

Exercises for Adults



Before you Exercise

Disclaimer

If you are returning to exercise after a break then start with short sessions.

10-15minutes maximum.



Add 5minutes to each exercise session

Every 2-4 weeks.



Gradually build up to being active 30minutes a day

5 days a week.



Contact your doctor first if you have any concerns about exercising.



Exercise for Adults

Balance on One Leg

1. Hold on to the chair and lift your foot off the floor.



2. To make it harder you can hold onto the wall instead.



3. Try to balance with no support with your hands on your hips.



Key Points

1. Keep your head up and look forward.
2. Engage your core .
3. Hold for 10 seconds.

Exercise for Adults

Heel Toe Walking

1. Stand upright with your shoulder and head facing forward.



2. Place right foot in front of left foot with your heel of left foot touching toe of right foot.



3. Repeat the heel to toe movement.



Key Points

1. Stand tall and look forward.
2. Walk in a straight line.
3. Hold onto a chair if needed.

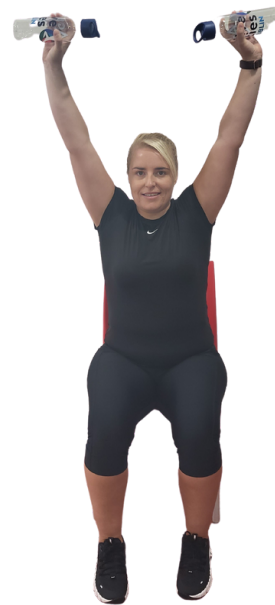
Exercise for Adults

Shoulder Press

1. Hold two bottles beside your shoulders.



2. Push the bottles towards the ceiling.



3. Slowly bring the bottles back to the starting position.



Key Points

1. Keep your back straight.
2. Inhale and lightly hold your core.
3. Exhale and press the bottles up with straight arms.

Exercise for Adults

Bicep Curls

1. Standing or sitting holding two bottles turn your palms upwards.



2. Curl the water bottles towards your shoulders.



3. Bring your arms down slowly to the starting position.



Key Points

1. Keep your elbows close to your sides.
2. Keep your chest up and look forward.
3. Keep your back straight, and engage your core.

Exercise for Adults

Frontal Raise

1. Start with the two bottles at the front of your legs.



2. Extend your arms up to your shoulders, with palms facing down and hold.



3. Slowly bring the bottles back to the starting position.



Key Points

1. Push your hands up and away from your body.
2. Pause for a second when the bottles get to shoulder height.
3. Lower your arms down slow and controlled.

Exercise for Adults

Lateral Raise

1. Hold two bottles down by your sides.



2. Extend your arms up to your shoulders and hold for a second.



3. Slowly bring the bottles back to the starting position.



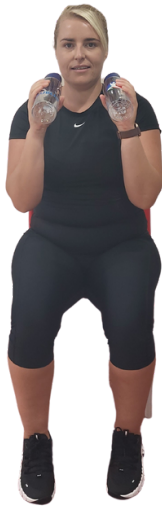
Key Points

1. Push your hands away from your body.
2. Pause for a second when the bottles get to shoulder height.
3. Lower your arms down slow and controlled, don't swing the arms.

Exercise for Adults

Air Punches

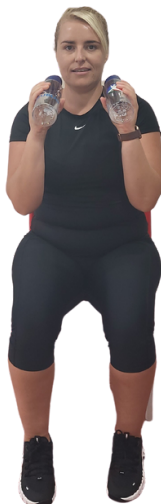
1. Start with the two bottles beside your ears, palms facing in.



2. Extend and push towards the ceiling.



3. Bring the bottle back to the starting position and push up with the other arm.



Key Points

1. Keep your elbows tucked in .
2. Extend one arm up at a time.
3. Engage your core and keep your back straight.

Exercise for Adults

Reach and Grab

1. Place two bottles on each side of a chair.



2. Staying sitting and reach and grab the bottle on the opposite side.



3. Repeat on the other side.



Key Points

1. Keep your bottom on the chair.
2. Slowly reach across to the opposite side of your body.
3. Return back to the centre each time.

Exercise for Adults

Side Step

1. Sitting or standing face forward and keep your back straight.



2. While keeping right leg straight and pointing forwards, lift the right leg slowly out to the side.



3. Return to starting position and repeat using other leg.



Key Points

1. Keep your feet together and knees slightly bent.
2. Step sideways moving one foot to the side.
3. Bring the foot back to the centre and repeat with the opposite side.



Exercise for Adults

Sit to Stand

1. Sit in a chair and look forward. Bring your feet behind your knees.



2. Lean forwards bringing your head over your knees stand up from the chair, use support if needed.



3. Sit back down and repeat.



Key Points

1. Keep your back straight.
2. Lean forward and press your heels into the floor.
3. Lift your head up to straighten your hips .

Exercise for Adults

Heel Raises

1. Using the back of a chair for support, stand up straight and face forward.



2. Hold the back of a chair and lift your heels off the ground.



3. Bring your heels back down to the floor and repeat.



Key Points

1. Keep your back straight.
2. Don't lock your knees.
3. Stop the exercise if your muscle cramps.

Exercise for Adults

Toe Raises

1. Using the back of a chair for support, stand up straight and face forward.



2. Hold the back of a chair and lift your both toes off the ground.



3. Bring your toes back down to the floor and repeat



Key Points

1. Keep your back straight.
2. Don't lock your knees.
3. Stop the exercise if your muscle cramps.

Exercise for Adults

Leg Extension

1. Sit in an upright position, Look forward with your core engaged.



2. Straighten your leg fully and bring your toes upwards Bring the leg back down, and repeat with the opposite leg.



3. Progression - straighten both legs together, bring both legs back down together.



Key Points

1. Keep your back straight.
2. Engage your core.
3. Exhale on the way up.
4. Point toes towards the ceiling.
5. Face and look forward.

Exercise for Adults

Squat

1. Stand with your feet shoulder width apart.



2. Bring your hips back and drop your bottom downwards to a 90 degree angle.



3. Push your feet into the ground to stand back up straight.



Key Points

1. Push your hips backwards.
2. Imagine you are going to sit down onto a chair.
3. push knees slightly outwards.

**This document was created
by the Activity Hub &
Sports and Leisure
Department:**

**Leanne Walsh -
Community, Sport and
Physical Activity Manager
Dylan Casey - Online
Activity Hub Coordinator**

For more information on
individual exercise
programmes, contact:
leanne.walsh@smh.ie

