



sport • inclusion • ireland

..... 10 minute

Home Exercise Circuit

.....

Aerobics - Circuit 1

Perform each exercise for 30 seconds. Repeat 4 times.

Add dumbbells for extra resistance.

All exercises can be completed seated or standing.



Supported By



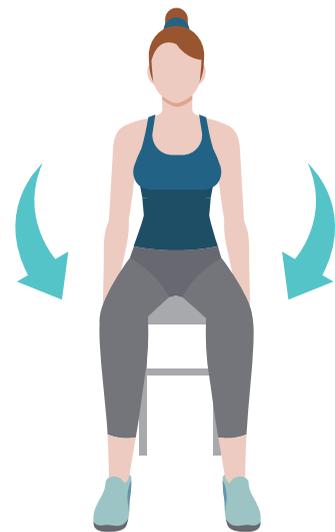
SPÓRT ÉIREANN
SPORT IRELAND

1

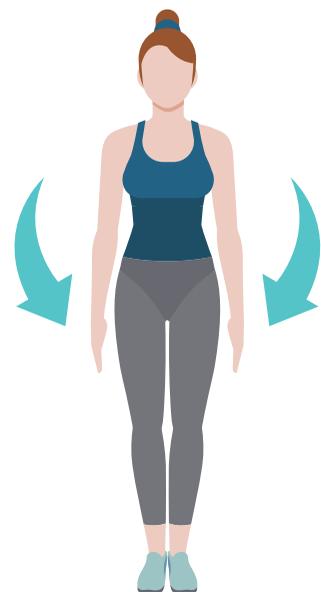
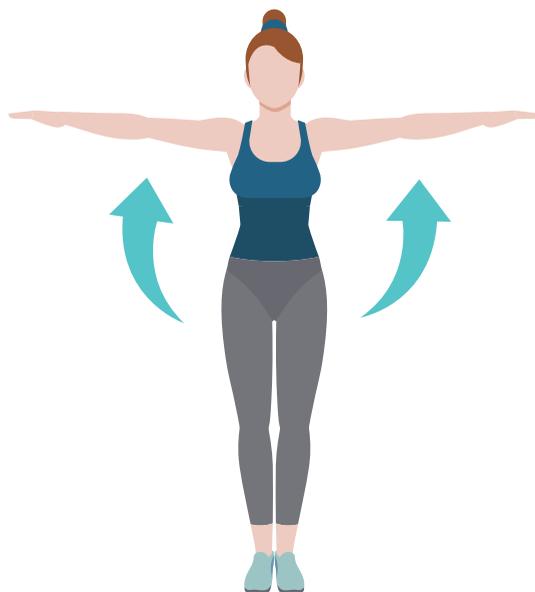
Lateral Arm Raises



Start with your arms straight by your sides or touching your wheels. Raise your arms out to your sides to shoulder level and then lower arms to your sides again.



