

Older adults exercise level 3

1. Squat – just like sit to stand but no chair

2. Upright row with toe taps – arms coming up inside of body, elbows higher than hands at the same time tapping the ball of foot into floor

3. Double side step – 2 wide steps 1 way then the other, good tempo!

4. Lunges & chest press – big step forward & bend front knee at the same time pushing the arms forward

10. Wall Press Ups – take feet further away from wall to make more challenging

2 minute per station

Blue options = Help with balance & increase heart rate

5. Shuttle walk & Bicep curls – arms coming up to shoulder level whilst walking

1 circuit = 20 minutes

Red options = Strength & Toning

Have a rest when necessary

9. Box steps – make a square stepping to the 4 points in square

8. Reverse fly – starting with arms out in front at shoulder level, take to side at same level then down to by your side & repeat

7. jacks/half jacks – arms & legs to the side, good tempo & co-ordination needed

6. Lateral & Frontal raise – arms to the side & then the front going no higher than shoulders. Use tins or bottled water for weights