

Simple exercises you can do at home

Here are some low-impact exercises if you are cocooning at home. Use a chair for balance if you need to, that's okay.

Exercises:

1. Marching in place
2. 1 arm, 1 leg lateral raise 30sec each side
3. Chair squats 10 repetitions
4. Calves stretching
5. Side bends with towel

Do two circuits of Exercises 1-5. It is okay to take a short break between each exercise.

If you have questions you can email

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1. Marching in place 30sec



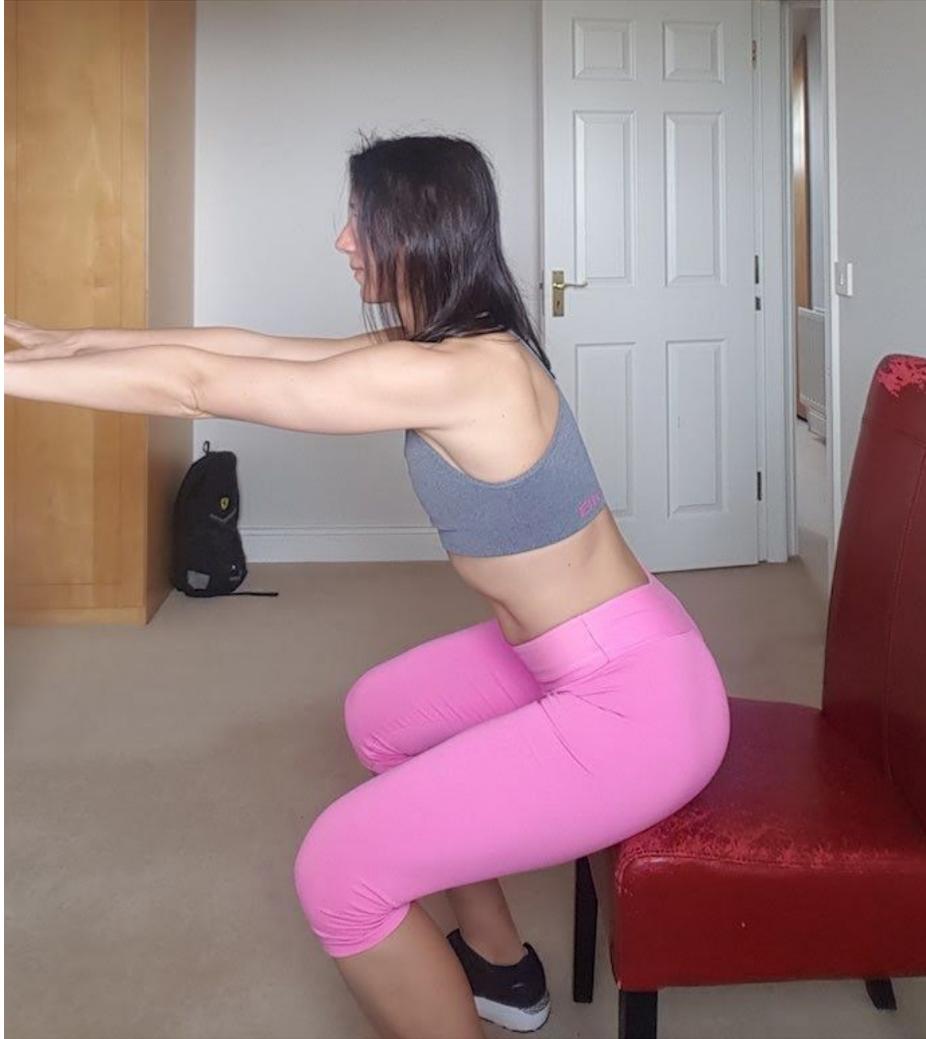
Lift knee and opposite arm to shoulder height at the same time, **keep alternating sides for 30sec.**

2. 1 arm, 1 leg lateral raise 30sec each side



Balance exercises are even more important when we get older. Raise one arm sideways to shoulder height and at the same time raise your opposite leg. Do the movement in slow motion, so you have a better control. **Repeat for 30 seconds and then change to the other side.**

3. Chair squats 10 repetitions



Stand in front of the chair with your feet hip-width apart. Keep your knees over your feet. Slowly lower your bum towards the chair without actually sitting down. Make sure to place your weight in your heels throughout the full range of motion. **Repeat 10 times.**

4. Calves stretching



Stand near a wall with one foot in front of the other, front knee slightly bent. Keep your back knee straight and your heel on the ground. Lean forward. Feel the stretch all along the calf of your back leg.

Hold this stretch for 30 seconds each leg.

5. Side bends with a towel



Stand with legs hip-width apart, knees slightly bent. Holding the ends of a rolled up towel, extend your arms overhead in a V formation. Lift up and out of your rib cage and reach about 10 degrees to the left without moving your lower body. Return to start and do the other side. **Repeat for 30 seconds.**