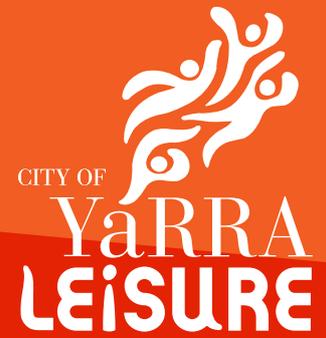


Stay limber at home with Jeff



Purpose:

This exercise routine is partially based on the exercise program run at Yarra's Senior Hubs in Collingwood and Richmond. In response to the COVID-19 situation, this document is intended to provide a guide for people to perform the exercises at home. Our regular program facilitator Jeff has provided guidance and visual instruction.

Who this is for:

This is designed for the participants of the Senior Hub exercise program and for any other people over 50 who would like to remain physically active at home.

What you will need:

You will need an even surface, a sturdy chair and a resistance band (for some of the exercises). If you do not have a resistance band, you could use two identical items of suitable weight instead eg: a water bottle for each hand (filled with water to a suitable weight).

Terms of use:

Yarra City Council acknowledges the right of all individuals to choose to participate in a physical activity. However, Yarra City Council strongly recommends that if you are pregnant, post-natal or living with a serious or chronic medical condition, that you consult an appropriate medical practitioner and follow the advice of that practitioner when choosing an exercise activity and whilst undertaking that activity. Regular physical activity is healthy and fun, and being active is very safe for most people. However, some people should check with their doctor before they begin.

Disclaimer:

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Warm Up

Warm Up 1

Step 1

Stand up straight with shoulders down and feet hip width apart.

Step 2

Place hands behind your back and slowly turn your head to left, pause and then turn your head to the right and pause. Repeat 3 times

Step 3 (see Picture 1)

Next bring your hands to your sides and raise arms straight out to the sides until they are at shoulder level with palms facing the floor.

Step 4

Make 10 forward circles with your arms gradually increasing the size of the circles. Repeat in the reverse direction.

Step 5

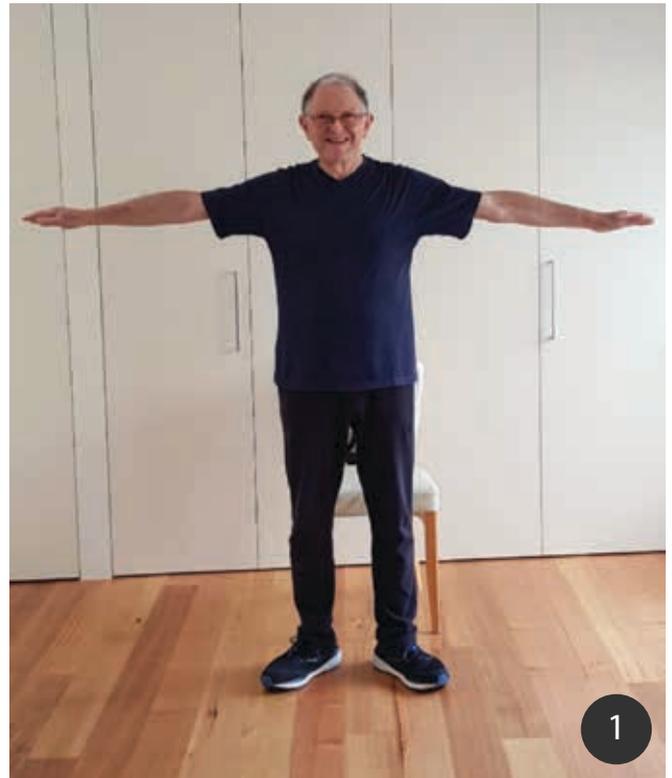
Remain standing and place hands on hips.

Step 6

With feet hip width apart make big circles with your hips, 3 times clockwise then the repeat anti clockwise.

Step 7

Place your feet together and knees together and make small circles with your knees Repeat 3 times clockwise and 3 times anti-clockwise.



Stepping

Step 1

Walk on the spot with arms swinging for 30 seconds commencing slowly and gradually speeding up.

Step 2

Standing on the spot slowly raise and lower alternate knees as high as is comfortable for 30 seconds while swinging your arms.

Exercises

Standing Row

Step 1

Take one handle in each hand with knuckles facing downwards and palms facing your sides.

Step 2 (see Picture 2)

Step out on one foot and place centre of band under the arch of that foot.

