

## Exercise Circuit

# Dance – Circuit 1

Perform each exercise for 30 seconds. Repeat 4 times.  
Add dumbbells for extra resistance.  
All exercises can be completed seated or standing.



1

## Jazz Hands

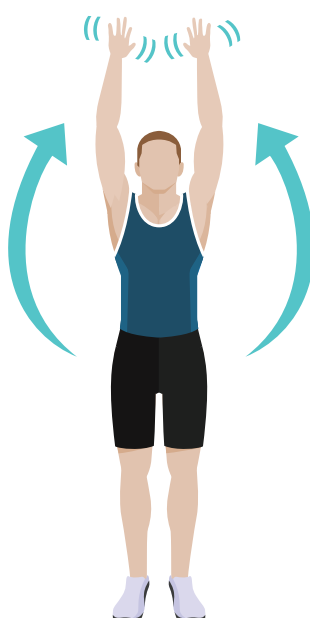


Start with your feet hip-width apart and reach both your hands up straight above your head shaking your hands to create jazz hands! Start to bring your hands down either side of your body, keeping your arms stretched out. Repeat this movement so your arms are making big circles.

Seated



Standing



2

## Heel Taps

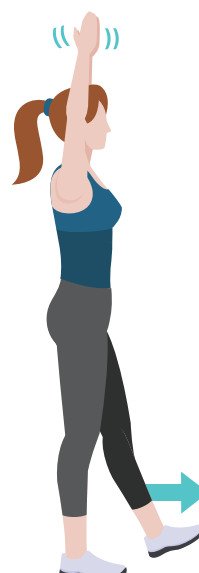


Start marching on the spot. Extend your right foot out in front of your body and tap your heel on the floor and bring it back together with your left. Clap your hands above your head each time you tap your heels! Repeat with your left foot and keep alternating feet.

Seated



Standing



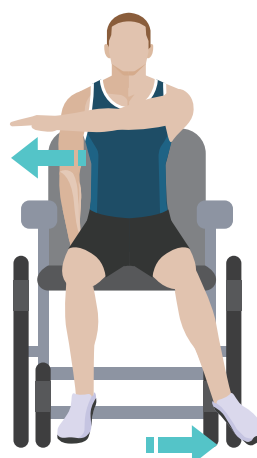
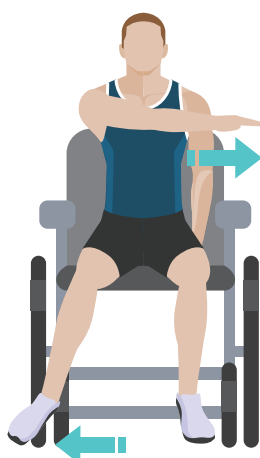
3

## Side Reach

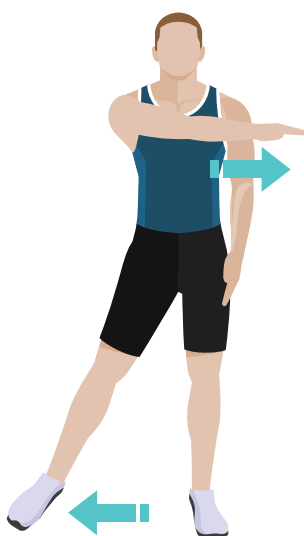
Start with your feet hip-width apart and knees slightly bent. Extend your right arm across the front of your body. At the same time extend your right leg out to the right and tap your toe on the ground and return to the starting position. Repeat this movement with your left arm and leg and continue alternating sides.



Seated



Standing



4

## Side Step and Clap

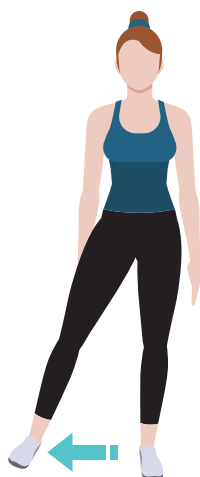


Start with both feet together, take a side step to your right with your right leg and then bring your left leg beside your right leg and clap your hands together (Add a jump when you clap to make it harder!). Repeat this movement stepping to your left and jump your feet together and clap. Repeat this movement from side to side.

