

Strong & Steady

EXERCISES TO SUPPORT YOUR
HEALTH, WELLBEING AND STRENGTH

Strength
6in6
exercises to support the
6in6 programme.

Try these activities to help improve
your bone and muscle strength. Try
to complete these 6 exercises two
to three times a week combined
with other exercises.



Seated Row

Sitting in the front half of your chair with the band around both feet, pull the band towards you pushing your elbows backwards as far as comfortable. Squeeze your shoulder blades together keeping your shoulders down. Slowly move your arms back to the start. REPEAT 8-10 TIMES.



Side Raises

Sit in the front half of the chair, the middle of the band beneath your feet and one end of the band in each hand (hands down by your side). Keeping a slight bend at the elbow, raise your arms and the band towards shoulder height, or as far as comfortable. Slowly lower your arms back to your side. REPEAT 8-10 TIMES.



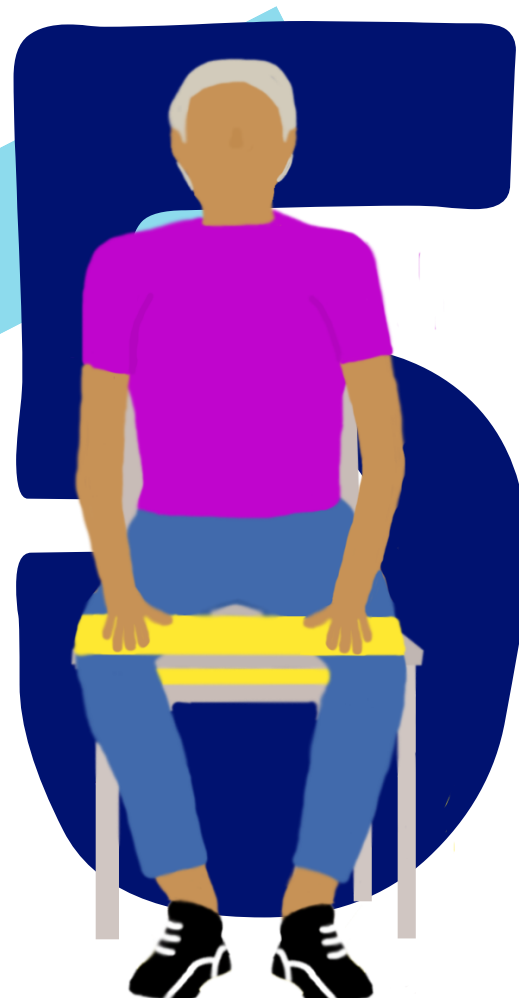
Bicep Curls

Sit in the front half of your chair, the middle of the band beneath your feet and one end of the band in each hand (hands down by your side). Keeping your elbows tucked into your side, bring your hands towards your shoulders (like taking a drink). Slowly lower your arms back down to your side. REPEAT 8-10 TIMES.



Leg Extension

Sitting tall place one foot in the centre of the band and hold one end of the band in each hand. Raise your knee (band side) and tuck your hands into your hips. Hold your hands at your hips, drive your foot forward (leg extended) then return back to the start. REPEAT 8-10 TIMES ON EACH LEG.



Outer Thigh

Sitting tall with feet and knees together, wrap the band around your lap. Place your hands on your lap to secure the band. Walk your feet apart until hip width. Move your knees apart (feet flat on the floor), stretching the band, before slowly returning back to the starting position but don't let your knees touch. REPEAT 8-10 TIMES.



Chest Press

Sitting in the back of your chair, pass the band around the back rest and hold one end of the band in each hand. Start with your hands at your chest and elbows at shoulder height, then push your hands forwards, extending your arms (do not fully extend). Bring your hands back towards your chest. REPEAT 8-10 TIMES.



- MAKE SURE YOUR SUPPORT IS STURDY
- STOP EXERCISING IF YOU EXPERIENCE CHEST PAIN, SEVERE SHORTNESS OF BREATH OR DIZZINESS, THEN CALL YOUR GP, 111 OR IN AN EMERGENCY 999.
- WEAR SUPPORTIVE SHOES
- A SLIGHT SORENESS THE FOLLOWING DAY IS QUITE NORMAL