

Program Instructions - MUST READ

- Please keep in mind that this is a **generic program** that has been created for a range of individuals. If you require a specialised program (specific injury or rehab), please contact an exercise physiologist at Healthy Connections.
- If you feel that any particular exercise is not appropriate (too hard or causes pain/discomfort) please discontinue the exercise.
- The exercise intensities (e.g. sets and reps) have been set as a guideline and therefore you should adjust these intensities so that they are suitable for yourself.
- Please note the **variations** listed under the exercise. This provides a way to make the movement easier or harder.
- Please do not be overwhelmed by the amount of exercises in this program, don't feel that it is necessary to complete all. The amount of exercises listed is purely to provide variety for a range of individuals (with different access to equipment at home).
- The easiest way to set a program for the day would be to perform a warm-up, followed by strength exercises, balance/core and stretching.
- If you want to perform a shorter session (10-15 minutes) - Complete a warm-up, 5 strength exercises OR balance/core exercises finishing with stretching.
- If you want to perform a longer session (30-40 minutes) - warm-up, 5-8 strength exercises, 2-4 core/balance exercises and stretching.
- Balance and Core exercises can be performed daily.
- Strength Training should be broken up on non-consecutive days e.g. Tuesday and Thursday.
- Please be cautious with any floor exercises. Do not go onto the floor if you are not confident that you can get yourself back up.
- If you have any questions or concerns regarding the program please do not hesitate to contact us at Healthy Connections.

Warm-Up

Circuit

1. High knee marching
2. Side stepping
3. Shadow Boxing
4. Sit to Stand

Perform each exercise for 20-30 seconds (back to back)

Rest 30-45 seconds

Perform circuit 2-3 times

Alternatives

- Cardio equipment (if you have any at home) minimum of 5 minutes

High Knee Marching

Preparation:

- Stand with good posture, feet shoulder width apart

Execution:

- March forward, lifting knees as high as you can
- Maintain good posture and keep your hips level



Lift knee up high



Alternate legs

Shadow Boxing

Shadow Boxing

- Jab-crosses
- Hook
- Uppercuts

Sit ⇒ Stand

Preparation:

- Scoot forward on chair
- Make feet are hip width apart
- Weight through heels

Execution:

- Incline trunk slightly forwards
- Push through heels to standing
- Squeeze glutes
- Lead with hips and lower back to the chair
- Lower with control

You can make this more challenging but holding something with increased weight



Start



Scoot forward, lean forward



Rise, knees over toes



Stand

Lateral Costal Breathing (Deep breathing)

Sets: x10

Preparation:

- Hold the sides of your ribs

Execution:

- Breathe into your hands expanding your ribs outwards
- By holding your ribs you should feel the expansion occurring
- Try not lift the shoulders when breathing



Breathe out



Breathe into hands

Strength Exercises

Guidelines

- Perform program on non-consecutive days
- Perform 3 days/week
- You can perform exercises in short or longer bouts
e.g. shorter bout: choose 5-6 exercise (from strength and core)
e.g. longer bout choose 8-10 (from strength, core and balance)
- Make sure you perform stretching after
- Breathing: Exhale with Effort - do not hold breathe when performing movements

Practice balance exercises daily.

Side Stepping (Band) - with or without the band

Sets: 2-3 laps of hallway

Execution:

- Perform a mini squat
- Weight on heels
- Begin to take a step to the side (maintaining mini squat) and then slowly follow with the trailing leg
- Do not let the feet come together fo this variation
- You should feel this exercise in the glute muscles

Variation:

- Perform near a wall or bench if you have balance issues
- The tighter the band the more difficult it will be



Attach band to ankles



Step to side, tightening band



Keep going

Push Up | Knees

Sets: 2-3 | Reps: 5-10

Preparation:

- Hands beside shoulders.
- Place hands wider - makes it abit easier
- Make sure back is nice and straight
- Keep knees on the floor

Execution:

- Imagine your body is a solid plank of wood.
- Lower your chest towards the ground as far as you can manage
- Push through palm and lift body away form ground
- Repeat

Important:

- Keep hips and back straight.
- Keep chin tucked.

Variations

- Against the wall standing (easier)
- Progress the above exercise to being on toes (harder)



Start Position



Push up on knees

Row | Bilateral + Neutral (Band)

Sets: 2-3 | Reps: 15

Preparation:

- Stand with good posture, feet shoulder-width apart, one foot slightly in front

Execution:

- Using the muscles between your shoulder blades, pull you shoulder blades back and down
- At the same time perform a rowing motion keeping your elbows close to your body
- Return to the start position in a slow and controlled fashion



Start Position



Row against resistance

Wall Sit

Sets: 2-3 | Hold: 15-30 seconds

Preparation:

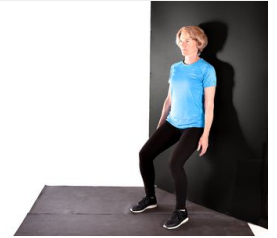
- Stand with back against the wall
- Position feet away from the wall - pressure through heels

Execution:

- Perform squatting motion, sliding down the wall
- Hold the squat position for the prescribed time
- Stand with control.



