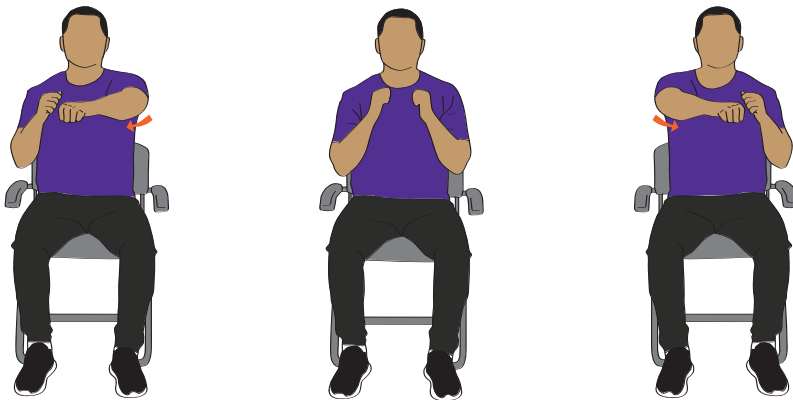


Aerobic exercise

These accessible aerobic exercises are designed to achieve sustained movements and get your heart rate up.

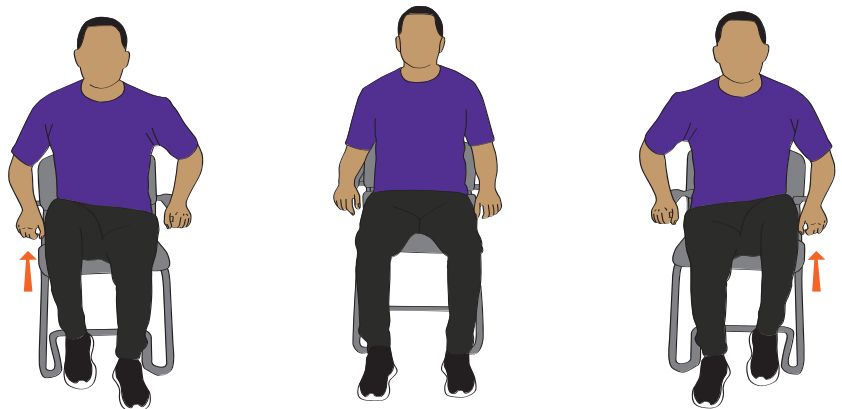
Seated punching



- Punch out in front for 30 seconds at a time alternating left and right.
- Keep hands at shoulder level.
- Punch directly in front of you.
- Set tempo at your own pace.

Seated marching

- Sit on the edge of your chair. Raise knees off the floor, alternating left and right.
- Continue for 30 seconds. Use arms to support torso and posture.
- Control leg lifts – try not to drop leg down each time.



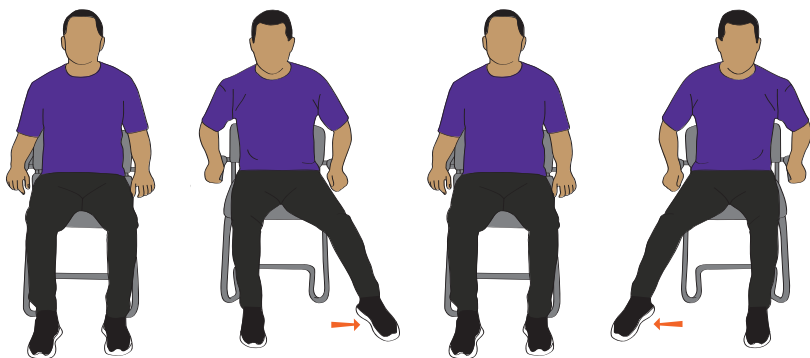
Supported standing marching



- Stand behind a firm object such as a heavy chair or kitchen worktop.
- March on the spot raising the legs as high as you can.
- Maintain 30 seconds or more.

If you have more stability and want a higher leg lift, use just one hand for support and turn to the side. Try aiming to lift left to waist height each time.