Step 3 (see Picture 3)

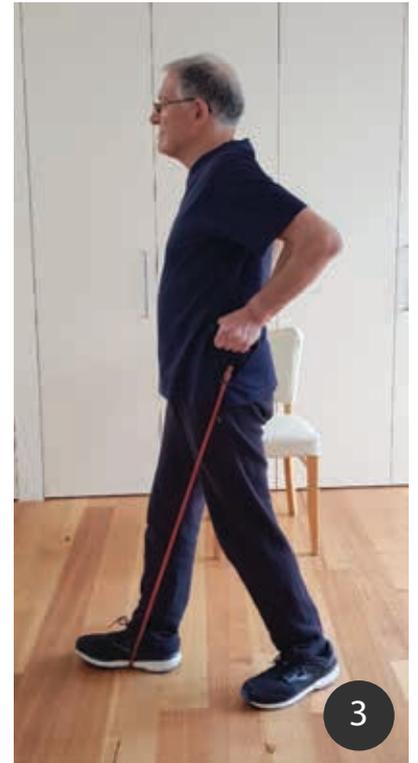
Pull elbows back keeping hands close to your sides.

Step 4

Squeeze shoulders together

Step 5

Slowly return to start position and repeat 10 times



Standing Bicep Curl

Step 1

Take one handle in each hand with knuckles facing downwards and palms facing forwards.

Step 2 (see Picture 4)

Step out on one foot and place centre of band under the arch of that foot.

Step 3

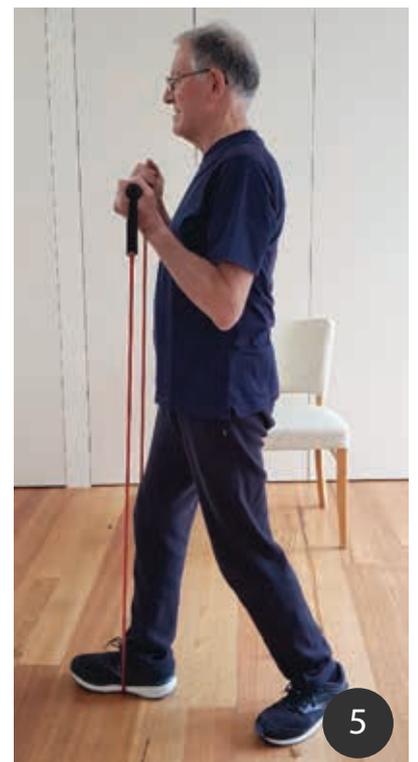
Place elbows by your sides and push shoulders down

Step 4 (see Picture 5)

Keeping elbows by your sides bend the elbows and raise the band as far as possible without raising shoulders.

Step 5

Slowly return to starting position and repeat 10 times.



Exercises

Crab Walk

Step 1

Take one handle in each hand and lower the centre of the band to the floor

Step 2

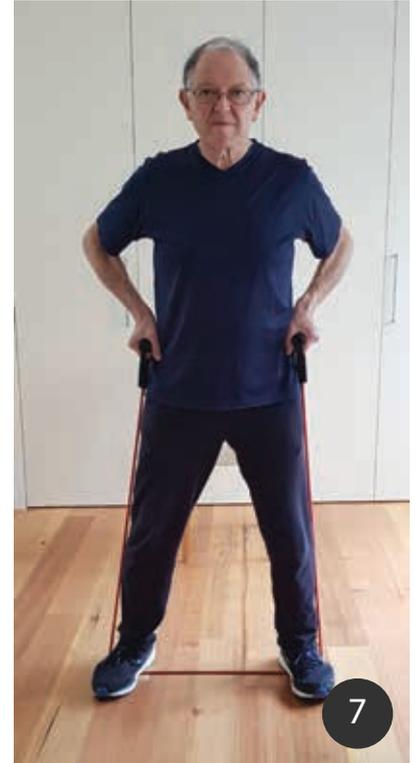
Place both feet on the band hip width apart

Step 3 (see Picture 6)

Pull the handles upwards to create tension in the band

Step 4 (see Picture 7)

With knees slightly bent take 5 steps to the right and 5 steps to the left to return to the starting position. Repeat 3 times.



Standing Shoulder Press with Cross Body Reach

Step 1

Take one handle in right hand and place the other end of band on the floor.

Step 2

Place right foot on the band near the handle.

Step 3 (see Picture 8)

Take the right hand to your shoulder level and check that the palm is facing forwards. This is the start position.

