**Exercise Sheet - Week 1**

**Seated Marching**

* Lift alternative legs
* At a speed that is comfortable for you
* Imagine walking along at a brisk space
* ****Continue for about 20 – 30 second

**shoulder Lifts and Roll**

* Start by lifting your shoulders
* Now gently roll them back and bring them down
* Repeat 5-6 times
* ****Imagine you are drawing a circle with your shoulders

**Side Bends**

* Gently bend to one side
* Keep your head and neck in line with spine
* Return to centre and repeat on the other side
* Repeat 5 – 6 times

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**Ankle Activator**

* Place your heal on the floor with your toes pointing up
* Now try to put toes on the same spot and lift your heel
* Repeat 5-6 times

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**Trunk Twists**

* Slowly turn your upper body and head to one side
* Return to the centre
* Pause for a second
* Repeat to the other side
* Repeat 5-6 times

**Seated Marching with Arms**

* Lift alternate legs
* Continuously swing arms forward and back
* Preform at a speed comfortable for you
* Continue for about 20-30 seconds