

BODY

ZONE



Home Exercises

14 exercises to try at home +
cool down stretches



WHATEVER
YOU'RE INTO,
GET INTO
BEAU SEJOUR



BEAU SEJOUR
LEISURE CENTRE

Keep moving.

Warm up

1 – Gentle Pulse Raising

Five minutes of continuous movement, including walking, toe taps in front, toe taps to the side, step side to side, heel press in front, knee raises with opposite hand touches.

2 – Mobility

Follow some of the exercises listed in the main part of the section. Start by moving joints through a small range of movement and gradually increase to bigger moves. Other options include head rotations, body rotations, shoulder rolls forwards/backwards, swimming arms (breaststroke, front crawl, and backstroke).

3 – Increased Pulse Raising

Repeat the pulse raising section for a further 5 – 10 minutes as before, but perform the exercises a little faster.

Main section

Perform one minute of the following exercises, alternating between aerobic and strength exercises.

1 - Aerobic Exercise - Side step left to right - 1min



2 - Strength exercise - Bicep curls - 15 reps



ALTERNATE
ARMS

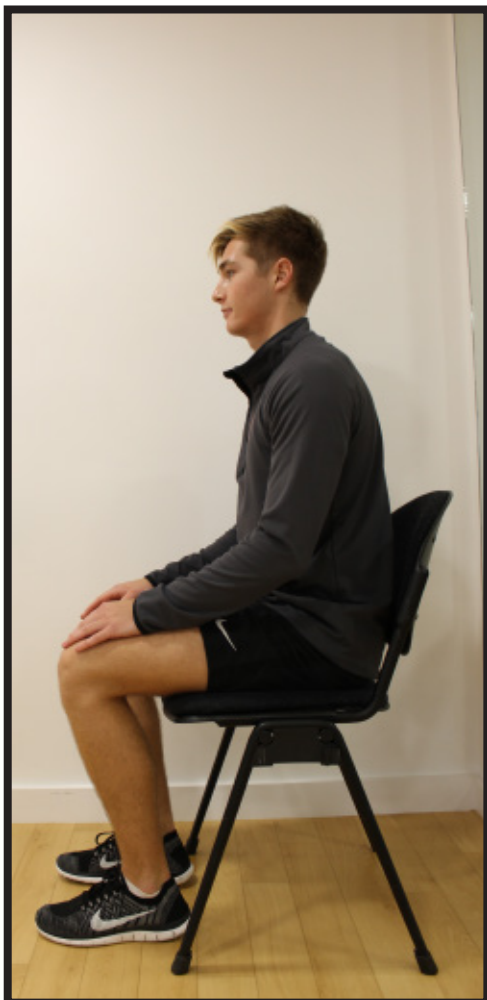
3 - Aerobic exercise - Toe taps - 1min



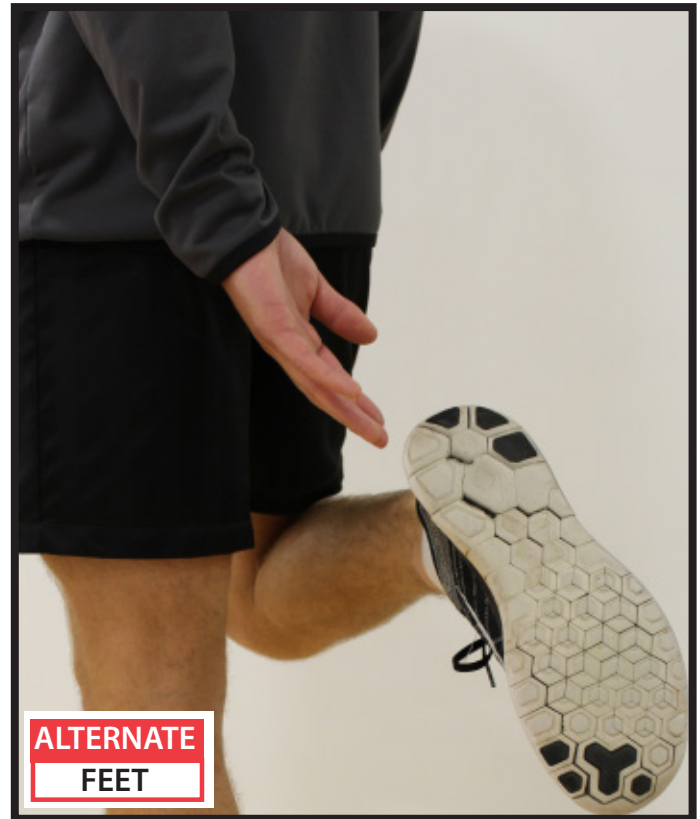
ALTERNATE
FEET



4 - Strength Exercise - Sit to stand - 15 reps



5 - Aerobic exercise - Hamstring curl - 1min



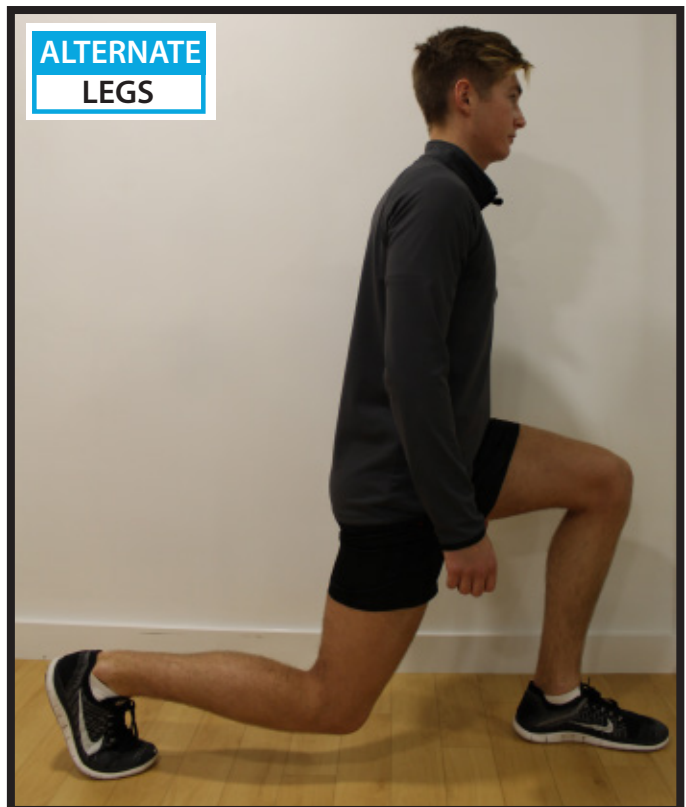
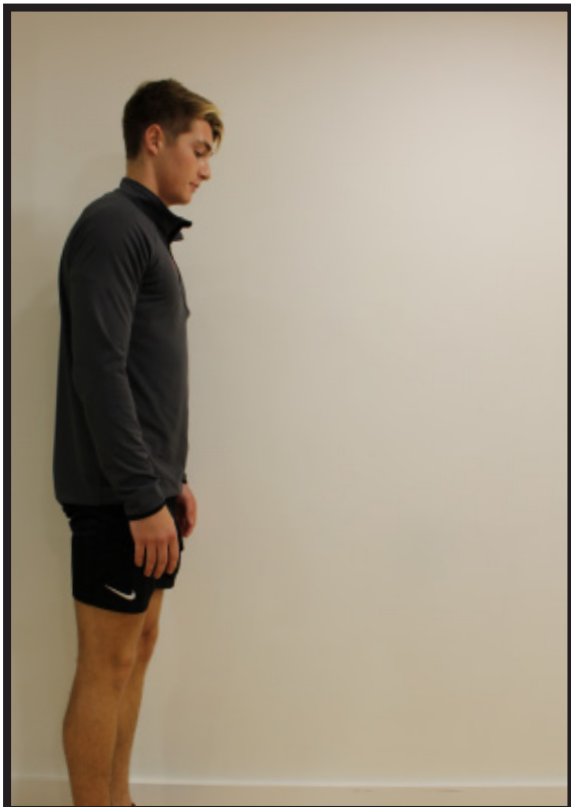
6 - Strength exercise - Upright row - 15 reps



7 - Aerobic Exercise - Step ups - 1min



8 - Strength exercise - Lunge forward - 15 reps



9 - Aerobic exercise - Step kick - 1min



10 - Strength Exercise - Lateral raise - 15 reps



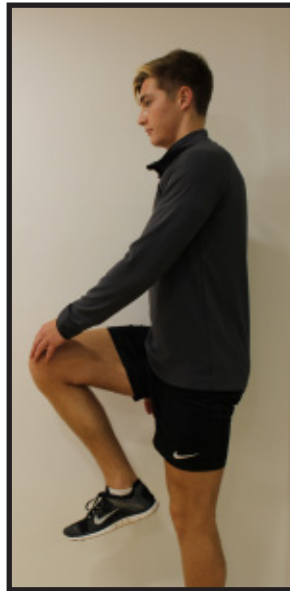
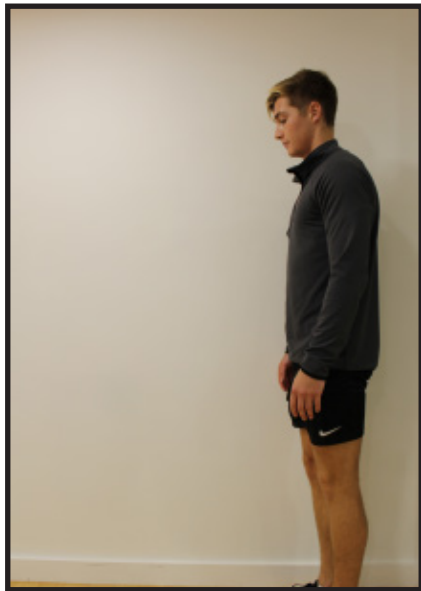
11 - Aerobic exercise - Heel digs - 1min