Seated



Standing



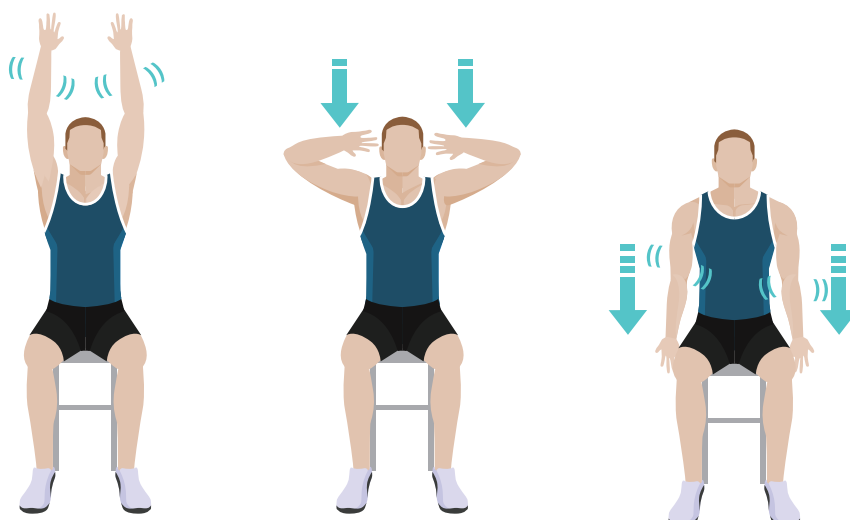
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## Arm Shakes

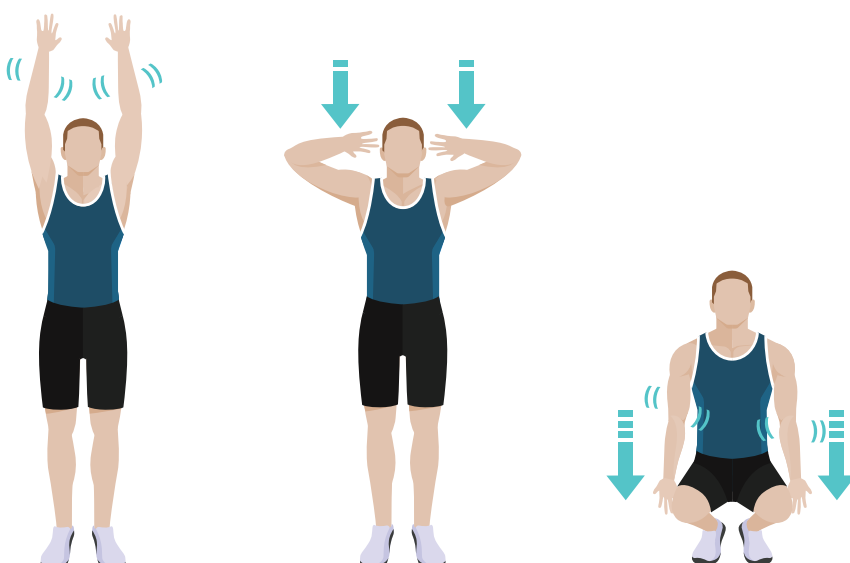


Start marching on the spot. Fully extend your arms above your head and begin to shake your arms. Bend your elbows and bring your hands down beside your ears. Bring your hands back in beside your ears and now drop your hands down by your sides and bend your knees so your hands are almost touching the floor. Stand back up and repeat this movement. Keep marching on the spot!

