

Dated: 21 Apr 20

## DAILY TRAINING PROGRAMME (20 MINUTES)

### OVERVIEW

3 Min	Warm Up:	Full Body Mobility Stretches (Concentrate on all major joints)
15 Min	Routine:	Includes Mobility & Resistance/Strength Exercises
2 Min	Cool Down:	Including Maintenance Stretches (held for 15-30 sec)

TABLE OF EXERCISES		
IF POSSIBLE; AIM TO CONTINUE EACH EXERCISE FOR 1 MINUTE. COMPLETE THEM IN ANY ORDER AFTER THE FIRST TWO. <i>NB: IF YOU RUN OUT OF STEAM, FINISH THE MINUTE WITH ANY OF THE FIRST TWO EXERCISES</i>		
NO:	NAME Muscle Groups	DESCRIPTION
1	<b>WALK/JOG ON SPOT</b> All, Mobility	Start slowly, gradually increase knee lift and speed and include arm movement if able.
2	<b>ARM ROTATIONS</b> Upper body, Mobility	Make small circles initially, building up to larger ones. Go forwards for 10 rotations then backwards for 10. Repeat.
3	<b>ASSISTED SQUATS</b> Quads, hamstrings, glutes, lower back	Stand with feet shoulder width apart. Arms out to the front or hold onto a sturdy object for balance and bend at the knees to end up as low as is comfortable. Lean slightly forward as you go down. Keep your heels on the floor & slowly return to upright position. Repeat.
4	<b>SHOVE OFFS</b> Pectorals, shoulders, triceps	Stand in front of an elevated surface such as a wall, sturdy desk, mantle or windowsill. Push off with enough force to return to the standing position. Sets of 5/10 with short break between.
5	<b>CRAZY IVANS/RUSSIAN TWISTS</b> Abs, intercostals, obliques	Sit upright on the floor or a sturdy chair holding a suitable object such as a wooden spoon or a ball. Twist so that the spoon/ball touches the floor/chair near your left hip, and then twist the other way. Twist as much as you can without losing your balance. Repeat.
6	<b>SIT 2 STAND</b> Quads, glutes, pelvic floor	Sit on a sturdy chair. Stand up, pushing through your heels & keep hands off knees if possible. When in the standing position, grip your pelvic floor for 2-3 secs. Control the descent as slowly as possible to sitting position. Repeat
7	<b>CLIMB THE ROPE</b> Co-ordination, Lower body & Shoulders	As simple as it is effective. Stand upright or (sit on a sturdy chair if required). Keep your feet moving at all times (jog or walk). Raise your arms one at a time as high as possible and mimic climbing a rope, alternating arms as you go. Speed up as required.
8	<b>SEATED CYCLING</b> Lower Abs & hip flexors	Lie on your back (propped up on your elbows) or sit upright on a sturdy chair. If on a chair, lean back without touching the back of the chair. Push your legs forward in a cycling motion one at a time. Extend your legs as far as you feel comfortable. Keep the motion slow & controlled. Rest as appropriate.
9	<b>STEP UPS &amp; CALF RAISES</b> Quads, glutes & calves	Stand below the bottom step & climb up and down. When both feet are on the step, raise yourself up on your toes & engage your calf muscles. Hold for 2-3 secs. Release and continue back down off the step. Hold onto the bannister to maintain balance if required. Repeat.
10	<b>STANDING KNEE RAISE &amp; TWIST</b> Abs, intercostals & obliques	Stand upright, feet slightly apart. Raise your right knee & twist your torso so that your <u>left</u> elbow touches your <u>right</u> knee. Alternate with the other knee/elbow. Repeat

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<b>11</b>	<b>X-PUNCH</b> Upper body, mobility	Stand upright. Use small hand weights if able. Punch to the left with the right hand and the right with the other, twisting at the waist. Repeat
<b>12</b>	<b>BALANCE EXERCISES</b> <b>VARIOUS</b> Improve overall balance	TANDEM STAND: Stand one foot behind the other/Alternate HEAL 2 TOE WALK: Move back foot to the front & continue FLAMINGO STAND: Stand on one leg/Alternate
<b>13</b>	<b>LATERAL RAISES</b> Shoulder strength	Use small weights/tins of beans/filled water bottles: Standing or sitting. Raise arms slowly from your side up to the horizontal and back to the starting position. Stay in control. The slower the better/harder. Repeat
<b>14</b>	<b>KICK TO THE FRONT</b> Balance & Hip Mobility	Stand upright/Hold onto the wall or chair for balance if required. Swing one leg to the front trying to touch the opposite hand if possible. Alternate legs & hands. Repeat
<b>15</b>	<b>DRY SWIMMING</b> Upper body, mobility	Mimic swimming actions with arms (front crawl, breast stroke, back stroke & butterfly). Try and use slow, full Range of Movement actions. Complete 10 repetitions before changing to the next stroke. Repeat.

\***REST or STOP** if you feel any pain or discomfort

\* Don't push too hard initially as it is a gradual process. The ultimate aim is to maintain continual movement throughout the 20 minute routine. If need be, initially split the routine into smaller/manageable chunks (2 x 10mins or 4 x 5mins).

\*Complete the first two exercises followed by as many of the remainder in any order. Increase the speed or repetitions as appropriate to your progress. A full body approach with multi joint movement will bring best results and improve balance, mobility & overall strength.

\*Exercise 4 (Shove offs) can be replaced by Classic Push Ups when improved strength allows.

\*Exercise 12 (Balance Exercise) can be replaced by the following when improved balance allows:  
Stand upright, feet together. Reach down with your right hand to touch your left foot while raising your right leg behind you as you lower your body. Return to standing position and repeat using the other leg/arm combination. Repeat

**BREATH - SMILE - ENJOY!!!**