

# CIRCUIT 2

## Home exercises

### GET READY

- Loose clothing
- Water
- Music helps

### PROGRESSION

#### ● Round 1

- 5 each
- 10 each
- 12 each
- 15 each

#### ● Round 2

- 5 each
- 10 each
- 12 each
- 15 each

### GET STARTED

- Try to do each circuit 2-3 times a week
- Warm up carefully – 3-5 mins walk around the room, march on the spot, or walk outside
- Take it slowly
- Rest at end of each circuit
- Don't hold your breath when doing this circuit

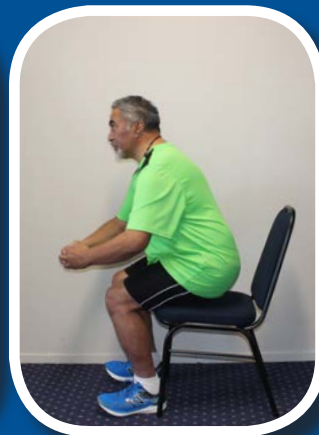
Rongoā Kākāriki  
**GREEN**  
PRESCRIPTION

**Make sure to cool down after you have completed your circuit.**

Cool down carefully with a 3 min walk around the room or walk outside to cool your body down.

## ● 1 SIT STAND - No rest on chair

- Sit with your feet, knees and hips in line. Your feet slightly behind your knees
- Eyes looking forward
- Count 1 2 3 and stand tall.
- Stand still for 3-5 seconds before slowly lowering to just above the seat
- Immediately stand



## ● 2 WALL PRESS UP - Wide hands

- Stand two foot lengths from the wall, feet hip distance apart
- Hands on wall at shoulder height
- Eyes forward, lower chest to the wall (stomach held firm)
- Breathe as you press back to the start position
- Slight pause before repeating



### ● 3 SEATED/STANDING ROW - with resistance

- Sit tall in chair, feet firmly on the floor, hip distance
- Hold hand weight
- Arms extended waist height, elbows in
- Pull hands back to hips
- Chest out while squeezing shoulder blades together
- Release

**Progression options:** complete exercise standing



### ● 4 SIDE BEND

- Stand tall, feet hip distance apart, knees soft, eyes forward
- Hold weight in both hands
- Reach down one side with weight as far as you can
- Slowly release to start position
- Repeat all on one side before moving to the other



### ● 5 FRONT RAISE

- Stand tall, feet hip distance apart, knees soft, eyes forward
- Arms at sides, elbows soft, palms to body
- Raise arms to the front, below shoulder height
- Keep shoulders down below your ears (don't hunch)
- Slowly lower to start position



### ● 6 ONE LEG STAND

- Supported – hold chair or wall, eyes forward
- Brace midsection - breathe
- Lift Leg closest to chair/wall, supporting leg slightly bent
- Variations-lift heel only, left foot just off floor or lift higher
- Hold leg for required counts
- Turn and repeat on other leg

**Progression options:** lift foot higher, when confident try unsupported