Seated



Standing



## Exercise Circuit

# Aerobics – Circuit 1

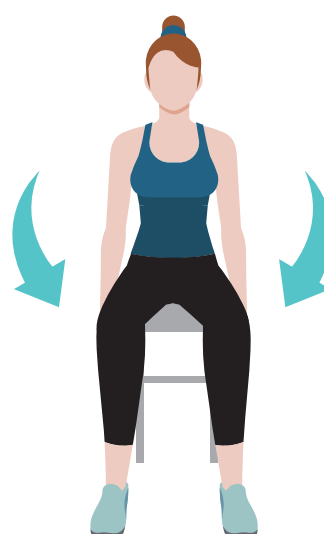
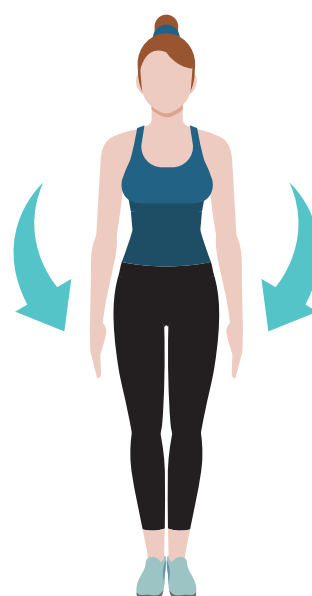
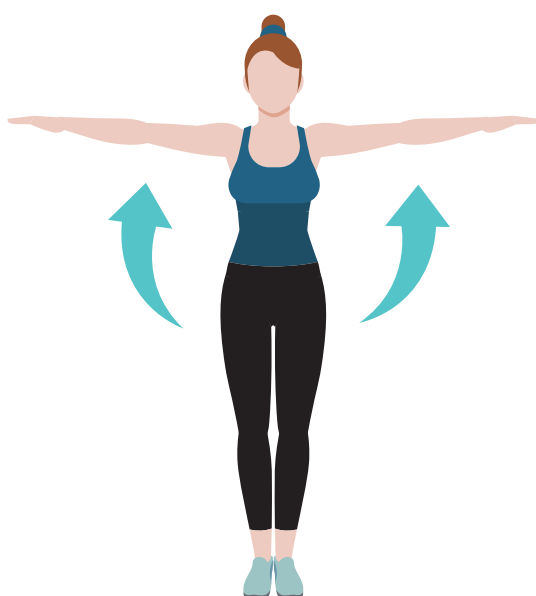
Perform each exercise for 30 seconds. Repeat 4 times.  
Add dumbbells for extra resistance.  
All exercises can be completed seated or standing.



1

## Lateral Arm Raises

Start with your arms straight by your sides or touching your wheels. Raise your arms out to your sides to shoulder level and then lower arms to your sides again.

**Seated****Standing**

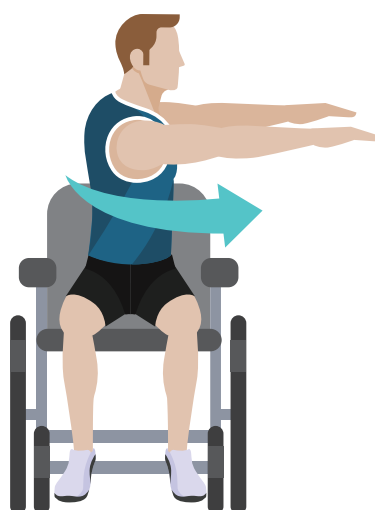


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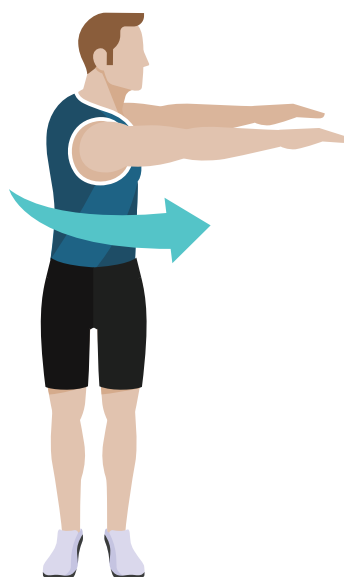
## Twists/Rotations



Start by stretching your arms out in front of you, then turn as far as possible to the left, back to the centre, then as far as possible to the right. If you have limited mobility in your trunk, this exercise can be done from the neck upwards, completing the exercise by rotating the head from left to right.



Seated

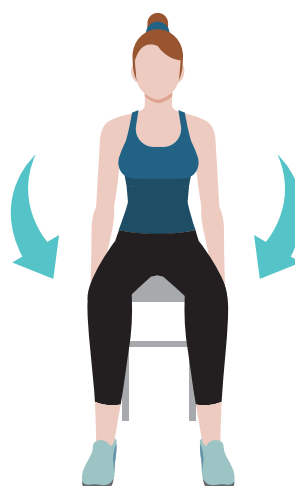
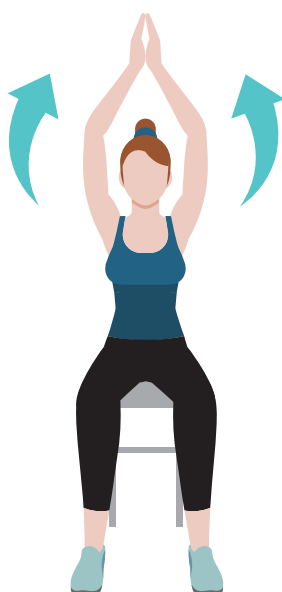
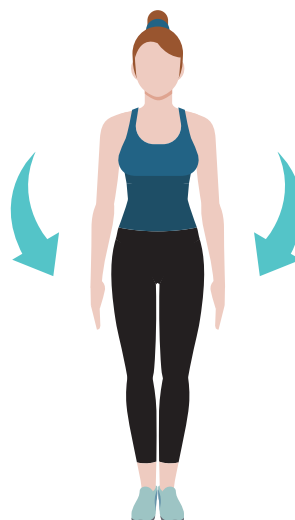
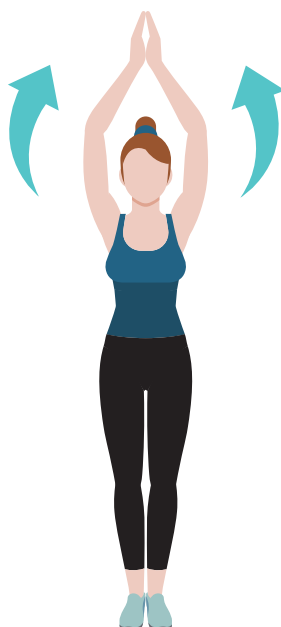


