

# WARM UP GUIDE



## LUNGES

- Stand up tall
- Step forward and bend front leg and drop back knee
- Hold position
- Step forward into next lunge



## KICK BACKS

- Stand tall
- Bring heels up toward glutes
- Keep chest upright
- Use arms naturally



## LEG SWINGS

- Stand tall, use support if needed
- Swing one leg back and forth (can also be done side to side)
- Swing leg as far as you feel comfortable



## KNEE HUGS

- Steady stance, use support if needed
- Pull one knee to chest
- Keep standing leg straight
- Alternate legs
- Stay balanced



## TORSO TWISTS

- Stand straight
- Gently rotate from the hips as far as you can to one side
- Smoothly transition from one side to the other



## SIDE SHUTTLES

- Start in slight squat
- Step sideways engaging your core
- Keep hips low
- Move both directions



## HIGH KNEES

- Begin with a march on the spot
- Slowly begin to increase the height of your knee lifts
- Use arms in tandem



## ARM SWINGS (across body)

- Slowly move arms across chest as far as you feel comfortable
- Alternate which arm is on top
- Keep movement controlled and gradually increase speed
- Open arms wide between swings



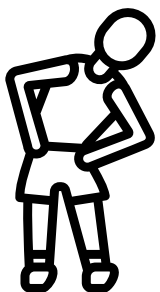
## ARM CIRCLES

- Stand tall
- Arms go out to the side
- Spin the arms in a circular motion
- Size of circles and direction can be varied



## LEG KICKS

- Stand tall
- Kick one leg forward
- Alternate each time
- Maintain balance



## HIP CIRCLES

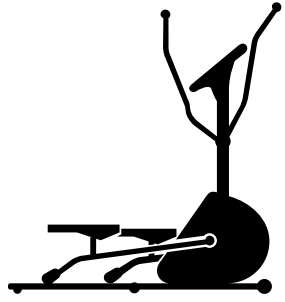
- Stand tall
- Move hips round in a circular motion
- Switch direction

- Chose between 4-5 of these exercises
- 15-30 seconds per movement, with a full warm-up lasting 5-10 minutes
- Take a short rest between each exercise
- Aim to gradually increase pulse and breathing rates



# EQUIPMENT GUIDE

## Cross-Trainer



- Place feet on platform
- Place hands on the handles
- Move feet in tandem with hands
- Work at a comfortable speed
- Cardiovascular exercise

## Bike



- Sit on the seat and place feet on the pedals
- Pedal forward in a smooth motion
- Work at a comfortable speed
- Cardiovascular exercise

## Arm Bike



- Sit and hold the handles
- Push and pull the handles in a circular motion
- Work at a comfortable speed
- Cardiovascular exercise

## Lat Pulldown



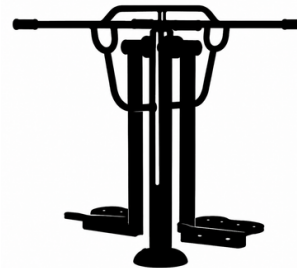
- Sit and secure your legs under the pads
- Grip the bar wider than shoulder-width
- Pull the bar down to your chest
- Return slowly to the start and control breathing
- Strength exercise

## Leg Press



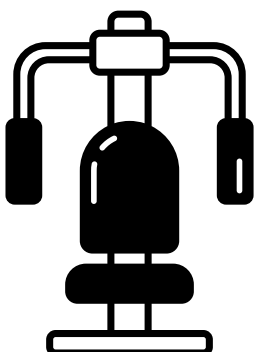
- Sit on the seat and place feet on the platform shoulder width apart
- Push the platform away until legs are extended (avoid locking out knees)
- Slowly return to the start and control breathing
- Strength exercise

## Slalom



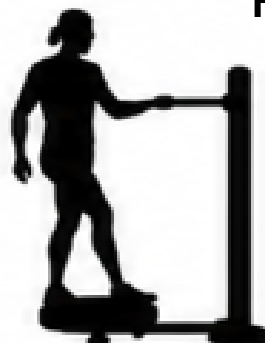
- Step into the foot platforms
- Shift your weight side to side to swing your legs
- Hold the handles for stability
- Keep movements smooth and controlled
- Cardiovascular and strength exercise