Eyes forward, pull belly button in, hands resting at sides



Slowly slide down the wall to 1/2 squat



Slide down to full squat, keep knees behind toes

T Row (Band)

Sets: 2-3 | Reps: 10

Preparation:

- Stand with back against the wall as shown

Execution:

- Maintain good posture
- Pull the band apart
- Squeeze shoulder blades and return to starting position



Stand with back against the wall



Bring arms apart

Step Up

Sets: 2 | Reps: 10-15

Preparation:

- Stand in front of a box or step
- Hands resting at sides

Execution:

- Step up with one leg, follow with the other
- Step down with the first leg
- Complete the repetition by stepping both feet down

Variation

- If you have issues with balance perform this exercises next to a rail or wall (support)
- Progress the exercise you can perform a step up to a high knee or lateral step up



Eyes forward, hands resting at sides, pull belly button in, knees slightly bent



Step up with one leg...



...follow with the other



Step down with the first leg



Complete the repetition by stepping both feet down

Chest Press (Band)

Sets: 2-3 | Reps: 15

Preparation:

- Sit tall with good posture arms at shoulder height
- Band looped around trunk

Execution:

- Press arms forward against resistance



Band looped around trunk



Press arms forward

Bicep Curl (Dumbbell) - can perform this with a theraband

Sets: 2-3 | Reps: 10

Preparation:

- Sit or stand with good posture
- Hold weights, arms relaxed at sides

Execution:

- Bend elbows, curling weights to shoulders
- Relax slowly back to the start position

Exhale when lift and inhale when lower



Start position



Curl dumbbells to shoulders

Shoulder Press (Dumbbell)

Sets: 2-3 | Reps: 10

Preparation

- Stand with good posture, feet shoulder width apart.
- Engage core.
- Hold weights at level of collarbone, elbows bent.

Execution

- Push weights straight up, toward ceiling, straightening arms.
- Slowly return to the start position.

Tips:

- Keep back straight. Do not lean under the weight.
- Exhale when lift inhale when lowering



Start Position



Press weights straight up

Core Exercises

Anti-Rotation Press (Band)

Sets: 2 | Reps: 15

Preparation:

- Stand with good posture
- Have band pulling from the side as shown

Execution:

- Press band away maintaining direction in line with chest
- Use the abdominal muscles to maintain the direction of the press



Start Position



Press band away



Start Position



Press band away

Bridge | Arms Flat

Sets: 2 | Reps: 15

Preparation:

- Lie flat on your back with your arms straight beside you
- Bend knees up so that your feet are flat

Execution:

- Lift your hips up in the air to make a bridge using your arms to stabilize
- Squeeze glutes
- Lower down in a controlled manner

Variations:

- Add a band around knees
- Trying performing bridge then take on leg off bed (single leg bridge)



Start Position



Lift hips up

Front Plank | Forearms and Knees

Sets: 2 | Hold: 10-20 seconds

Preparation:

- Position yourself on forearms and knees
- Make sure elbows under shoulders
- Push chest away from floor

Execution:

- Make your body flat as a plank from head to knees
- Keep core engaged and breathe throughout
- DO not arch your lower back



Start on stomach



Plank on forearms and knees

Hip Abduction | Sidelying

Sets: 2 | Reps: 10-15

Preparation:

- Lie on your side with your legs straight and hip tilted towards the bed

Execution:

- Lift your top foot up towards the ceiling
- DO not lift too high that your hip moves - just lift the leg.
- Keep your leg straight
- You should feel the exercise in your buttocks



Start Position



Lift leg, knee straight, toes down

Balance and Stability

Hip Abduction AROM

Sets: 2 | Reps: 10

Preparation:

- Stand with good posture
- Hold onto a chair or counter for support

Execution:

- Lift one leg out to the side using your side-buttock muscles
- Return to the start position with control

Variations

- Progress by placing a band above your knees
- Progress by not holding into a chair or bench



*Stand with good posture,
hold support*



*Lift leg out to side - do not
lean with your trunk*

Hip Extension AROM (Chair)

Sets: 2 | Reps: 10

Preparation:

- Stand with good posture
- Use chair or counter to stabilize yourself

Execution:

- Lift one straight leg straight behind
- Return to the start position with control

