

# CIRCUIT 3

## 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 FREE SQUAT – with or without support

- Stand tall, knees and hips in line
- Eyes looking forward throughout – arms slightly extended in front of chest, hands grasped together
- Gently squat down (knees behind toes) to imagined chair seat height
- Slowly rise up by pressing through heels until upright (knees softly bent)

**Tip:** use a chair/wall for support if necessary



## ● 2 STEP UP

- Use low stable step with a non-slip surface
- Eyes forward
- Step up with one foot, place foot fully on step
- Follow with other leg
- Step down with first leg, step down with other leg



### ● 3 PRESSUP - on high bench

- Lean into high bench (stomach held firm to support back)
- Hands on bench at shoulder width
- Eyes forward, lower chest to the bench
- Breathe as you press back to the start position
- Slight pause before repeating



### ● 4 LAT PULL - with broom

- Hands shoulder width apart on broom
- Raise broom to eyebrow height, arm straight
- Pull elbows down and back
- As you pull elbows back, push chest out



### ● 5 FRONT RAISE - with resistance

- 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 - eyes closed

- Supported – hold chair or wall, eyes forward
- Brace midsection – breathe –close eyes
- Lift Leg closest to chair/wall, supporting leg slightly bent
- Hold leg for required counts
- Turn and repeat on other leg

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