Standing

3

## Star Jump Arms

Start with your arms straight by your sides or touching your wheels. Raise your arms out to your sides to above your head, touching your hands together. Lower your arms to your sides again.

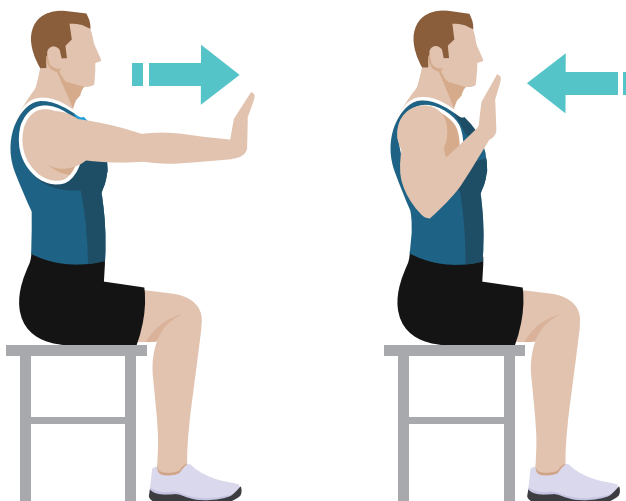
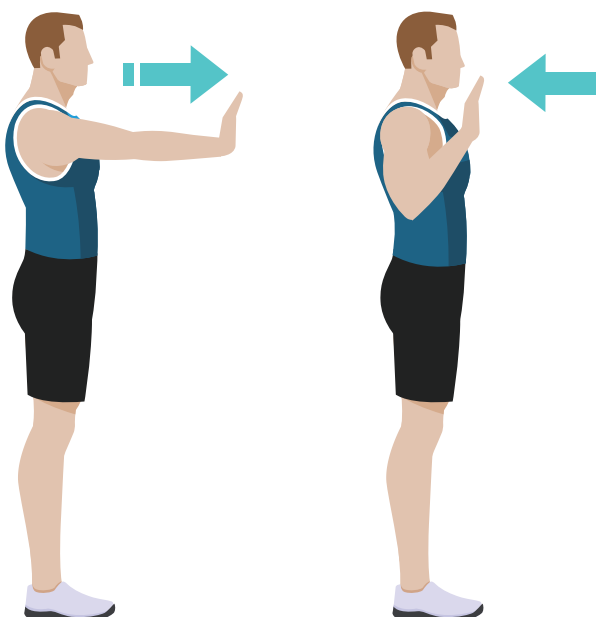
**Seated****Standing**

4

## Chest Press



Tuck your arms and elbows close to your sides to start. With your hands facing out, push your arms straight out from chest level. Slowly bring your arms back ensuring you keep your elbows tucked into your sides. This can also be done against a wall to add resistance or with weights in your hands.

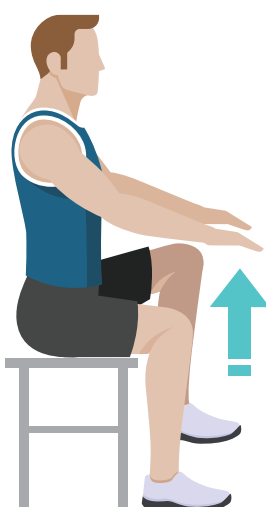
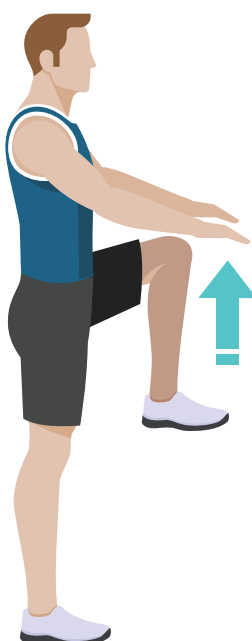
**Seated****Standing**

5

## High Knees



Start by raising your arms out in front of you, keeping them at hip height. Lift your right knee up to your right hand and lower back down. Repeat on the left. Continue this movement alternating your legs at a speed that suits you.

