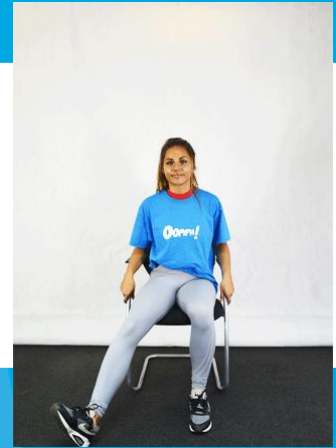
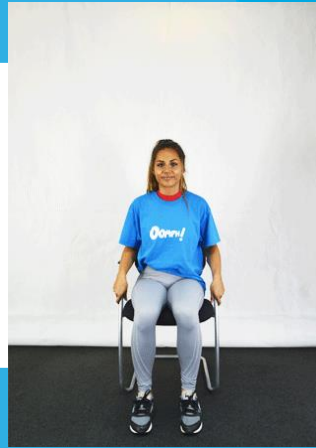


Stage 1 (Regain) Exercises

Stretch and Flex movements

Repeat this section twice

Oomph!
A full life for life



Single Arm Reach Out **8 on each arm**

Reach forward with one arm, as far as feels comfortable, and return back to the centre. Do this 8 times, then repeat with the other arm.

Diagonal Leg Stretch **3 times on each leg**

Lift your leg up and stretch it out diagonally away from you. Focus on holding at the end point before returning back to centre.



Shoulder Tap Reach down **10 times**

Cross the arms and tap the shoulders, then extend the arms out beside your body.

Ankle Rotation **5 times on each foot**

Sitting upright in your chair, lift one foot and start to slowly rotate in one direction. Do this on each foot.

Guidance notes:

- Slow and controlled movements

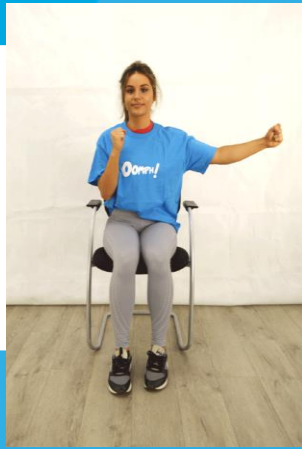
Created in
collaboration with



Stage 1 (Regain) Exercises

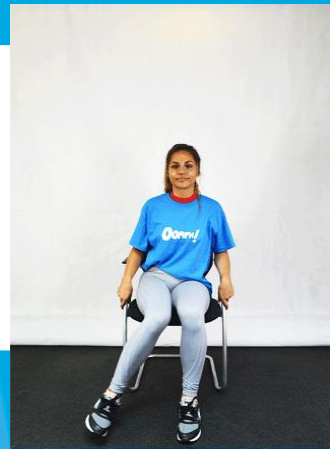
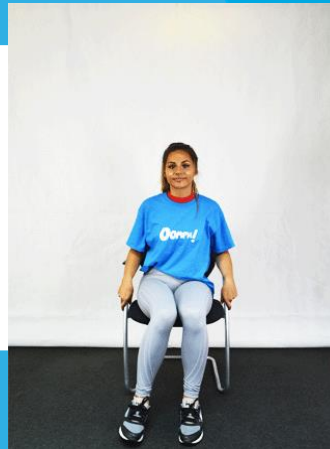
Strength movements combined

Repeat this section twice



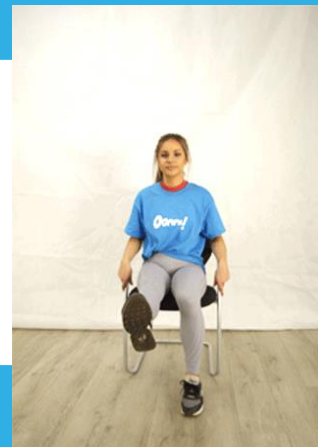
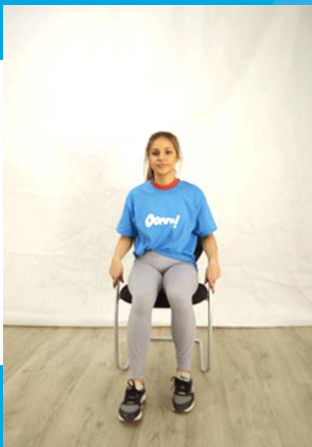
Side Reaches **8 each side**

Start with both arms up as if you were going to start boxing. Stretch one arm out to the side and return to the centre of your body. Repeat on the other arm.



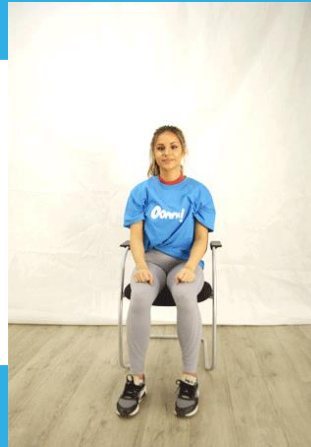
Side Steps **8 on each leg**

Start with both feet flat. Step one out to the side and return to the centre. Repeat on the other leg.



Single Leg Kicks **8 on each leg**

Sitting upright, kick one leg out forwards, straight in front of you, then return to centre. Repeat on the other leg.



Double Arm Reach Ups **8 times**

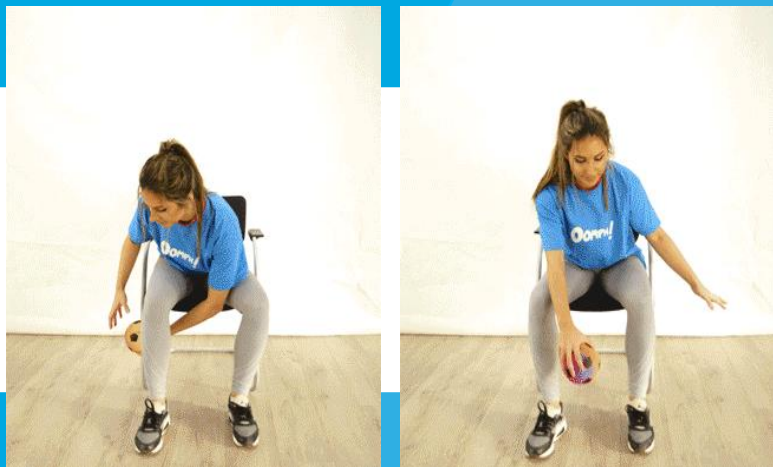
Reach both arms above your head and return to your knees.

If you found that easy, try to put the movements together. So the arms and legs move together - one side at a time.

Guidance notes:

- Move to where feels comfortable, focusing on the end point as a hold.

Coordination movements



Pass Through *Alternate each side*

Pass a small object through your legs, making a figure of 8 shape. This can be done with a ball of socks or any 'easy to grab' object.

Brain aerobics

Touch your nose with your right hand, and cross your left hand over to touch your right ear. Swap them over. When this is done correctly it creates an overlapping technique. See if you can gradually get quicker!

Soft cardio movements

Body scan

Tap each joint, from the bottom of your body (ankles) to top (above head) and back down. Begin with tapping the ankles, knees, shoulders and finishing with a double arm reach up. Then making your way back down the body. Start slow and see how fast you can repeat this - up to 5 times.



Guidance notes:

- You may notice your heart rate increase - this is normal.