Seated



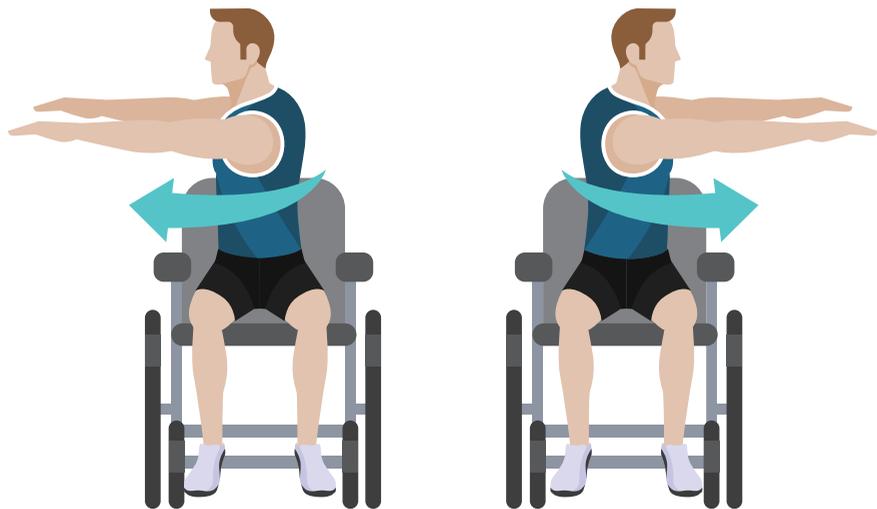
Standing

2

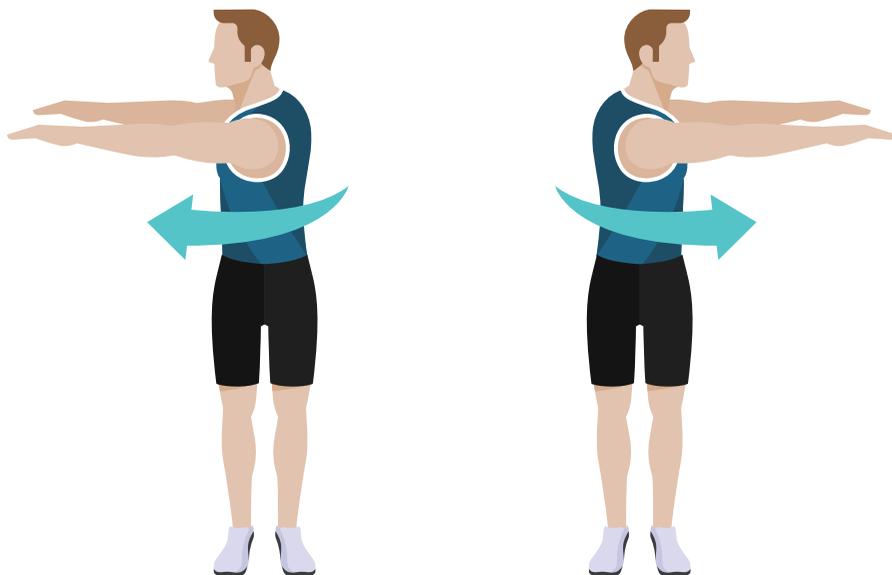
Twists/Rotations



Start by stretching your arms out in front of you, then turn as far as possible to the left, back to the centre, then as far as possible to the right. If you have limited mobility in your trunk, this exercise can be done from the neck upwards, completing the exercise by rotating the head from left to right.



Seated

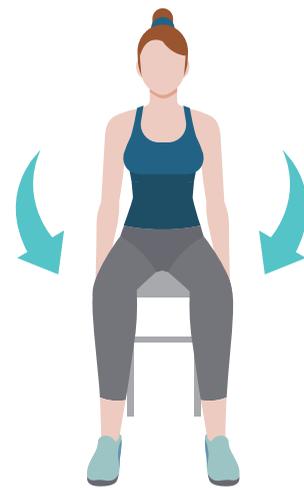
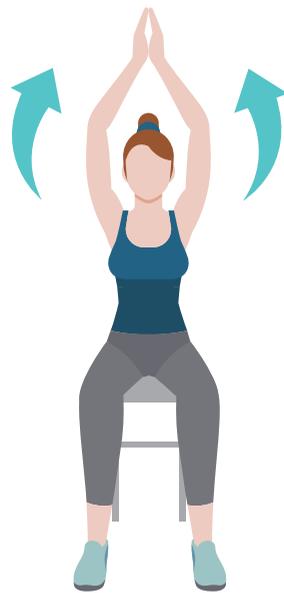


Standing

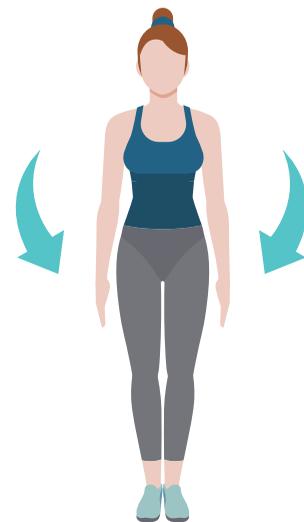
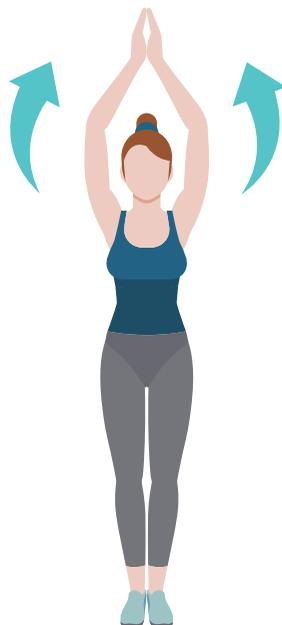
3

Star Jump Arms

Start with your arms straight by your sides or touching your wheels. Raise your arms out to your sides to above your head, touching your hands together. Lower your arms to your sides again.



