**Exercise Sheet – Week 4**

**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

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**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

**Thigh Strengthener**

* Place band under the ball of one foot
* Grasp the band with both hands at knee level
* Then pull back with both arms like rowing a boat
* Press your heel away from you until leg is straight
* Imagine you are putting the break on in your car
* Hold for 2-3 seconds then relax back to start
* Repeat 8-10 times on each leg

**Chest Strengthener**

* Place the band round your back and under your arms
* Hold the band as close to your chest as you can
* Keep your shoulders relaxed
* Push your hands out in front of you
* Now cross one hand over the other
* Hold for 2-3 seconds
* Then return to start position
* Repeat 8-10 times

**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

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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