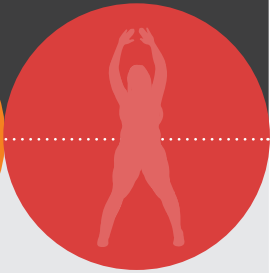
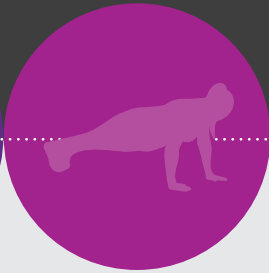
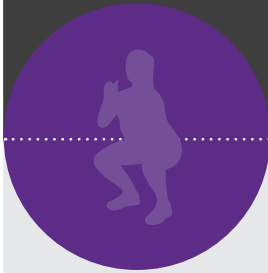


EXERCISE SUITABLE FOR PEOPLE 18 – 60



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SQUATS



- 1 **Stand straight with your toes facing the front and your feet hip-width apart**
- 2 **Slowly bend your knees and lower your hips as though you're about to sit on an invisible chair**
- 3 **Straighten back up to the starting position and repeat 10 times.**

Extra Support – Sit your bottom down onto the chair before returning to standing position

Progress – If you would like to make it a little harder, add light weights in your hands (such as soup cans or water bottles) or add a jump at the end of the movement when you straighten.

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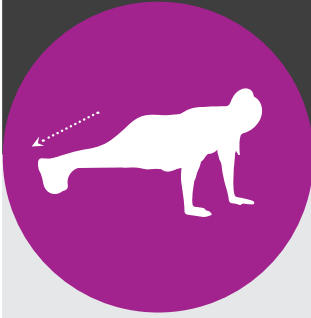
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MOUNTAIN CLIMBERS



- 1 **Put both hands and knees on the floor**
- 2 **Extend your legs in a high plank position, where your knees are no longer touching the floor**
- 3 **Drive your right knee forward towards your right elbow while keeping your left leg straight**
- 4 **In one smooth motion, switch your legs. Driving your left knee forward and right leg back**
- 5 **Continue by doing 10 on each side or for 30 seconds.**

- **Extra Support** – If you have trouble doing floor exercises, try doing the same movement while holding onto your kitchen bench.
- **Progress** – If you would like to make it a little harder for yourself, try to go a little faster or attempt 2 rounds.

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PUSH UP



- 1 **Begin on your hands and knees and looking down towards the floor**
- 2 **Place your hands on the ground underneath your shoulders. Your knees should be at a comfortable distance apart and your torso in a straight plank position**
- 3 **Breathe in as you slowly lower your elbows to bring your chest toward the ground and pause for a second**
- 4 **Breathe out as you push up from the ground back to your starting position**
- 5 **Start by doing five push ups and then working your way up.**

Extra Support – If you have trouble with your knees and have trouble doing floor activities, try doing a wall push up - standing straight facing a wall, with palms on the wall and bringing your chest to the wall.

Progress – If the knee push ups become easy try lifting yourself on your toes, keeping your back straight like a plank and bringing your chest to the floor.

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LUNGE



- 1 **Stand straight, looking forward, toes pointing forward and back straight**
- 2 **Step forward with one leg (about one leg distance), while keeping your back leg straight and looking forward**
- 3 **Lift your back heel and lower your back knee towards the floor, until both knees are bent at approximately 90 degrees. Your front knee should not go over your front foot**
- 4 **Once you have reached this position, drive your weight upwards back to starting position, keep the heel of your back leg lifted and repeat**
- 5 **Try to keep your weight in the heel of your front foot**
- 6 **Do 10 repetitions on each leg.**

- **Extra Support** – If you need extra support hold on to something steady like a wall or a chair and only go low enough that is comfortable for you.
- **Progress** - Try adding a light weight in each hand (soup can or water bottle).

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SIT UP



- 1 Lie down on your back
- 2 Bend your knees and place your feet on the ground to make sure you are stable
- 3 Cross your hands across your chest
- 4 Curl your body up towards your knees
- 5 Slowly lower your body back on to the floor and repeat 10 times.

Extra Support – If you have trouble with floor exercise sit in a chair with your feet flat on the floor, keeping one hand behind your head and the other reaching towards the floor. Lean over to the side you're going to touch the floor. Return to your starting position and repeat on the opposite side.

Progress – Complete 2 rounds of this exercise.

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STAR JUMP



- 1 **Face forward with your feet together and arms next to your body**
- 2 **Jump slightly up in the air and bringing your legs away from your body, and your hands up and above your head**
- 3 **Bring your arms and legs back to the starting position. Repeat 15 times.**

- **Extra Support** – Slow down the exercise by stepping one leg out at a time, while holding on to a chair or wall for support.
- **Progress** – Increase the intensity of the star jump by completing two rounds of 15.

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Disclaimer

If you have any current or prior medical conditions, please check with your GP or accredited medical professional if you can participate in the exercises. If you feel unwell while doing the exercises stop immediately and seek professional medical advice. There is inherent risks in participating in exercising and you undertake to participate at your own risk and warrant that you are physically and mentally able to safely undertake these exercises and have no medical or health condition which will or may affect you during or as a result of undertaking the exercises. By participating in these exercises, you agree to the terms of use and indemnify Council for any damages and liability for death, personal injury, loss or damage to property. The exercises are generic and are not tailored to the individual needs of the participants.

Acknowledgement

Council acknowledges the peoples of the Kulin nation as the Traditional Owners of these municipal lands and water ways. We pay respect to Elders past, present and emerging.

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