**Exercise Sheet – Week 5**

**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

**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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**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



**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

**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 times

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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 a stretch across shoulders and chest