**Exercise Sheet - Week 2**

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**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

**Canoeing**

* Interlace your fingers or clasp your hands
* Alternatively, you can imagine holding an oar
* Row from side to side
* Preform at a pace comfortable for you
* Remember to keep your body upright
* Continue for about 20-30 second

**Back of Thigh Stretch**

Sitting forwards on your chair if you feel unsteady hold onto the sides f the chair

****Slide one foot away from you until your leg is as straight as possible and your heel resting on the floor

* Keep your back strong and lean forwards
* Bend from your hip
* Support yourself on your opposite thigh
* Hold for 8-10 seconds on each leg
* Repeat on both legs

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**Chest Stretch**

Hold on to the back of the chair with both hands

Squeeze your shoulders together whilst keeping your back straight

* Hold for about 8-10 seconds
* Remember to breathe
* Count out loud if it helps

****You should feel the stretch across your shoulders

**Calf Stretch**

Sitting forward on your chair if you feel unsteady hold onto the sides of the chair

Slide one foot away from you until your leg is as straight as possible and your heel is resting on the floor

* Pull your toes back towards your shin
* Lean slightly forwards
* Imagine pushing your heel away from you
* Hold for 6-8 seconds
* Repeat on both sides

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**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