

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

Start the program with lowest number of circuits and increase gradually.

If you feel any pain or aggravation at all, take a step back. Slow down and reduce the number of circuits.

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. Look straight ahead, look right, look left, look up, look down, look straight. Repeat 10x.
2. With hands either resting on legs or by your side, arms relaxed, roll shoulders in a circular motion in one direction for 5secs then repeat in the opposite direction for 5secs.
3. With arms by sides, slowly bring arms up in front of you and raise to vertical then slowly lower back down. Repeat 10x. Finish with a 5sec shaking out of arms, shoulders and hands and wriggle fingers.
4. Raise arms straight up in the air, hold position, bend forward from waist and return to upright. Repeat 10x.
5. Sit upright, cross arms over chest, from the waist, slowly twist to the right then to the left. Repeat 10x.
6. Sit upright, bend the knee so foot rises to make leg as straight as possible then return. Repeat on other leg. Repeat 10x.
7. Leg straight out with foot slightly off the floor. Rotate ankle 5x clockwise then 5x anticlockwise. Repeat for other leg. Finish with a 5sec loosen up of legs by shaking out and moving them around in front of you.
8. Raise opposing arms and legs up and down in a marching action for 20 to 30 secs.

For one circuit, carry out each exercise 10 times (reps) then move on to the next exercise.
When last exercise is done, rest for 2 or 3 minutes then repeat, up to a max of three circuits.

1. Overheads



Start Mid Finish

Start with arms out, elbows bent, palms forward. Raise arms straight up stretching high as you can. Lower arms to start position and repeat.

2. Arm Side Raise



Start Mid Finish

Start with arms down by your side and relaxed. Raise arms sideways stretching wide as you can. Lower arms to start position and repeat.

3. Side Bends



Start Mid Finish

Start with arms down by your side and relaxed. Bending from waist, reach down towards floor. Return to start position and repeat on other side.

4. Toe/Floor touch



Start Mid Finish

Start with hands resting on legs near knee. Bend from waist, slide hands down to toes/floor. Return to start position and repeat

5. Seated Stars



Start Mid Finish

Start with arms down by your side and relaxed. Spread arms and legs out to make a star shape. Return to start position and repeat.

6. Sit to Stand



Start Mid Finish

Start with hands resting on legs near knees. Stand up but try to not lean forward too much. Return to start position and repeat.