

TM Physio Fitness for Life.

There are 12 exercises, some include an A version (easier) and B version (harder). You may also see suggestions to make the exercises easier or harder as you require (green and red arrows).

Aim to do each exercise station for 2 minutes.

You can use a timer to keep you on track.

Exercises are ordered to alternate lower body, balance, upper body.

This should take approximately 30minutes including rest breaks.

1A- SIT TO STAND

EASY

START



Weights
Single Leg
Build up to 20



Use arms in
front of body
Start with 3-5
reps then have
a break

FINISH



1B- ASYMMETRIC SIT TO STAND HARD

START



FINISH



2- TIGHTROPE WALKING

EASY/HARD

START



Arms across chest
Eyes closed



Arms out wide

3- RESISTED ROW

EASY/HARD

START



FINISH



4A- FRONT STEP UP

EASY

START



Increase speed
Add high knees
step



Use hand on wall
Perform toe taps
up on to step

FINISH



4B- STEP UP & OVER HARD

START



Ste-down, but don't put any weight onto the floor.



Use a wall or chair for upper body support

FINISH



5- SHOULDER ABDUCTION

EASY / HARD

START



FINISH1



6- STEPPING OVER OBJECTS EASY/HARD

START



Increase Speed
Skipping
Double leg jump
Single leg jump
Sideways
Backwards



FINISH



Sidestep around
big hurdles



7A- DOUBLE LEG CALF RAISE EASY

START



FINISH



7B- SINGLE LEG CALF RAISE HARD

START



FINISH



8A- WALL PRESS-UP

EASY

START



Variations:

Hands narrow

Hands wide

FINISH



8B- KNEE PUSH UP HARD

START



Variations:

Hands narrow

Hands wide

On toes

FINISH



9A- HIP EXTENSION

EASY

START



FINISH



9B- BRIDGE ON FLOOR HARD

START



Move feet further
away from body
Progress to single
leg



Push into floor
using hands to
assist

FINISH



10- UPPER BODY STRETCHES

Hold each stretch for 15-20 seconds.

NECK



SHOULDERS



FOREARMS/WRISTS

11- LOWER BODY STRETCHES

Hold each stretch for 15-20 seconds

QUADRICEPS (using chair or hand)



HAMSTRING



CALF

12- SPINAL MOBILITY/STRETCHES

LOW BACK (move side to side)



GLUTEALS (hold 15-20 seconds)



Upper Back (Rotate side to side)

