

Rehab 1 Class Exercises

Exercise 1: Sit to Stand



Sit on a chair.

Without using your hands, lean your body weight forwards and stand.

Sit back down slowly and with control.

+ To make this harder, place one foot slightly further forwards.

- To make this easier, increase the height of the chair using pillows.

Exercise 2: Heel Raise



Stand tall with your feet hip width apart and your weight even on both feet.

Hold on to a support if needed.

Raise up on to your toes, lifting your heels.

Lower your heels slowly and with control.

+ To make this harder, perform the movement on one leg.

- To make this easier, increase the weight you are putting through your hands.

Exercise 3: Hamstring Bridge



Lie on your back with your feet on a chair.

Push through your heels and lift your bottom off the floor.

Hold for 3 - 5 seconds.

Lower your bottom slowly and with control.

+ To make this harder, move yourself further away from the chair.

- To make this easier, move yourself closer to the chair.

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Exercise 4: Squat



Stand tall with your feet shoulder width apart and your weight even on both feet.

Squat down by sitting back and bring your arms forward.

Push back up through the heels, slowly and with control.

+ To make this harder, hold a weight in front of you.

- To make this easier, hold a chair for support.

Exercise 5: Step Up



Stand tall behind a step.

Place your whole foot on the step and step up.

Step down slowly and with control.

Alternate which foot steps up each time.

+ To make this harder, keep one foot on the step and squat down to touch the floor with the rear leg. Repeat slowly and with control.

- To make this easier, hold on to a hand rail or chair for support.

Exercise 6: Marching on the Spot



Stand tall with your feet hip width apart and your weight even on both feet.

March in place.

+ To make this harder, increase the speed of the march or the height of your knees.

- To make this easier, reduce the speed of the march or the height of your knees.

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Exercise 7: Bent Knee Heel Raise



Stand tall with your feet hip width apart and your weight even on both feet. Bend at the knees.

Hold on to a support if needed.

Raise up on to your toes, lifting your heels and lower slowly and with control.

+ To make this harder, perform the movement on one leg.

- To make this easier, increase the weight you are putting through your hands.

Perform each exercise for 1 minute.

Once you have completed all 7 exercises, you may rest for 2—3 minutes and then repeat the circuit if you are able to.

Exercise guidelines recommend that you should aim to do 150 minutes of moderate intensity exercise per week.

This is exercise which gets you warm and out of breath.

**** Participation Disclaimer ****

By performing any fitness programme without supervision, you are doing so at your own risk.

To reduce the risk of injury, you should check with your doctor or physiotherapist before beginning any fitness programme.