Seated

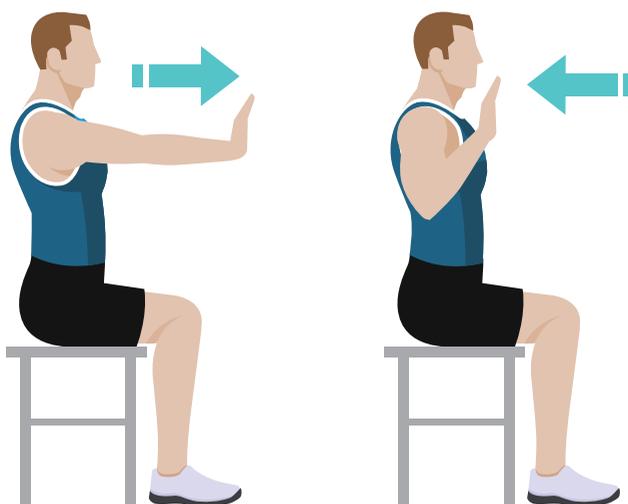


Standing

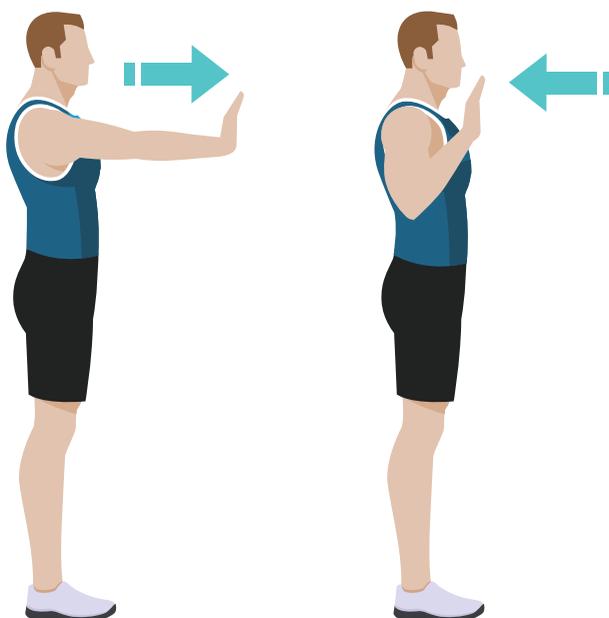
4

Chest Press

Tuck your arms and elbows close to your sides to start. With your hands facing out, push your arms straight out from chest level. Slowly bring your arms back ensuring you keep your elbows tucked into your sides. This can also be done against a wall to add resistance or with weights in your hands.



Seated



Standing

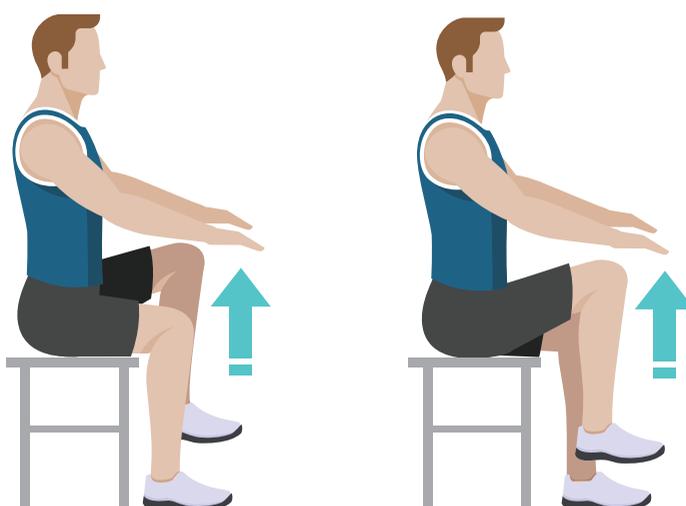
5

High Knees

Start by raising your arms out in front of you, keeping them at hip height. Lift your right knee up to your right hand and lower back down. Repeat on the left. Continue this movement alternating your legs at a speed that suits you.



Seated



Standing

