

Strong & Steady

ADVANCED EXERCISES TO SUPPORT YOUR HEALTH & WELLBEING

Advanced
6in6
6 exercises 6 times a week

Try these activities to help improve your strength and balance. Get on your feet and give them a go. Start with twice a week and build up to 6.



Knee Raises

Standing tall, raise one leg (knee to hip height) and reach up with the hand on the opposite side. Lower your arm and leg and repeat on the opposite side. REPEAT 10 TIMES ON EACH SIDE. To focus on balance perform movements slowly, for cardio complete movements faster.



Heel Raises

Stand tall, placing hands on a sturdy surface. Raise one foot off the floor. Lift the heel of your standing foot off the floor, moving your weight onto the big toe. Hold for 3-6 seconds then slowly lower. REPEAT 10 TIMES ON EACH SIDE. For added balance do not use the chair. Have both feet on the floor for a slightly easier option.



Squat

Stand with feet shoulder width apart. Keep your chest facing forwards, push your bottom backwards and bend your knees, lowering yourself towards the floor. Keep your knees behind the line of your toes. Lower yourself as far as is comfortable before rising. REPEAT 10 TIMES.



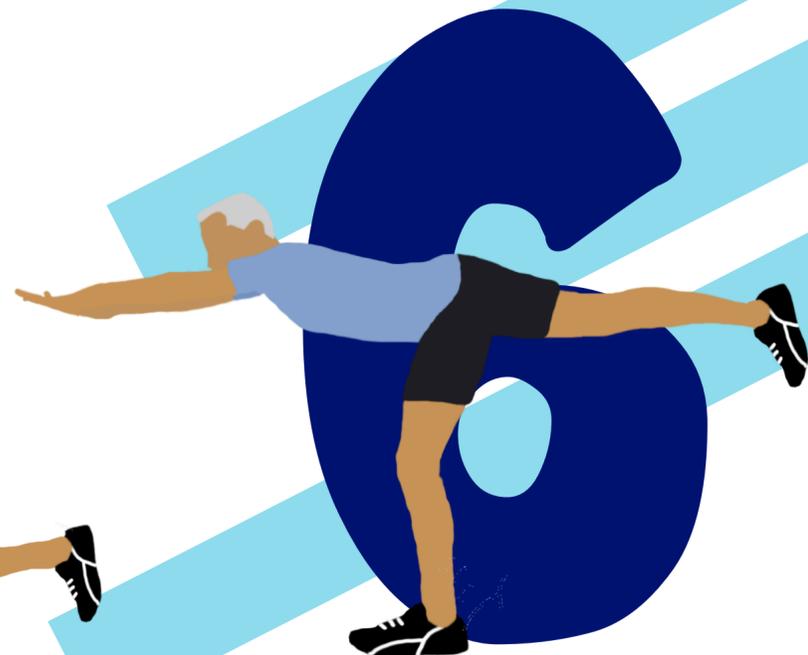
Press Up

Place your hands against the sofa, kitchen worktop or wall and slowly lean forwards. Bend your elbows slowly lowering your chest towards the sofa. Try to maintain a straight line from your heels to head. Having lowered as far as comfortable push yourself back up. REPEAT 10 TIMES.



Lunge

Place one hand on a sturdy surface. Take a large step forward (keep feet hip width apart). Bend your front knee and lower your back knee towards the floor until it almost touches the floor or as far as comfortable. Torso stays straight. Rise back to standing by pushing off your front leg. REPEAT 8-10 TIMES ON EACH LEG.



Arabesque

Stand tall. Begin to lean forward, moving one leg backwards until your chest is parallel with the floor and your leg straight behind you. Place your hands on a secure surface to the side (e.g. kitchen side). To increase difficulty stretch both arms forwards. Hold for 6-8 seconds. REPEAT 3 TIMES ON EACH SIDE.



- MAKE SURE YOUR SUPPORT IS STURDY
- STOP EXERCISING IF YOU EXPERIENCE CHEST PAIN, SEVERE SHORTNESS OF BREATH OR DIZZINESS, THEN CALL YOUR GP, 111 OR IN AN EMERGENCY 999.
- WEAR SUPPORTIVE SHOES
- A SLIGHT SORENESS THE FOLLOWING DAY IS QUITE NORMAL