

HOME EXERCISE – Strength and Balance 1

Warm up

Walking or marching on the spot – 5 minutes

Walk



March

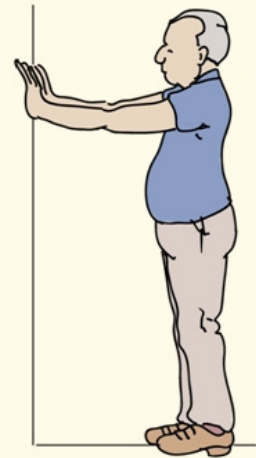
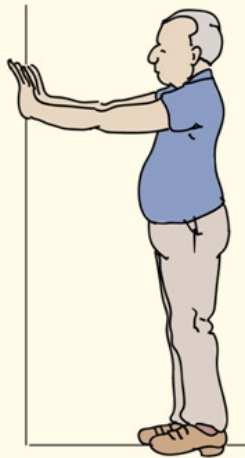


Arms

Upper arm muscles (Biceps)



Wall push ups



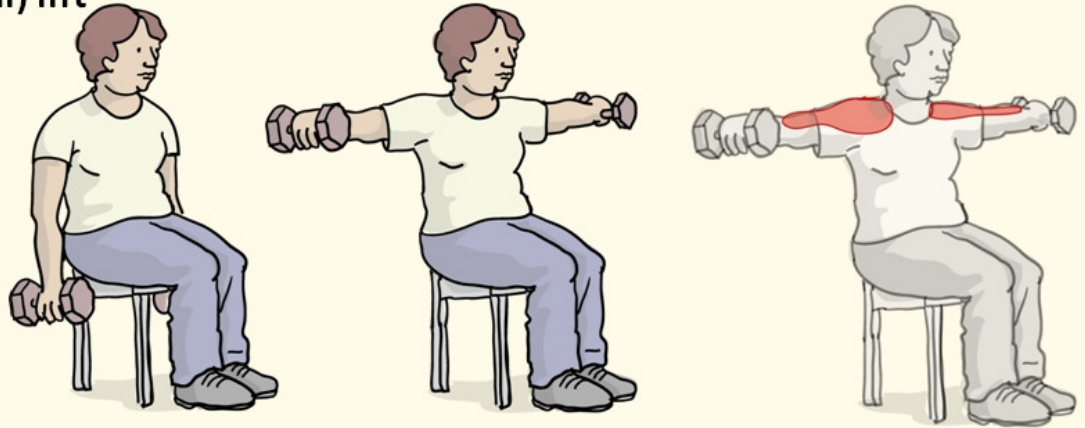
Upright row



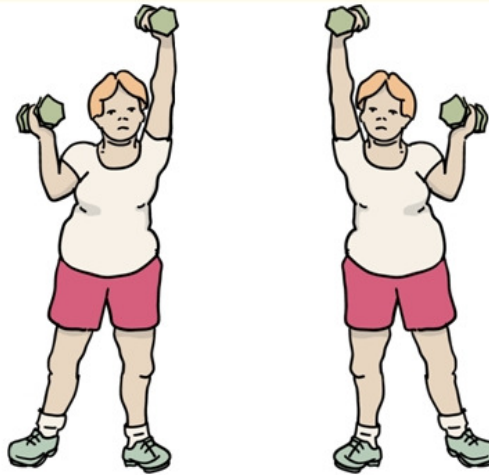
HOME EXERCISE – Strength and Balance 2

Arms

Arms (Lateral) lift

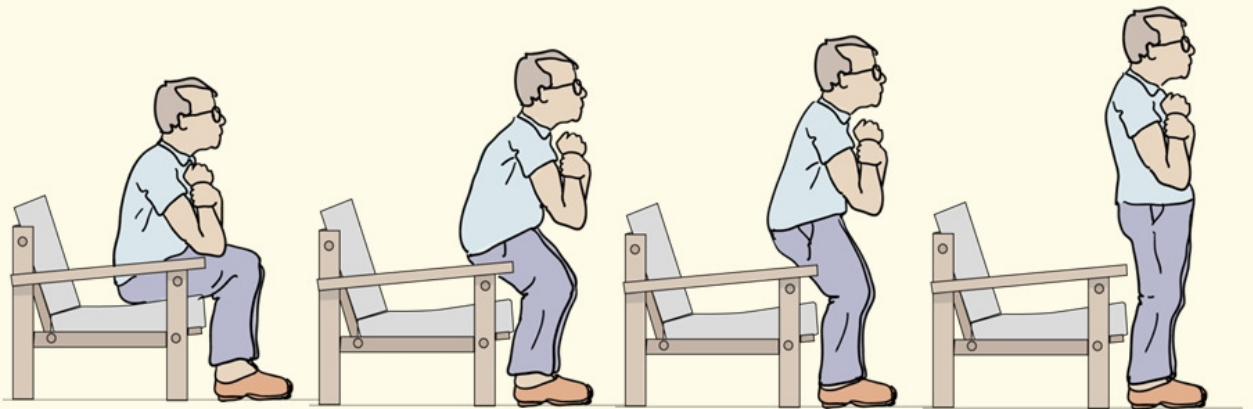


Shoulder press



Legs

Sit & stand



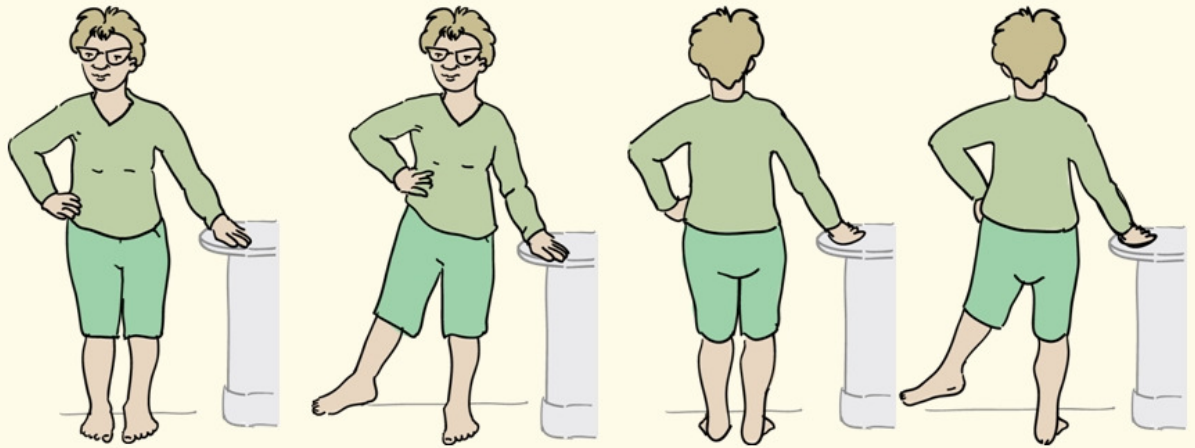
Calf raise (Use 2 legs)



HOME EXERCISE – Strength and Balance 3

