

Lower Limb Class Exercises

Exercise 1: Squat



Stand tall with your feet shoulder width apart and your weight even on both feet.

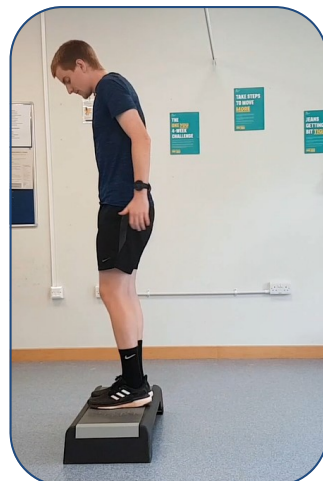
Squat down by sitting back and bring your arms forward.

Push back up through the heels, slowly and with control.

+ To make this harder, pause in a squat position and hold for 3 seconds.

- To make this easier, hold a chair for support.

Exercise 2: Step Up



Stand tall behind a step.

Place your whole foot on the step and step up.

Step down slowly and with control.

Alternate which foot steps up each time.

+ To make this harder, increase the height of the step.

- To make this easier, hold on to a hand rail or chair for support.

Exercise 3: Inner Range Quads / Leg Raise



Start in sitting with your legs outstretched in front of you. Place a rolled towel under your knee.

Bend your toes towards you, push down in to the towel and lift the foot off the floor.

Hold for 3 seconds. Lower slowly and with control.

+ To make this harder, hold the foot up for 5 seconds each time.

- To make this easier, do not hold the foot up.

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Exercise 4: Sit to Stand



Sit on a chair.

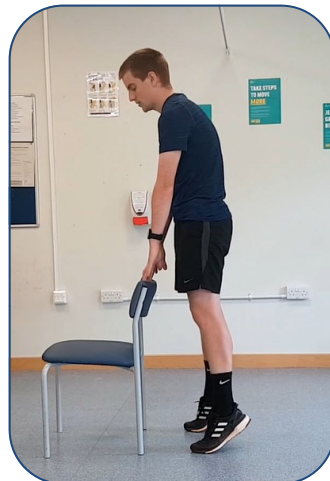
Lean your body weight forwards and stand.
Try not to use your hands if you are able.

Sit back down slowly and with control.

+ To make this harder, place one foot slightly further forwards.

- To make this easier, increase the height of the chair using pillows.

Exercise 5: Heel Raise



Stand tall with your feet hip width apart and your weight even on both feet.

Hold on to a support if needed.

Raise up on to your toes, lifting your heels.

Lower your heels slowly and with control.

+ To make this harder, perform the movement on one leg.

- To make this easier, increase the weight you are putting through your hands.

Exercise 6: Marching on the Spot



Stand tall with your feet hip width apart and your weight even on both feet.

March in place.

+ To make this harder, increase the speed of the march or the height of your knees.

- To make this easier, reduce the speed of the march or the height of your knees.

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Exercise 7: Lunges



Stand with feet hip width apart.

Take a step forward and bend the front knee.

Stand back up pushing through your heel and bring your front foot back to the starting position.

+ To make this harder, bend the front knee further so that your rear knee moves closer to the floor.

- To make this easier, hold on to a hand rail or chair for support.

Perform each exercise for 1 minute.

Once you have completed all 7 exercises, you may rest for 2—3 minutes and then repeat the circuit if you are able to.

Exercise guidelines recommend that you should aim to do 150 minutes of moderate intensity exercise per week.

This is exercise which gets you warm and out of breath.

***** Participation Disclaimer *****

By performing any fitness programme without supervision, you are doing so at your own risk.

To reduce the risk of injury, you should check with your doctor or physiotherapist before beginning any fitness programme.