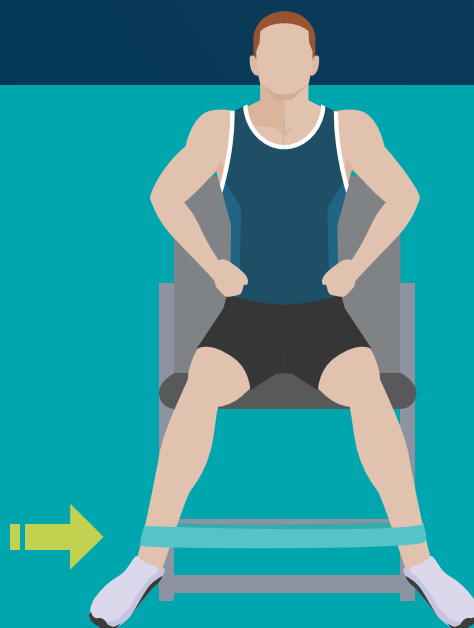
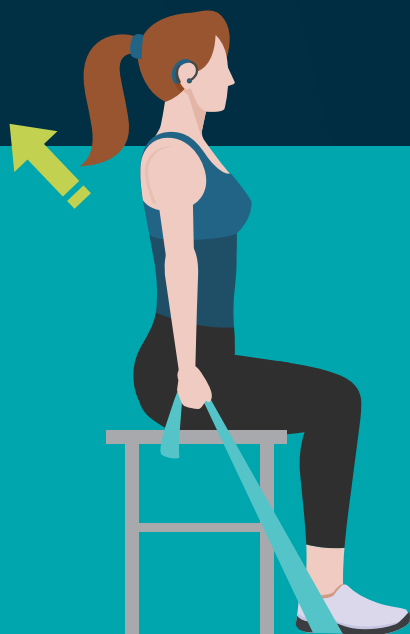
**Seated****Standing**

## Exercise Circuit

### Strength Circuit 1

Perform each exercise for 30 seconds. Repeat 4 times.  
All exercises can be completed seated or standing and with or without the suggested resistance bands.

Alternatives for resistance bands can be wrist & ankle weights or 500ml water bottles. We recommended that you start off light and gradually increase your weight/resistance as you progress in the exercise movements.



## Standing

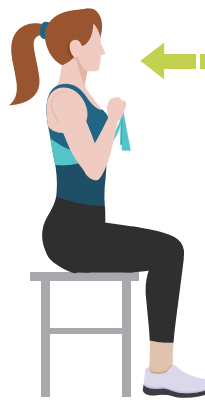
### Resistance Band Chest Press

Anchor the band behind you at shoulder height

Tuck your arms and elbows close to your sides to start. With your hands facing out, push your arms straight out from chest level. Slowly bring your arms back ensuring you keep your elbows tucked into your sides.



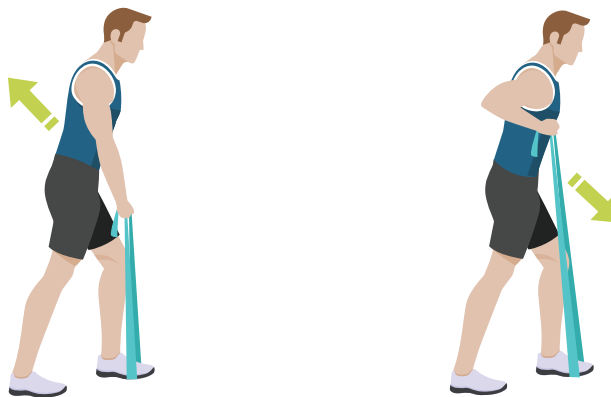
## Seated



## Standing

### Resistance Band Row

Secure the band under your feet or wheelchair base. Extend your arms down toward your feet with your back straight and slightly bent forward. With hands facing in, squeeze your shoulder blades together and slowly pull the resistance band toward your rib. Slowly bring your arms back to the starting position.



