**Exercise Sheet – Week 3**

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**Toe Taps**

* Tap your toes up and down
* Preform at a pace that is comfortable for you
* Continue for about 20 – 30 seconds

Imagine you are tapping your toes to a lively piece of music

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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

**Upper Back Strengthener**

* Hold band with your hands about 2 inches apart
* Palms facing upwards
* Lift the band a few inches in front of chest
* Pull band apart whilst keeping elbow against ribs
* ****Slowly return to start position
* Repeat 8-10 time

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**Wrist Strengthener**

* Roll Band up
* Use roll band to squeeze and rotate
* Imagine trying to open a jar that wont open
* Keep repeating rotating to both sides
* Keep shoulders relaxed and good posture
* Repeat 5-8 times

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**Sit to Stand**

* Lean forward
* Push into feet and drive up to standing
* Move back so legs contact chair
* Slowly lower to sitting
* Take your time
* Repeat 5-8 times

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**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