

BODY

ZONE

Seated Home Exercises

WHATEVER
YOU'RE INTO,
GET INTO
BEAU SEJOUR



BEAU SEJOUR
LEISURE CENTRE

Keep moving.

Main section

Perform the following exercises,

- You can use tin cans as weights for the strength exercises
- You can use a cushion or pillow if you do not have a soft ball.

1 - Arm Swings - 30 seconds - slowly



ALTERNATE
ARMS

2 - Arm Pushes - 30 seconds - slowly



ALTERNATE
ARMS



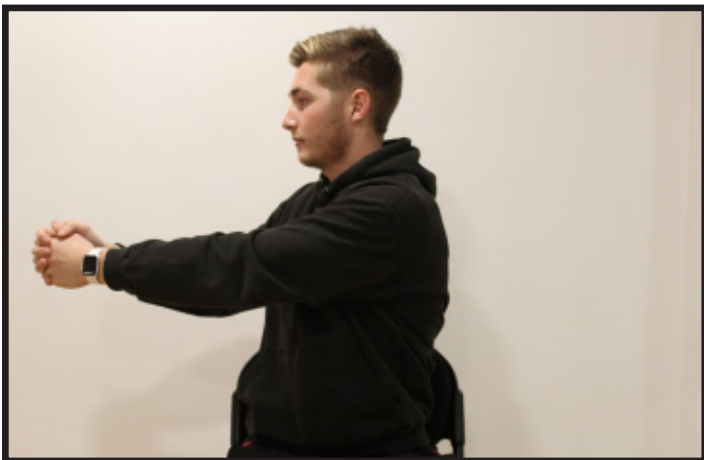
3 - Breaststroke Arms - 30 seconds - slowly



4 - Head Rotations (left and right) - 2 each side



5 - Arm/ body rotations - 2 each side



6 - Boxing - 60 seconds - can include arms to follow feet if you want



ALTERNATE
ARMS



7 - Toe taps - 60 seconds - can include arms to follow feet if you



ALTERNATE
FEET

8 - Side Toe taps - 60 seconds - can include arms to follow feet



9 - High knees - 60 seconds

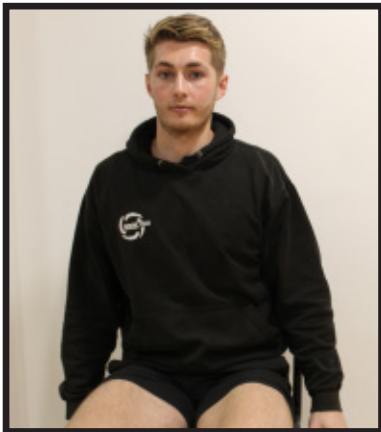


10 - Step Kick - 60 seconds



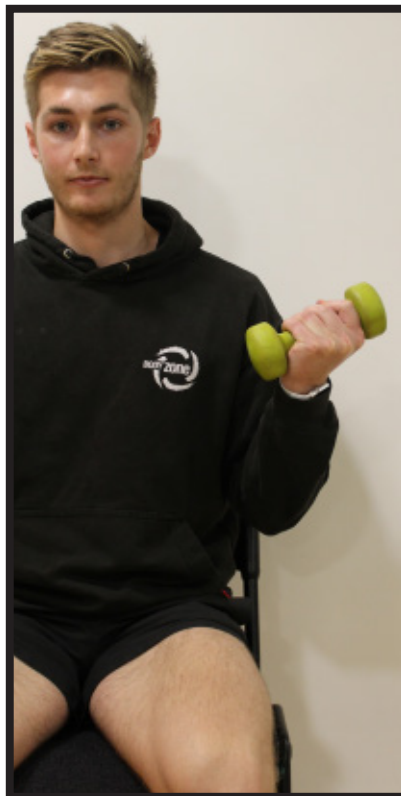
ALTERNATE
FEET

11 - Lateral Raises - 10 reps



Fancy an extra challenge?
Try raising both arms at the
same time

12 - Bicep Curls - 10 reps



Fancy an extra challenge?
Try raising both arms at the same time

13 - Rotator cuff exercise - 10 reps each arm



ALTERNATE
ARMS

14 - Rotator Cuff Exercise 2 - 10 reps each arm



15 - Triceps Kickback - 10 reps each arm



ALTERNATE
ARMS



16 - Frontal Raises - 10 reps



17 - Leg Extensions - Knee lift - 1min



18 - Knee Squeeze - 10 reps



19 - Heel digs and bicep curls - 30 seconds - slowly



20 - Walking on the spot - 30 seconds - slowly



21 - Head up and down - 2 up and 2 down - slowly



21 - Head side to side - 2 up and 2 down - slowly



23 - Shoulder Stretch - 15-30 seconds each side



24 - Back Stretch - hold for 15-30 seconds



25 - Chest Stretch - hold for 15-30 seconds



26 - Quadriceps Stretch

15-30 seconds each



27 - Hamstring Stretch

15-30 seconds each



Possible progressions:

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

Tips for progressions:

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



Tel 225200 to book



Beau Sejour Leisure Centre



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