Step 4 (see Picture 9)

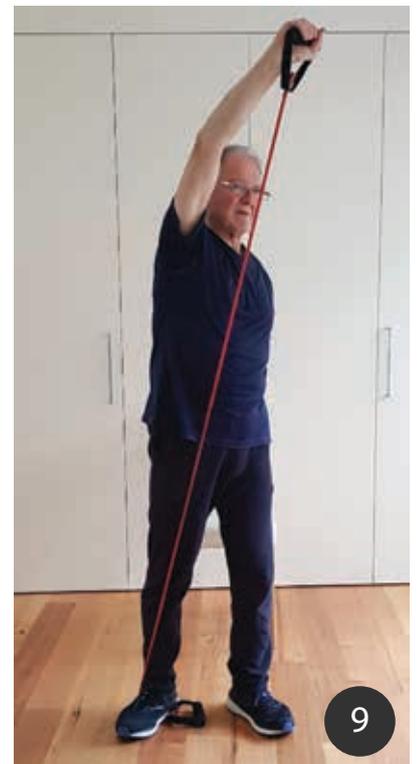
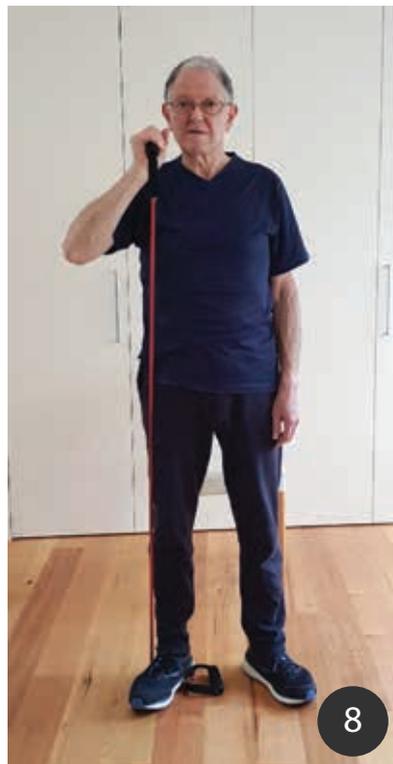
Push the handle up above your shoulder and across your body. At the same time gently turning your opposite shoulder back.

Step 5

Lower the hand slowly to the start position.

Step 6

Repeat 8 times then do the same on the left side



Stretches

Stretch Buttocks

Step 1

Sit on a chair. Extend your left leg forwards with heel on floor.

Step 2 (see Picture 10)

Place your right heel on your left shin and move it up towards and, if comfortable over, your left knee.

Step 3 (see Picture 11)

Gradually bring left foot in and lean forwards to stretch your right buttock. Hold for 15 seconds.

Step 4

Repeat on opposite side.



Stretch Shoulders

Step 1

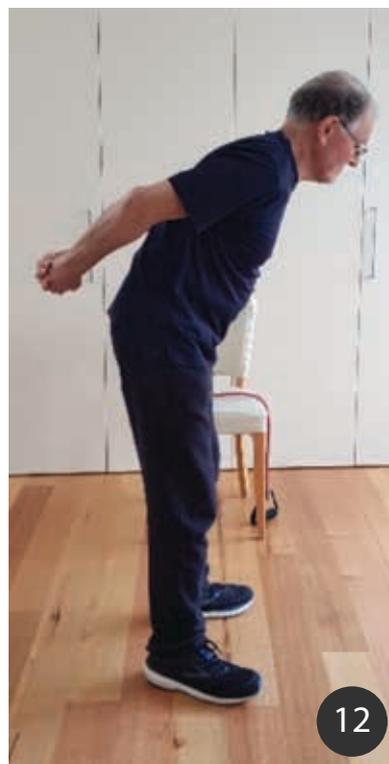
Roll shoulders backwards squeezing shoulder blades together on each rotation. Repeat 10 times

Step 2

Clasp hands behind your back and push hands down as far as possible to straighten arms.

Step 3 (see Picture 12)

Lean slightly forward by bending at the waist. Lift hands up behind you and hold for 15 seconds,



Exercises

Seated Chest Press

Step 1 (see Picture 13)

Place band around back of chair.

Step 2

Sit down with back straight and not in contact with the back of the chair.

Step 3

Take one handle in each hand with thumbs under the handles.