## Seated

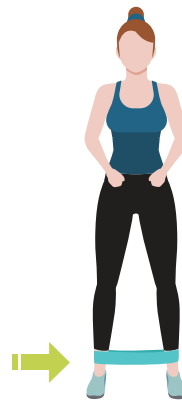
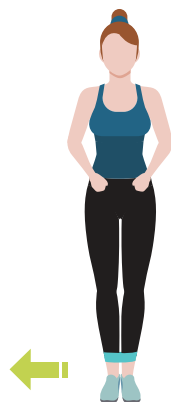


## Standing

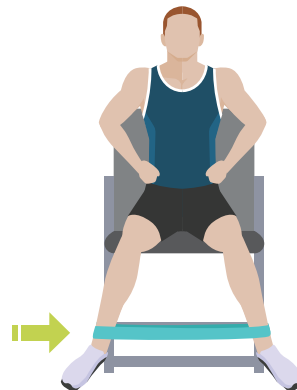
### Resistance Band Hip Abduction

In a standing position loop the band around your mid – calf and tie both ends. In a seated position wrap the resistance band around your lower calf and tie ends together.

Keep your feet shoulder-width apart and your knees slightly bent. You can place your hands on your hips for extra balance. Step one leg out to the side away from your body while keeping your feet parallel to each other. Slowly return the leg to starting position and repeat on the other side. If you have limited leg mobility this can be completed by placing the band around your feet and pointing your toes outwards and back to centre.



## Seated



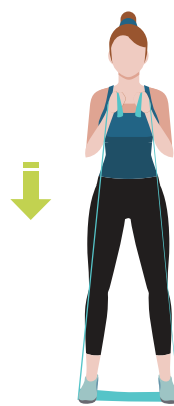
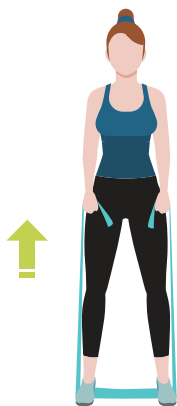


## Standing

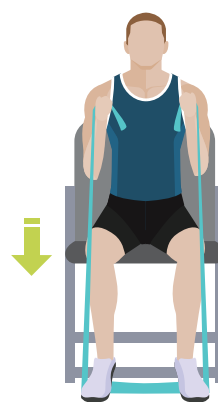
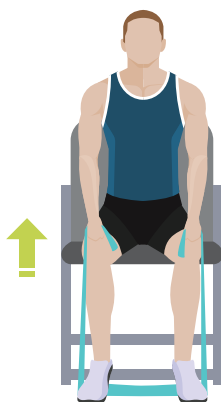
### Resistance Band Bicep Curl

Split stance secure the band under your front foot or wheelchair base.

Standing in split stance for optimal balance, keep your elbows tucked into your sides. Bend your elbows and raise your hands to your shoulders while keeping your hands facing up. Slowly lower your hands to hip level.



## Seated

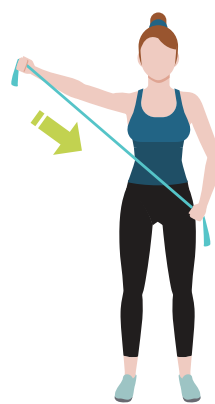
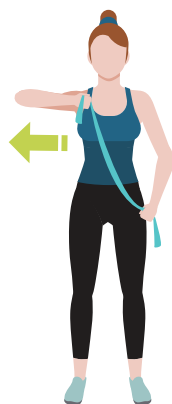


## Standing

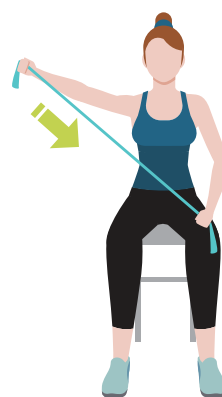
### Resistance Band Diagonal Pulls

Hold the band with both hands. One hand should be at shoulder height with your elbow facing down and the other hand holding the band in a slightly lower position.

Keep with your feet shoulder-width apart. Pull band apart in diagonal direction. Keep arms straight during the movement. Return to start and repeat 5 times before swapping to the other side.