Variations

- Progress by placing a band above your knees
- Progress by not holding into a chair or bench



Start Position



Lift leg behind

Balance | Partial-Tandem + Support

Sets: 3 each side | Hold: As long as you can (Max 60sec)

Preparation:

- Use a chair for support

Execution:

- Stand with one foot in front of the other

Variations:

- Progress by not holding into chair
- Try eyes closed if confident



One foot in front of the other



Balance | Tandem Standing

Sets: 3 each | Hold: As long as you can (60sec max)

Preparation:

- Stand close to a support, in case you need it

Execution:

- Stand with one foot directly in front of the other
- Imagine you are standing on a tight-rope

Variations:

- Hold onto chair to make it easier
- Progress by not holding into chair
- Try eyes closed or rotating head side to side if confident



Stand with one foot directly in front

Single Leg Stance | Supported (Chair)

Sets: 3 each | Hold: as long as you can (60sec max)

Preparation:

- Stand next to a chair

Execution:

- Stand on one leg
- Use a chair to help steady yourself as needed

Variations:

- Progress by not holding into chair
- Try eyes closed if confident (this is very hard)



Balance on one leg - use a chair to help steady yourself as needed

Single Leg Balance + Ball Toss

Sets: 2 | Reps: 20

Preparation:

- Stand on one foot

Execution:

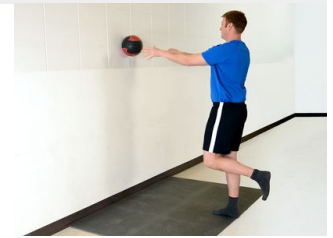
- Toss ball against the wall

Variation:

- You can perform this exercise either in partial tandem or full tandem stance



Stand on one foot



Toss ball against wall

Calf Raise Concentric | Bilateral (Chair)

Sets: 2 | Reps: 15-20

Preparation:

- Stand holding a chair as shown

Execution:

- Stand on your tip toes, lifting your heels as high as you can

Variations:

- Try without holding on to make it harder
- Try single leg



Start Position



Stand on tip toes

Flexibility

Perform stretches after strength exercises

Gastrocs Stretch (Wall)

Sets: 2 | Hold: 20-30 seconds

Preparation:

- Stand in front of a wall with one leg forward and one leg back

Execution:

- Keeping your back leg straight and heel on the ground, lean forwards, bending your front knee



Lean forward, back knee locked, heel on ground

Piriformis Stretch

Sets: 2 | Hold: 20-30 seconds

Preparation:

- Sit with good posture
- Have one knee crossed over the other as shown

Execution:

- Bring knee towards opposite shoulder



Start Position



Keep good posture



Bring knee towards opposite shoulder

Hamstring Stretch

Sets: 2 | Hold: 20-30 seconds

Preparation:

- Sit on the edge of a chair

Execution:

- Put one leg out front
- Keep your knee locked
- Lean forward from the hips
- You should feel a stretch in the back of your leg



*Eyes and head forward,
hands resting on thigh,
toes toward the ceiling*



*Hinge at hips to feel
stretch in the back of the
thigh*

Shoulder Chest Stretch (Door Frame)

Sets: 2 | Hold: 20-30 seconds

Preparation:

- Place arms at shoulder level on either side of a doorframe.

Execution:

- Step forward. You should feel a stretch across the front of your chest.

Important:

- Do not support your weight with your arms.



*Arms against doorframe -
Lean forward*

Quadriceps Stretch (Chair)

Sets: 2 | Hold: 20-30 seconds

Preparation:

- Stand behind a chair

Execution:

- Lift your heel towards your buttock and hold the top of your ankle with your hand, balancing on one leg
- Straighten your hip to increase the stretch across the top of your thigh



*Pull heel to buttocks -
avoid arching back*

Thoracic Rotation (Chair)

Sets: 1 | Reps: 10 each

Preparation:

- Sit in a chair with good posture, arms across chest
- Legs spread wide and feet flat on the floor

Execution:

- Twist your upper back to one side



Sit up straight



Rotate to one side

Lumbar Rotation ROM

Sets: x10

Preparation:

- Lie on back with feet flat on surface

Execution:

- Keeping knees together, drop knees out to the side
- Feel a gentle stretch in lower back
- Repeat each side



Knees together



Drop knees to one side



Return to start



Drop knees to other side

Single Knee to Chest Stretch | Opposite Leg Bent

Sets: 2 | Hold: 20-30 seconds

Preparation:

- Lie flat on your back
- Both knees bent, feet flat on floor

Execution:

- Bring one knee up toward your chest high as you can
- Use arms to gently pull knee further



Start position



Pull knee to chest