12 - Stength exercise - Leg raise - 15 reps

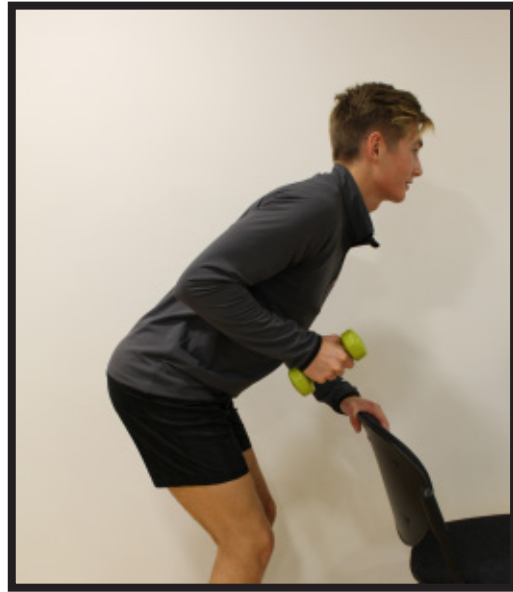


13 - Aerobic Exercise - Knee lift - 1min



ALTERNATE
LEGS

14 - Strength exercise - Triceps kickback - 15 reps



ALTERNATE
ARMS

You can use tin cans as weights for the strength exercises

Walk briskly for up to 5 minutes as part of the circuit.

Tips for progressions:

- All progressions should be gradual & made over a period of time
- Only try to add a single progression at a time

Possible progressions:

- Increase the duration of the aerobic exercises to two minutes
- Repeat more circuits
- Reduce the rest period between exercises

Cool down and stretch

Spend 10 – 15 minutes walking slowly. You can repeat exercises from the warm up but repeat more slowly.

Perform the following stretches, remembering you can do them seated if preferred.

Try to repeat the session two to three times a week and ensure you are physically active on the days you do not complete this exercise session. Examples include walking and gardening.



Tel 225200 to book



Beau Sejour Leisure Centre



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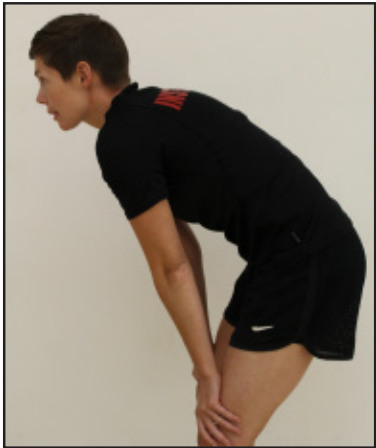
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Cool down stretches



Deltoids (back of arm)

- Knees soft
- Push arm across body
- Keep hand away from elbow joint



Lower back

- Knees bent
- Hands on thighs
- Arch back, drop head

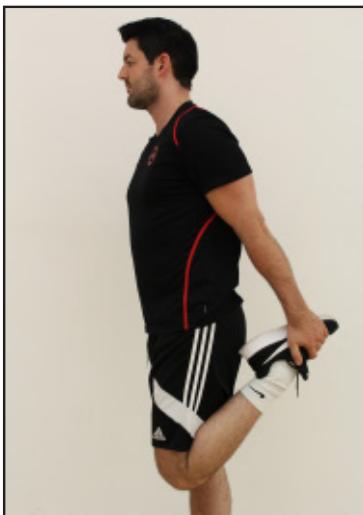


Pectorals (chest)

- Knees soft
- Clasp fingers behind the back
- Squeeze elbows up & together

Hamstring

- Back leg bent, hands on bent leg
- Back straight
- Take weight towards the floor
- Push bottom back



Quadriceps

- Supporting knee soft
- Tilt hips forward
- Hold ankle of bent leg, knees together
- Heel away from bottom



Gastrocnemius

- Back straight
- Both feet face forward
- Take back leg further back to increase stretch



Triceps (upper arm)

- Knees soft
- Hand between shoulder blades
- Keep neck straight
- Push elbow down back



Upper back

- Knees soft
- Clasp fingers
- Drop head
- Push fingers away from the body



Adductor

- Both feet wide apart
- Knee over toes on bent leg
- Squeeze down to floor