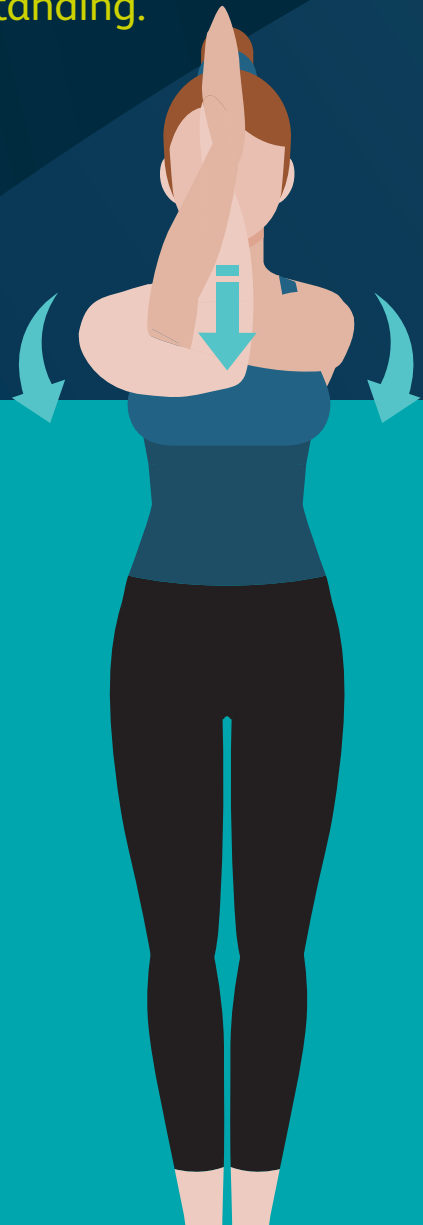
## Seated



## Exercise Circuit

# Yoga – Circuit 1

Perform each exercise for 30 seconds. Repeat 4 times.  
Add dumbbells for extra resistance.  
All exercises can be completed seated or standing.



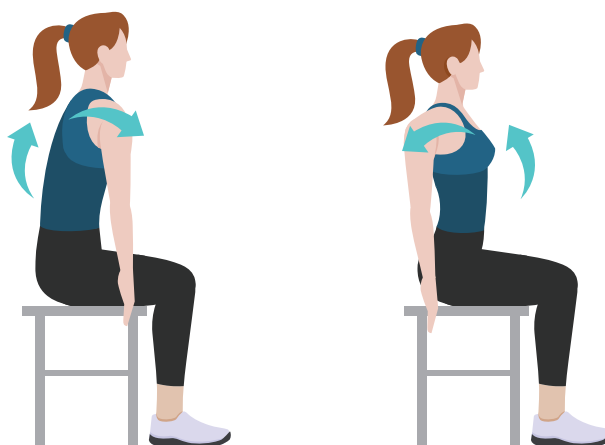
1

## Cat Cow Stretch



Begin seated with your hands on top of your thighs or standing with your arms by your sides with the spine long and both feet on the floor hip width apart. On an inhale, arch your spine and roll your shoulders down and back, bringing your shoulder blades onto your back. This is the 'cow' position.

On an exhale, round your spine and drop your chin to your chest, letting the shoulder and head come forward. This is the 'cat' position. Continue moving between cow on the inhalations and cat on the exhalations for five breaths.



Seated



Standing

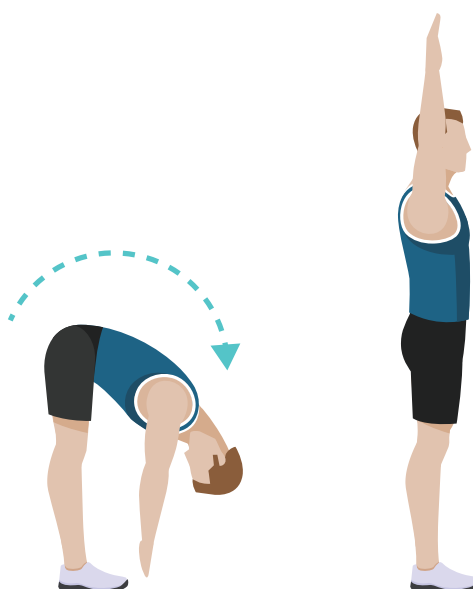
2

## Forward Bend



On an inhale, raise your arms toward the ceiling.  
On an exhale, come into a forward bend over the legs.  
Stretch and reach towards with floor with your hands and let your head hang heavy.

On an inhale, raise the arms back up over the head. Repeat this movement between a raised arms position and a forward fold several times, moving with the breath.

