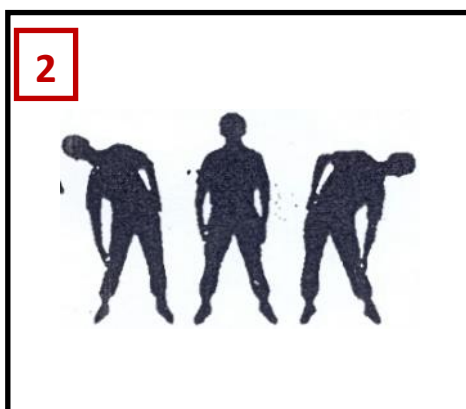
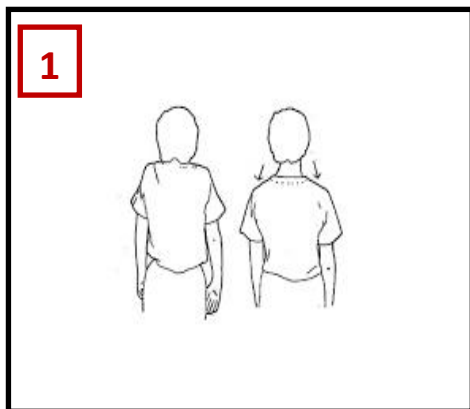


Home Exercise Routine

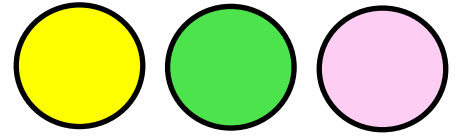


Warm Up



FIRSTLY PICK A COMBINATION OF **THREE** COLOURS.

(EVENTUALLY TRY TO DO **ALL FOUR** COLOURS SHOWN)



EACH EXERCISE IN THE COLOURED BOXES ARE TO BE COMPLETED **8 TIMES**.

BETWEEN EACH COLOUR YOU MUST ALSO DO **8 HIGH KNEE RAISES**.

ON COMPLETION OF THREE COLOURS TAKE **2 MINUTES REST**.

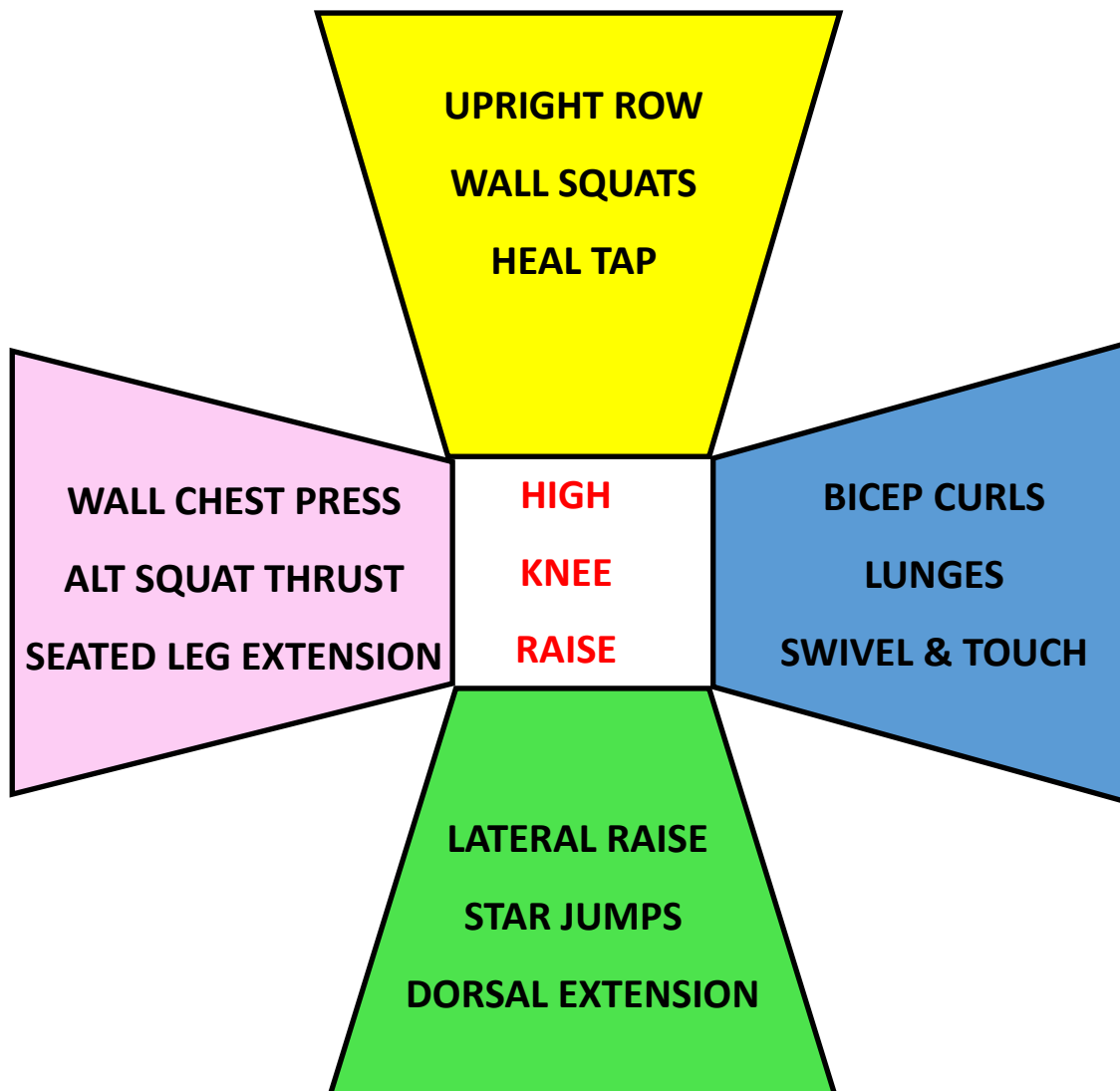
COMPLETE AGAIN INCLUDING ALL THE KNEE RAISES.