Legs

Leg out to side

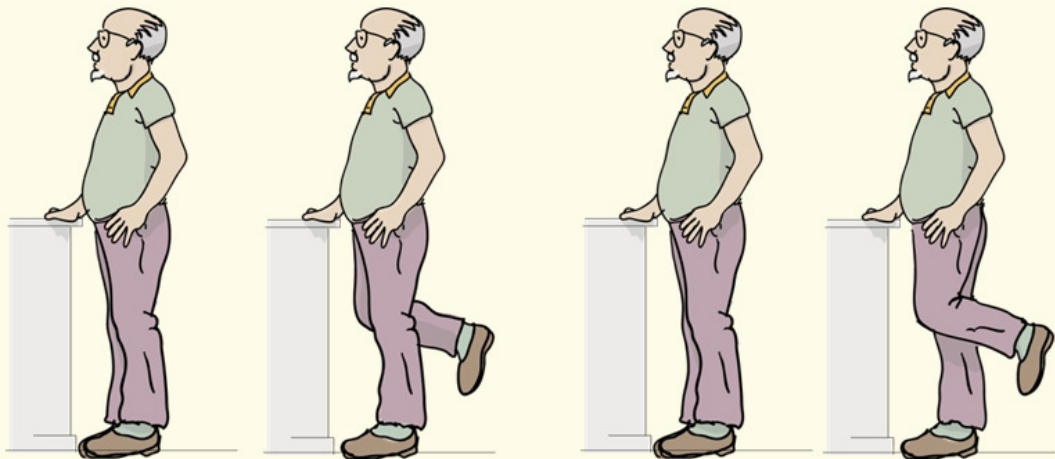


Leg out behind



Balance

Standing on 1 leg



There is no need to print the following page when printing and using this resource
Health Professional Facilitator Information

You must use your own professional judgement when using this resource

Purpose of resource:

To promote physical activity

Target group:

This resource is designed to be used by Australians adults & adolescents.

Notes:

This resource is designed to be printed A3 size and then laminated.

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