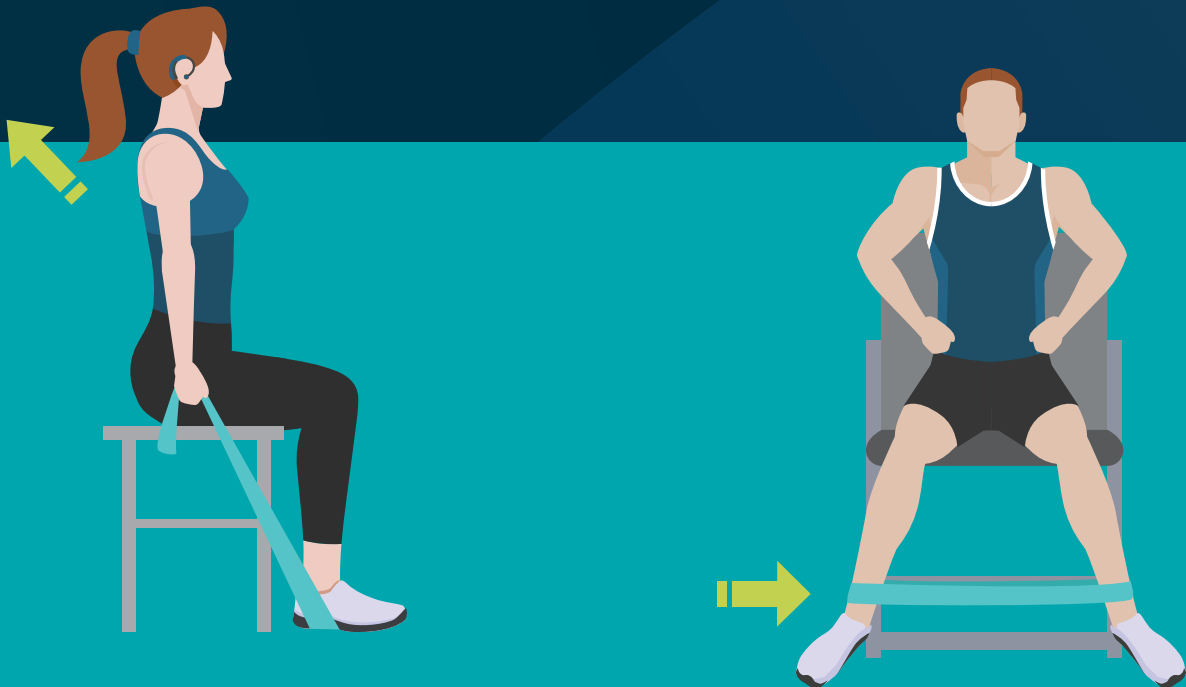


Exercise Circuit

Strength Circuit 1

Perform each exercise for 30 seconds. Repeat 4 times.
All exercises can be completed seated or standing and with or without the suggested resistance bands.

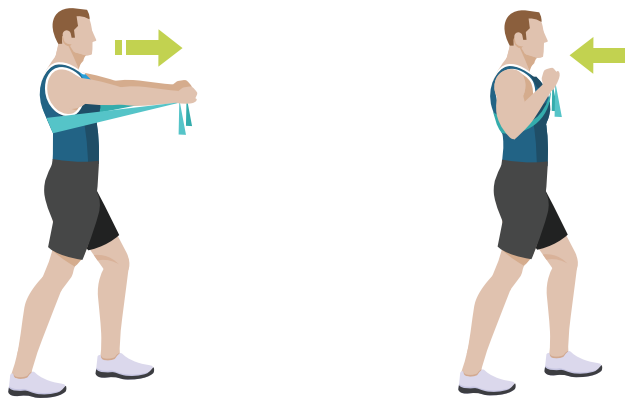
Alternatives for resistance bands can be wrist & ankle weights or 500ml water bottles. We recommended that you start off light and gradually increase your weight/resistance as you progress in the exercise movements.



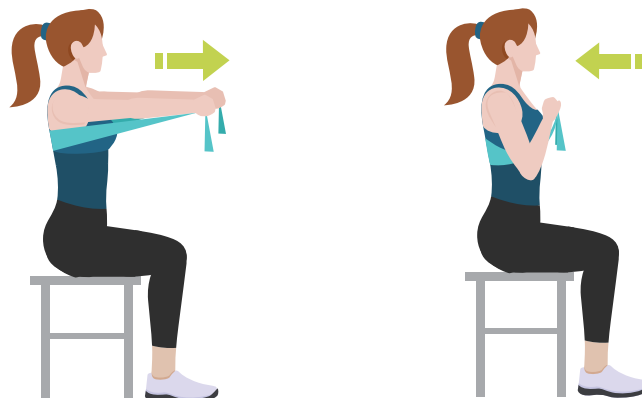
Standing

Resistance Band Chest Press

Anchor the band behind you at shoulder height
Tuck your arms and elbows close to your sides to start. With your hands facing out, push your arms straight out from chest level. Slowly bring your arms back ensuring you keep your elbows tucked into your sides.