IF YOU CAN'T QUITE MANAGE THREE COLOURS, **AIM FOR TWO AND REPEAT**.

IT IS VERY IMPORTANT THAT YOU DO THE 8 REPETITIONS THOUGH.

EVENTUALLY WE WILL INCREASE REPETITIONS TO 10 AND 12.

IF YOU FEEL YOU CAN DO 10 OR 12 IMMEDIATELY GIVE IT A TRY!!!!



YOU WILL NEED THE FOLLOWING -

A LARGE MARKER PEN AND BIG PIECE OF CARDBOARD

(GET MOM OR DAD TO RIP UP AN OLD BOX).

**ALTERNATIVELY USE A SMALL CHILDS DRAWING BOARD AND CHALKS/
MARKERS.**

A BALL, MILK CONTAINERS, SHOPPING BAG

**ONCE YOU HAVE CHOSEN YOUR COLOUR COMBINATION YOU CAN WRITE
DOWN THE ORDER OF THE EXERCISES FOLLOWED BY THE KNEE RAISES.**

FOR INSTANCE OVERLEAFS COMBO WOULD LOOK LIKE THIS:

8 X UPRIGHT ROW

8 X WALL SQUATS

8 X HEAL TAPS

8 KNEE RAISE

8 X LATERAL RAISE

8 X STAR JUMPS

8 X DORSAL EXTENSION

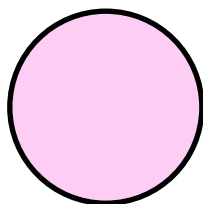
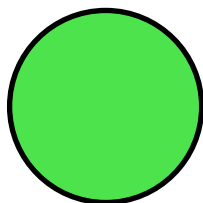
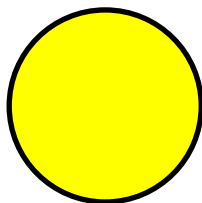
8 KNEE RAISE

8 X WALL CHEST PRESS

8 X ALT SQUAT THRUSTS

8 X SEATED LEG EXTENSIONS

8 X KNEE RAISE



**REST FOR TWO MINUTES THEN REPEAT. IT SEEMS A LOT, BUT IF YOU PACE
YOURSELF IT IS ACHIEVEABLE.**



Cool Down



SHOULDER ROTATIONS

SIDE BENDS

SHADOW BOX

GENTLE JOG

LOW SLOW MARCHING

WALK AROUND

STRETCHES



3 Times each leg Calf Stretch
Hold for 8 to 10 Secs each leg.
Keep rear heel pushed firmly
down on the floor.



3 Times. Hamstring Stretch Hold for
8 to 10 Secs. If you cannot touch
toes slide palms down legs as far as
you can then hold.



2 Times each leg. Hold on to something for
balance. Do not lean too far forward. Take your
knee back horizontal until you feel the tension at
the top of your thigh. Hold again for 8-10 sec-