

# Cycling



## Set Up:

- Adjust the seat to the height of your hip bone
- tighten the lever/dial to make sure the seat is secure
- Commence cycling

## Description:

- Adjust the resistance give yourself more of a challenge

# Cross Trainer



## Set Up:

- Hold on and step up on to the cross trainer
- Move your arms and legs in sequence to start exercising

## Description:

- Adjust the resistance give yourself more of a challenge

# Trampette Marching



## Description:

- Get your balance and then start marching
- Make it harder by jogging
- Make it easier by standing on one leg, balancing and then standing on the other

# Sit to Stand



## Description:

- Sit on edge of bench
- Cross arms across chest
- Aim to stand using leg muscles and with control
- To make harder, lower bench
- To make even harder, add some weight

# Step and



## Description:

- Stand up straight facing a step with the thera-band behind your back and holding it in each hand, you can also use weights
- Bend your elbows so that your hands are just in front of your shoulders
- Step up ensuring your knee travels directly forwards over your toes
- Simultaneously straightening your arms directly up towards the ceiling
- Control the movement as you lower back down to the floor, leaving the same leg on the step.

# Lunge



## Description:

- Stand upright with your legs at shoulder-width apart and your hands on your hips with the fingers facing in towards your stomach.
- Take a medium sized pace forward and then enter into a lunge by lowering your body downwards using your legs.
- Allow the forward knee to bend until your thigh is parallel to the floor making sure you keep your back straight
- To make this easier, hold on to the bench (at your side) for support
- To make this harder, add a weight

# Heel Raises



## Description:

- Hold on to a solid object with your legs hips width apart
- Keeping your knees straight, rise up on to your toes, and control the movement as you lower back down
- Make this harder by doing single leg heel raises

# Superman



## Description:

- Start on all fours with your back in a neutral position and your knees under your hips with your hands under your shoulders
- Look down and extend one leg backwards.
- Make sure the leg is extended as far as possible and your leg and spine are aligned.
- Return to the starting position and repeat with the other leg



# Tandem Stance



## Description:

- Stand with one foot in front of the other.
- The toes of your back foot should just touch the heel of your front foot
- Spread your weight evenly across both feet
- Hold this position for as long as you can
- Swap your feet and repeat
- Make this harder by closing your eyes

# Backwards Walking



## Description:

- Stand up straight and ensure you have a clear route behind you
- Walk slowly backwards taking slightly larger steps than usual
- Aim to get your toes to touch the floor first with each step.

# Functional Station!



## Description:

- You and your physiotherapist will create an exercise specific to you to help you achieve your personal goals!