

Older adults exercise level 2

**1. Sit to Stand – use dining room chair**

**2. Hamstring Curl – step & lift up your heel**  
Bicep curl / Toe Taps – arms by side then take them to front of shoulders. For weights use tins or bottled water

**3. Step ups – use front step or first stair on staircase**

**4. Knee Raises**  
Wall Press ups

**10. Marching on spot – keep those shoulders back**  
Calf Raises

90 secs per station  
1 circuit = 15 minutes

Green option to help us increase our heart rate  
Orange option helps with toning different parts of body  
Clients will also be encouraged to rest in circuit when appropriate

**5. Shuttle Walk – could be done garden or in house**

**9. Jacks/ Half Jacks – arms & legs to the side at same time**

**8. Backward Lunges – step back bending the front knee**  
Lateral Raise – arms to side no higher than shoulder level

**7. Box Steps – making a square by stepping to the 4 points**

**6. Side Steps – wide steps/good tempo**  
Upright Row/ Toe Taps –hands from hips all the way up to below chin/keep elbows higher than hands. Use tins or bottled water for weights