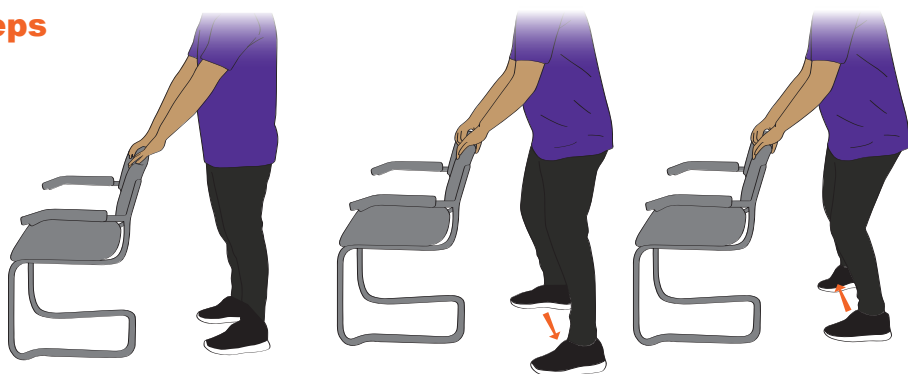
Seated side steps



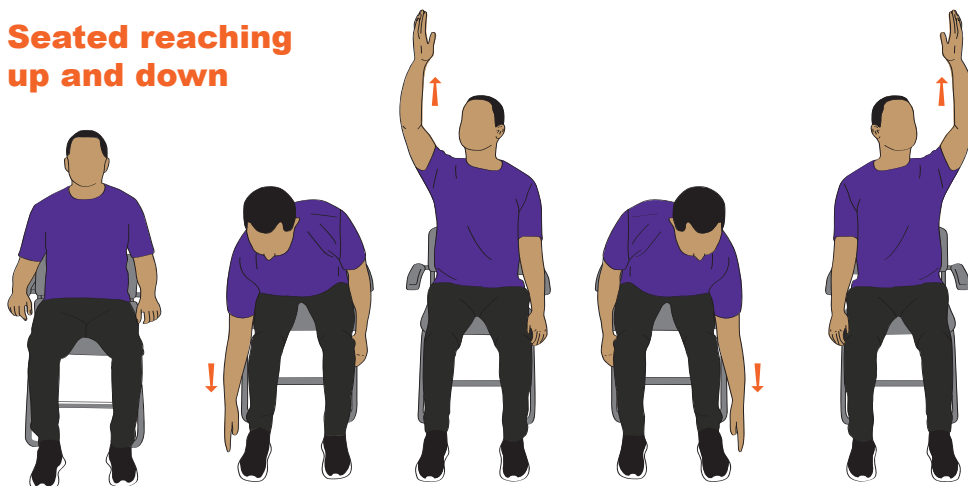
- Sit on the edge of a chair. Move left leg out then bring back to the centre.
- Do this for 15 seconds at your own pace.
- Repeat with other leg for a further 15 seconds.

Supported standing side steps

- Stand behind a firm object such as a heavy chair or kitchen worktop.
- Work for 15 seconds on each leg stepping out and back.
- Work at a tempo that suits you.



Seated reaching up and down



- Sit on the edge of a chair.
- Reach down to floor then bring the arm back up to reach over head.
- Work for 15 seconds on each arm.
- Be careful with any dizziness you may experience. Stop if this is the case.

If you haven't got full range of movement you can reduce the motion so your hand reaches mid shin level when reaching down and the head at ear level when reaching up.

Shadow boxing

- Sit on the edge of a chair with an upright posture.

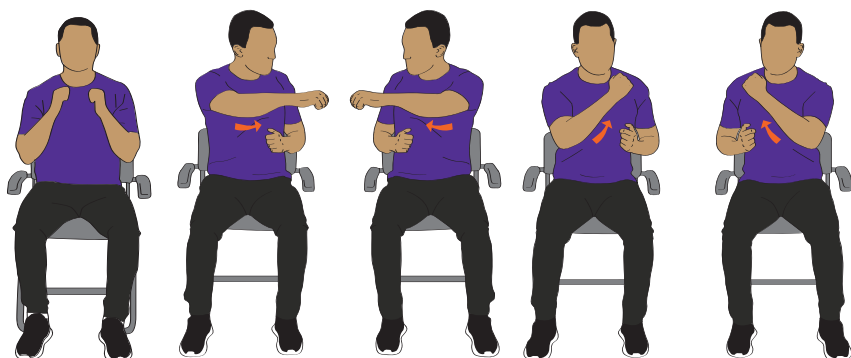
Repetitions

10 x punching forward alternating left and right.

10 x hooks – think about twisting the torso.

10 x upper cuts. Continue to work through 3 or 4 sets.

Duration 2 x forward punch, 2 x hook, 2 x upper cut. Rotate round for 30 seconds or a minute.



This move can be done in repetitions or duration.