

Please take care when completing the exercises prescribed in this program and listen to your body.

Start the program with lowest number of repetitions and sets and increase gradually.

If you feel any pain or aggravation at all, take a step back.

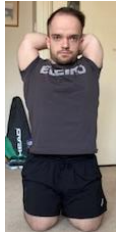
Slow down or reduce the number of sets or repetitions.

If discomfort persists stop and re-evaluate.

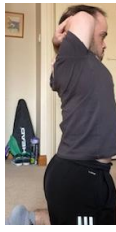
You can contact the DSA for advice if needed.

Always Warm Up and Stretch before starting any exercise program and Warm Down afterwards:

1. Jogging on the Spot for 20 to 30 secs
2. Bum Kicks for 20 to 30 secs
3. Star Jumps for 20 to 30 secs
4. Stretches below. Hold on each arm/leg for 5 to 10 secs







Triceps Stretch



Hamstring Stretch



Quad/Hip Flexor Stretch

Exercise	Sets/Repetitions	Notes
1) Body Weight Squats	<u>2 or 3 Sets of 10 to 12 Reps</u> For 1 set: carry out 10 to 12 reps of the exercise, rest for a minute, repeat for next set.	Easier: Hold on to something to steady yourself or stand up from sitting down on a stool or chair. More Difficult: Hold an object in your hands and close to your chest to add a weighted stimulus.
2) Push Ups	<u>2 or 3 Sets of 10 to 12 Reps</u> For 1 set: carry out 10 to 12 reps of the exercise, rest for a minute, repeat for next set.	Easier: Perform the press up on your knees or in the press up position lower yourself down slowly until your chest hits the floor. Then rock on to your knees to go back into the start position. More Difficult: Elevate your legs creating a decline effect to make it hard.
3) Lunges	<u>2 or 3 Sets of 5 reps per leg</u> For 1 set: carry out 5 reps of the exercise on one leg then repeat on other leg, rest for a minute, repeat for next set. Alternatively: For 1 set: lunge forward on one leg, return, lunge forward on opposite leg. Do this for 5 lunges on each leg. Rest for a minute, repeat for next set.	Hands on your hips, step forward and bend both knees to 90 degrees  
4) Chair Dips	<u>2 or 3 Sets of 5 to 10 reps</u> For 1 set: carry out 5 to 10 reps of the exercise, rest for a minute, repeat for next set.	Place your hands on the edge of a hard surface and stretch your legs out in front. Bend from your elbows slowly then extend back up.  
5) Side Plank	<u>2 or 3 sets, hold for 20s to 30s per set</u> For 1 set: Get into side plank position and hold for 20 to 30 secs, rest for a minute, repeat for next set.	Lay on your side. Rest your forearm on the floor and lift your hips off the floor. More Difficult: Bend your knees underneath you and perform the exercise on your knees.