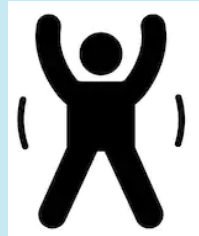


STAY ACTIVE

even if you can't go to training

WARM UP get your muscles warm and ready to exercise

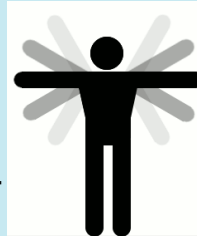
Do at least 5 minutes of your favourite exercise, or do a combination!



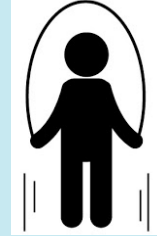
STAR JUMPS
if you can't jump, tap your legs to the side



WALK, MARCH OR JOG
on the spot



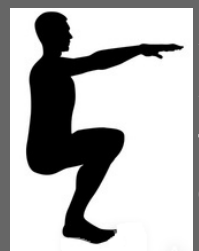
ARM CIRCLES
do these sitting or standing



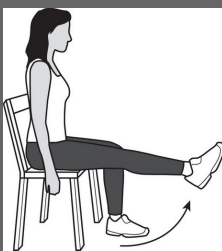
SKIPPING
use a rope or just pretend

Pick 1 or 2 exercises from each group. Do each exercise 10-15 times. Have a break. Repeat.

GROUP 1 these exercises work your legs



SIT DOWN AND STAND UP
the lower the chair, the harder it will be



LEG RAISES
squeeze you leg muscles and slowly lift, You can do this sitting or standing



STEP UPS
stand on a step or low stool. Balance then slowly come down

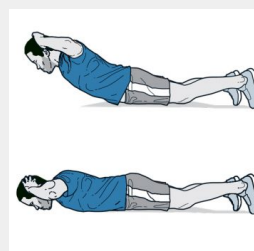
GROUP 2 these exercises work your arms and back



PUSH UPS
if it's too hard to do them on the floor, you can use a wall

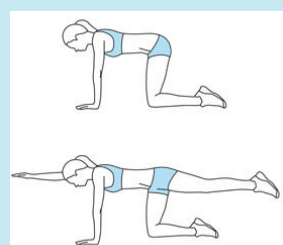


TRICEP DIPS
sit on the edge of a chair, keep your back close to the chair as you bend

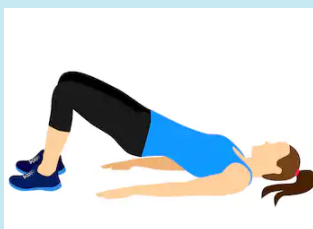


BACK EXTENSION
lie on your front. Use your back muscles to lift your head and chest

GROUP 3 these exercises work your core / mid section



4 POINT BALANCE
try to lift a leg, an arm, or both



HIP BRIDGES
squeeze the muscles in your bottom to get your hips up high



BICYCLE LEGS
sit, lie down or stand and take your opposite elbow to knee