**Seated****Standing**

3

## Twists

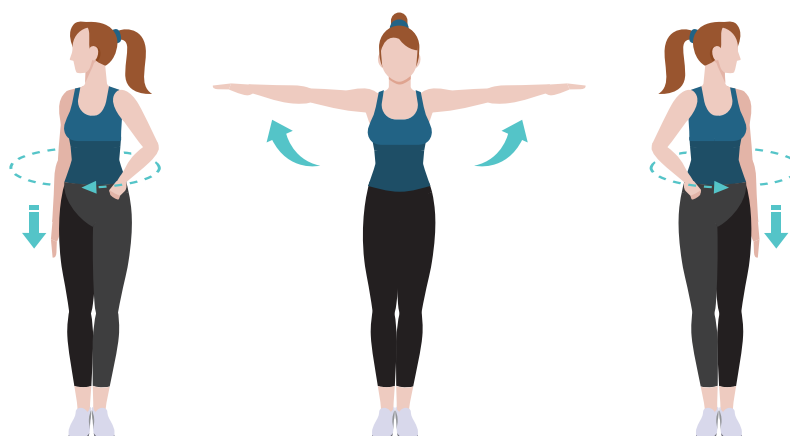


On an inhale, extend your spine again and raise your arms out to your sides and up. As you exhale, gently twist to the right with your upper body and lower your arms - your right hand will rest on the top of the chair or your hip and help you to gently twist, your left hand will rest at your side. Look over your right shoulder. After 5 breaths, release this twist and return to facing the front. Repeat on your left side.

### Seated



### Standing



4

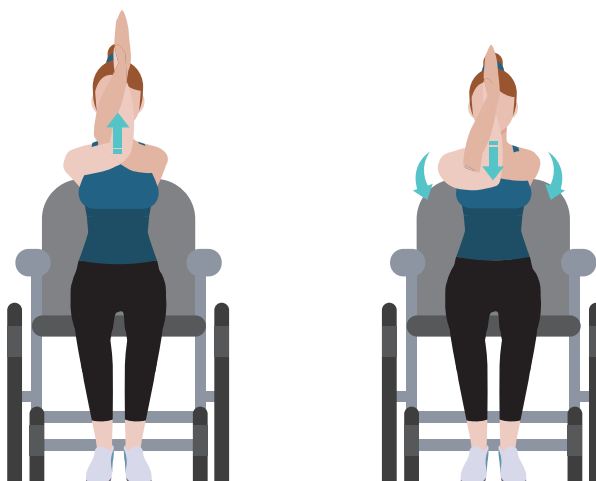
## Eagle Arms



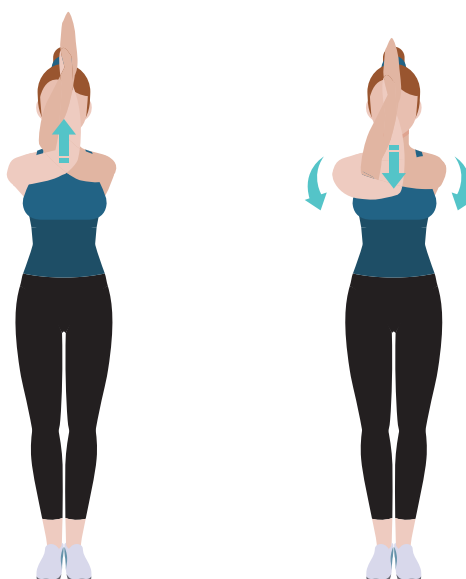
Take a breath and then, as you inhale, stretch your arms out to your sides. As you exhale, bring them in front of you, swinging your right arm under your left at the elbow and if you can clasp your hands together.

On an inhale, lift your elbows a bit higher and then on an exhale roll your shoulders down, relaxing them. Take a few breaths, repeating the elbow lift and shoulder roll in this position. Repeat this movement with your left arm under your right arm.

Seated



Standing



5

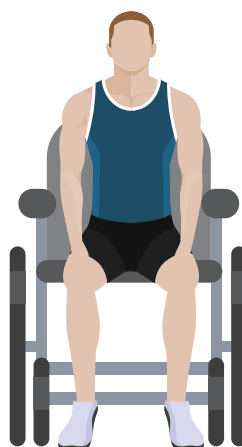
## Savasana



If standing, lie down flat on your back on the floor, relaxing your whole body. From seated, sit up tall with your hands in your lap and let your shoulders relax down away from your ears.

Close your eyes and try and relax your whole body, letting your breathing occur naturally. This savasana will help your body absorb all the good effects of the poses you have done.

Seated



Lying

