

## 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 - Chair with arms/no arms

- 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 sitting down again
- Use chair with sturdy arms if you need help to push up



## ● 2 WALL PRESS UP - Close hands

- Stand two foot lengths from the wall, feet hip distance apart
- Form hands into triangle with finger/thumb
- 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 or STANDING ROW

- Sit tall in chair, feet firmly on the floor, hip distance apart
- 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
- Slide palm down one side as far as you can
- Slowly back to start position
- Repeat all on one side before moving to the other



### ● 5 SIDE RAISE

- Stand tall, feet hip distance apart, knees slightly bent, eyes forward
- Arms down by your side
- Raise arms to just below shoulder height
- Pause, keep shoulders down below your ears
- Slowly lower to start position



### ● 6 HEEL TOE STAND

- Place one foot directly in front of the other
- Hold this position for at least 10 seconds
- Swap feet around and repeat 2-3 times
- As you improve, lengthen the holds, i.e. 20-30 seconds
- If you find it difficult to balance use a wall or chair for support