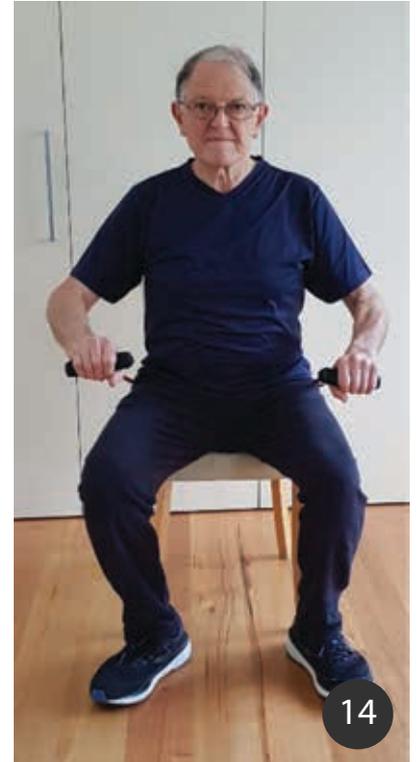
Step 4 (see Picture 14)

Start with elbows and hands slightly below shoulder level and elbows bent at right angles

Step 5 (see Picture 15)

Push hands straight forward and retract slowly pinching shoulder blades together. Repeat 10 times.

N.B. If the resistance is insufficient move toward the front of the chair to increase tension.



Exercises

Sit to Stand with Resistance

Step 1

Sit on a chair, take one handle in each hand and lay the centre of the band on the floor

Step 2

Place the insteps of both feet on the band hip width apart

Step 3 (see Picture 16)

Pull the handles upwards to hip level to create slight tension in the band.

Step 4

Engage your core to keep your back straight

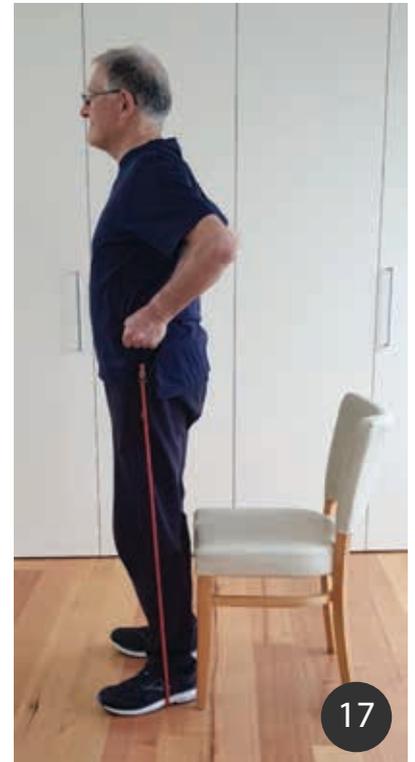
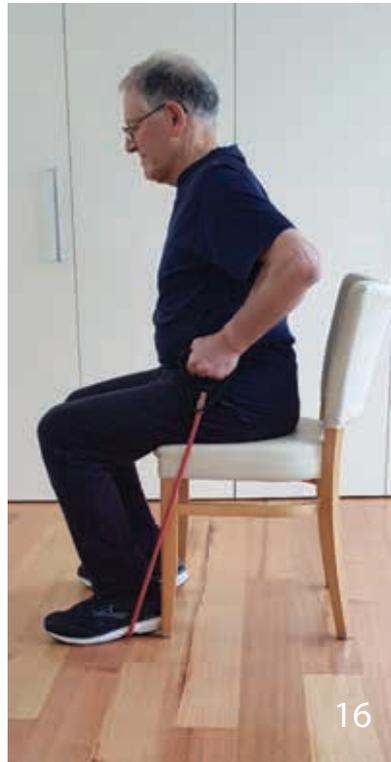
Step 5 (see Picture 17)

Holding the handles close to your hips to retain resistance rock forward slightly and push up through your heels until you are standing

Step 6

Return slowly to the seated position by bending the knees and at the same time pushing your bottom back.

Repeat 10 times.



Stretches

Shoulder Stretch

Step 1

Place palm of right hand, on left shoulder. Bring right elbow to shoulder level.

Step 2

Use left hand upturned to gently ease right elbow across your body.

Step 3

Hold for 10 seconds

Step 4

Do same on left side



Thigh Stretch

Step 1

Stand with feet hip width apart

Step 2

Hold onto back of chair with left hand

Step 3

Bend right leg and use right hand to pull right ankle up and hold for 10 seconds
(If you cannot grasp your ankle hold onto your trouser cuff)

Step 4

Repeat on opposite side