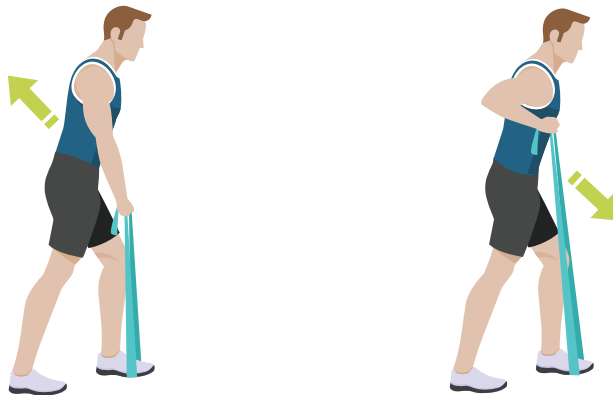
Seated



Standing

Resistance Band Row

Secure the band under your feet or wheelchair base. Extend your arms down toward your feet with your back straight and slightly bent forward. With hands facing in, squeeze your shoulder blades together and slowly pull the resistance band toward your rib. Slowly bring your arms back to the starting position.



Seated



Standing

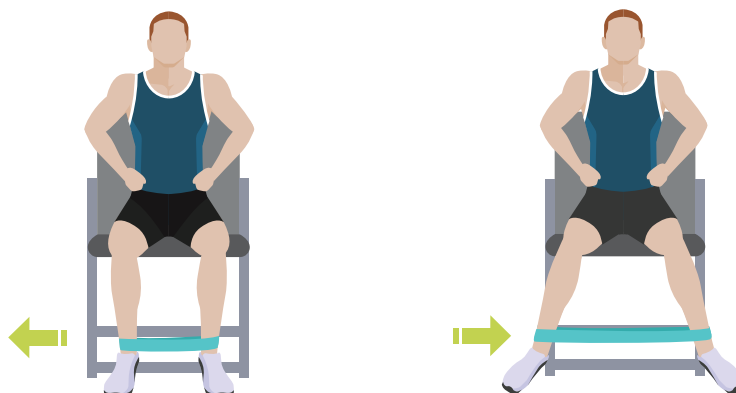
Resistance Band Hip Abduction

In a standing position loop the band around your mid – calf and tie both ends. In a seated position wrap the resistance band around your lower calf and tie ends together.

Keep your feet shoulder-width apart and your knees slightly bent. You can place your hands on your hips for extra balance. Step one leg out to the side away from your body while keeping your feet parallel to each other. Slowly return the leg to starting position and repeat on the other side. If you have limited leg mobility this can be completed by placing the band around your feet and pointing your toes outwards and back to centre.



Seated

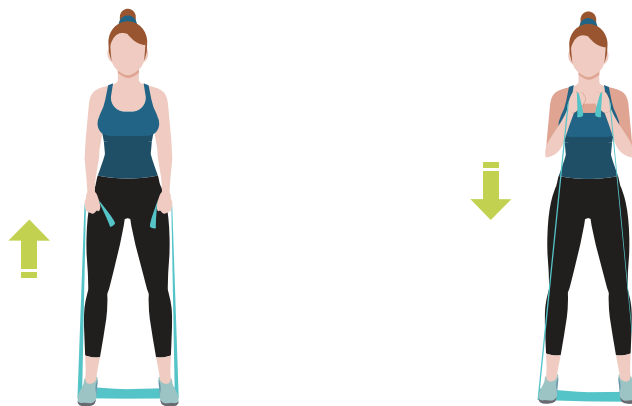


Standing

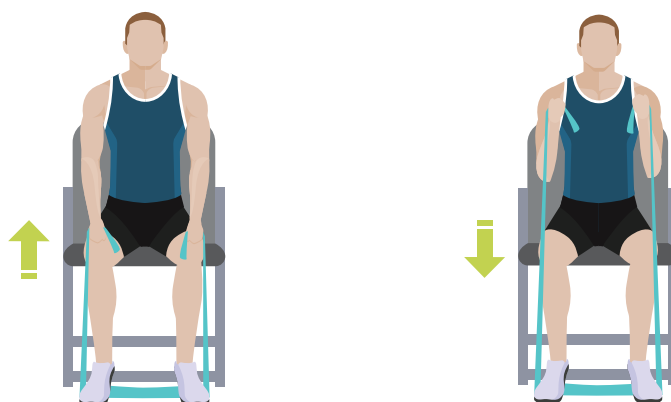
Resistance Band Bicep Curl

Split stance secure the band under your front foot or wheelchair base.

Standing in split stance for optimal balance, keep your elbows tucked into your sides. Bend your elbows and raise your hands to your shoulders while keeping your hands facing up. Slowly lower your hands to hip level.



Seated

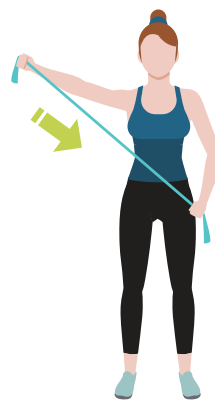
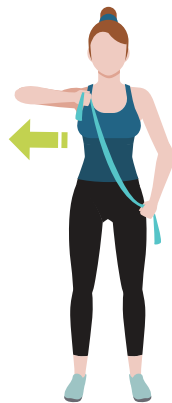


Standing

Resistance Band Diagonal Pulls

Hold the band with both hands. One hand should be at shoulder height with your elbow facing down and the other hand holding the band in a slightly lower position.

Keep with your feet shoulder-width apart. Pull band apart in diagonal direction. Keep arms straight during the movement. Return to start and repeat 5 times before swapping to the other side.



Seated

