



Equipment

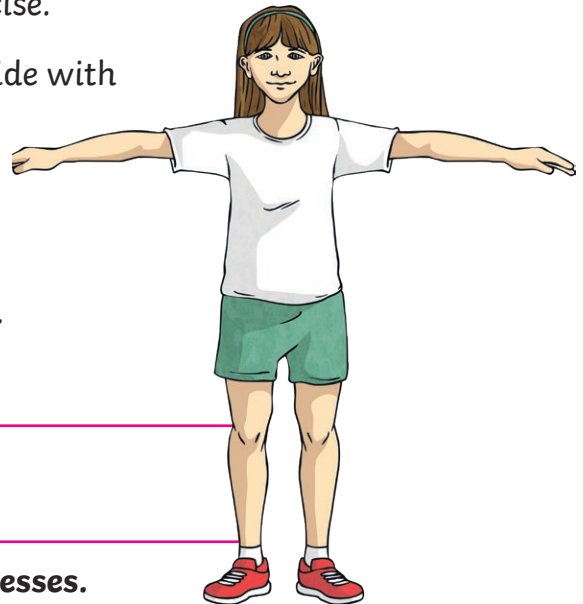
- Stopwatch or timers

Activity

- Set a stopwatch or timer for one minute each time you start an exercise. Rest for a count of 20 in-between each exercise.
- Stand up straight and stretch your arms out to the side with palms facing down.
- Rotate your arms forwards in small circles, then gradually increase the size of the circles.
- Repeat the circular patterns in a backwards rotation.
- Keep repeating the arm circles for one minute.

Try holding light weights in your hands to make this more difficult, e.g. quoits or beanbags.

Rest for 20 seconds and then do Exercise 2 – Wall Presses.



Equipment

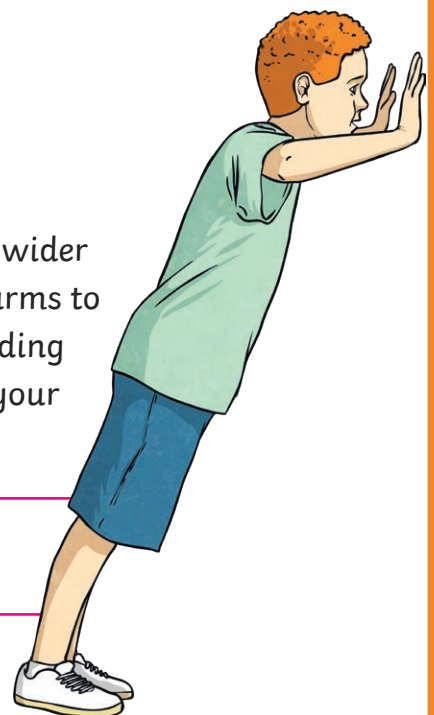
- Stopwatch or timers

Activity

- Set a stopwatch or timer for one minute each time you start an exercise. Rest for a count of 20 in-between each exercise.
- Stand in front of a wall and place your hands on the wall a bit wider than shoulder-width apart keeping them straight. Using your arms to support you, allow your body to move towards the wall by bending your elbows out and then straighten your arms again to push your body back up. Keep repeating the wall presses for one minute.

Move in a slow controlled manner. Make sure you do not hit your head against the wall.

Rest for 20 seconds and then do Exercise 3 – Row and Fly.





► Equipment

- Stopwatch or timers

► Activity

- Set a stopwatch or timer for one minute each time you start an exercise. Rest for a count of 20 in-between each exercise.
- Stand with feet about hip-width apart. Bend your knees and lean forwards slightly, keeping your back flat. Put your arms out and down in front of you. Clench your fists. Pull both hands up towards your body so your elbows bend out to the sides (as if you were rowing a boat), then push them down again.
- Next, lift your arms straight out to the sides as if you were a bird taking flight and then lower them back down.
- Keep alternating between rowing and flying for one minute.

Try holding light weights in your hands to make this more difficult, e.g. quoits or beanbags.

Rest for 20 seconds. Now repeat exercise 1, 2 and 3 twice more (x2).