## Chest Press



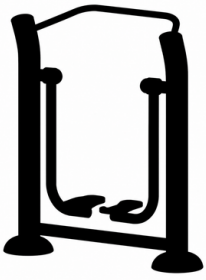
- Sit upright with your back against the pad
- Grip the handles at chest height
- Push the handles forward until arms are extended
- Slowly return to the start and control breathing
- Strength exercise

## Hip Rotation



- Hold the handle for support
- Place one foot on the platform
- Rotate your hips in a controlled motion
- Switch direction after completing reps
- Strength exercise

# EQUIPMENT GUIDE



## Air Walker

- Place feet on platform
- Place hands on the bar
- Move feet back and forth as you would walking
- Maintain speed and control breathing
- Cardiovascular exercise



## Rowing Machine

- Sit on the seat and place feet on the footrests
- Grab the handle and pull towards your torso
- Maintain speed and control breathing
- Cardiovascular exercise

## Balance Beam



- Step onto the beam
- Walk forward slowly
- Keep your balance and look ahead
- If feeling too wobbly, step out to regain balance
- Balance exercise



## Pull-Up Bar

- Grip the bar with hands slightly wider than shoulders
- Pull your body up until your chin clears the bar
- Lower down with control and maintain breathing
- Strength exercise

## Push-Up Bar



- Place hands on the bars
- Step feet back into a straight plank position
- Lower your chest toward the bars and bend at elbows
- Push back up keeping your body neutral with an engaged core and controlled breathing
- Strength exercise



## Core Station

- Sit or lie on the bench and secure your feet
- Engage your core and lift your torso
- Slowly lower back down
- Control your breathing
- Strength exercise



## Shoulder Wheel

- Stand and grip the wheels
- Rotate the wheels forward or backward
- Keep your movements smooth and controlled
- Cardiovascular and strength exercise



## Accessibility Chest and Shoulder Press

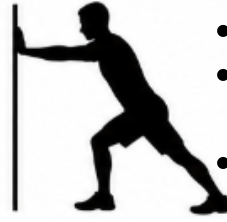
- Sit facing the handles
- Grip the handles at chest or shoulder height
- Push the handles forward
- Slowly return to the start with controlled breathing
- Strength exercise

# STRETCH/COOLDOWN GUIDE



## Neck Stretch

- Gently tilt your head to one side
- Place your hand on the opposite side of your head
- Gently pull until you feel a stretch on the side of your neck



## Calf Stretch

- Place your hands on a wall or post
- Step one foot back and keep that leg straight
- Press your heel into the ground and lean forward



## Shoulder Stretch

- Bring one arm across your chest
- Use your opposite arm to pull it closer to your body
- Keep your shoulders down and relaxed



## Quadriceps Stretch

- Stand tall and hold onto a wall or post for balance
- Bend one knee and bring your heel toward your glutes
- Hold your ankle with your hand
- Keep your knees close together



## Chest Stretch

- Place your hand on a wall or post at shoulder height
- Step one foot forward and gently turn your body away



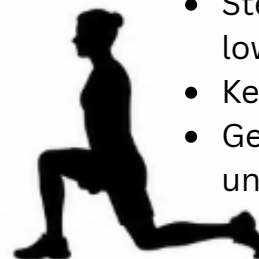
## Standing Hamstring Stretch

- Stand upright and place one heel slightly in front of you
- Keep your leg straight and toes pointing up
- Hinge at your hips and lean forward
- Keep your back straight



## Triceps Stretch

- Raise one arm overhead
- Bend your elbow and place your hand between your shoulder blades
- Use your other hand to gently press the elbow down




## Hip Flexors Stretch

- Step one foot forward and lower other knee to the ground
- Keep your torso upright
- Gently shift your hips forward until you feel a stretch



## Side Stretch

- Raise one arm overhead
- Lean to the opposite side, keeping your torso straight
- Feel the stretch along your side and waist

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- Choose relevant stretches depending on what exercises you did
  - Hold each stretch for 20-30 seconds
  - Switch sides on arms and legs to work both sides of the body
  - Don't worry if you ache the next day!