

Exercises to do at home

Physical activity is good medicine. It can help to boost your energy, think more clearly, manage blood pressure, reduce stress and anxiety and leads to a healthy heart.

When exercising, remember to drink water and stay hydrated, keep your exercise towel handy and change into comfy clothes.

Getting started. Pick one:

Do one exercise in each group by following the yellow arrows down (total of 5 exercises)

OR

Do all exercises by working across each row (total of 3 exercises per column)

Medical Disclaimer: Most Australian adults don't have to visit their doctor before commencing some moderate physical activity. However, if you have a chronic condition such as heart disease or diabetes, or if you haven't been active for some time, see your doctor to discuss the types of activities that best suit your needs.
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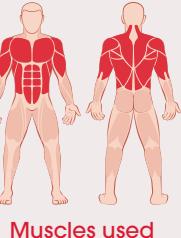
Exercises to do at home: Level One

WARM-UP

YOU SHOULD FEEL YOUR HEART RATE INCREASING AND WARMED UP BEFORE CONTINUING

ARM CIRCLES

Stand with feet slightly apart and arms straight out to the sides. Swing arms in circular motions.



Do 30 circles

NEXT LEVEL: Try small fast circles OR big fast circles OR flapping arms up & down.

RUNNING ON THE SPOT

Run on the spot as fast as you can till you feel warmed up or an increase heart rate.



Muscles used

Count slowly for 30 – 60 seconds

NEXT LEVEL: Try running on the spot with high knees OR kick your bottom with your feet.

STRETCHES

Hold and count to 30 seconds once on each side.



Triceps



Quadriceps



Hamstrings



Biceps

NEXT LEVEL: Hold each stretch for 30 seconds to allow for stretch to be effective.

ARMS

TRICEP DIPS

Face away from your bed, place hands behind you onto the bed. Place your legs out straight, push up straightening your arms and lower back down.



Muscles used

Do 2 lots of 10 times

NEXT LEVEL: Try same exercise but lift one leg off the ground.

WALL PUSH-UPS

Stand slightly back facing wall, place both hands on wall at shoulder level. Push into wall in push up position and return to starting position.



Muscles used

Do 2 lots of 10 times

NEXT LEVEL: Half push up on floor. Start in push-up positions on your knees. Press down into ground, bending your elbows.

HALF PLANK

Start in plank position on ground with elbow and knees touching the ground. Hold this position.



Muscles used

Count slowly for 60 seconds

NEXT LEVEL: Start in plank position with elbows and feet on the ground. Hold this position.

CORE

FLUTTER KICKS

Lie on your back with legs out straight, do small kicks up and down.

*Place your hands under your back if you have back problems.



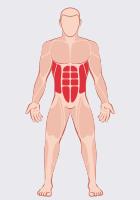
Muscles used

Do 2 lots of 40 kicks

NEXT LEVEL: Try kicking faster OR doing bigger kicks.

RUSSIAN TWISTS

Start in sitting with knees bent and feet flat on the ground. Twist arms from side to side bringing your trunk around.



Muscles used

Do 2 lots of 10 times

NEXT LEVEL: Try the same exercise with feet off the floor.

CRUNCHES

Lie on back with knees bent, place hands on the front of your legs, slide hand up leg and 'crunch' stomach (This should be a small movement)



Muscles used

Do 2 lots of 20 times

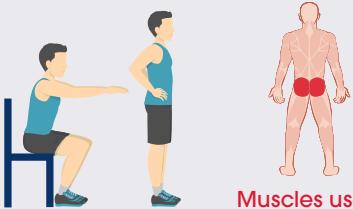
NEXT LEVEL: Complete the same exercise, however, place your legs vertically up to the sky.

Exercises to do at home: Level One

LEGS

SIT TO STAND

Start seated, knees in line with toes and feet slightly forward. Bring your nose over toes and push through your legs to stand up. Place the chair against a wall to stop it moving.

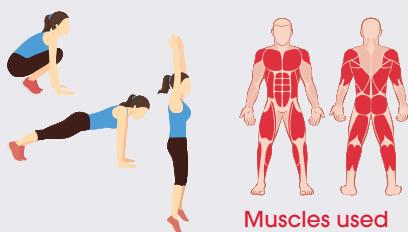


Do 2 lots of 10 times

NEXT LEVEL: Try the same exercise with arms out in front OR from a lower seat OR try double leg squat.

SLOW BURPEES

Start standing up, lower to ground into push up position, come back up and rise onto toes with arms up. Do not jump.



Do 1 lot of 10 times

NEXT LEVEL: Try the same exercise with a jump instead of rise on to toes.

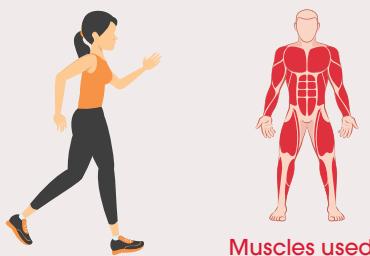
CALF RAISES

Stand facing wall with feet shoulder width apart, rise up onto toes and lower.

COOL DOWN

WALKING ON THE SPOT

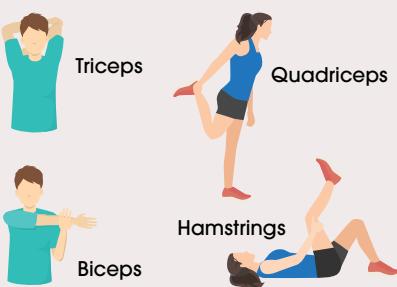
Walk around to loosen your muscles after exercising. Walk on spot until heart rate starts to drop (2-5mins).



NEXT LEVEL: This will help prevent injuries after using muscles you may not have used in a while.

STRETCHES

Hold and count for 30 seconds, once on each side.



NEXT LEVEL: Hold and count for 30 seconds, twice on each side.

MINDFULNESS

Lie on your bed, close your eyes and block out your surroundings. Take a moment to yourself.



Do this until you have cleared your mind and you are relaxed (2-5 mins)

NEXT LEVEL: This is good for mental health to stop and participate in mindfulness.

TIPS

- Try to do some physical activity on most (if not all) days of the week.
- Break up long periods of sitting with movement.
- Involve members of your household and mix up your workouts so you stay engaged and motivated.

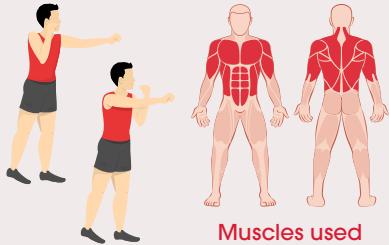
For heart health information and support call our Helpline on 13 11 12.

Exercises to do at home: Level Two

WARM-UP YOU SHOULD FEEL YOUR HEART RATE INCREASING AND WARMED UP BEFORE CONTINUING

AIR PUNCHES

Stand up tall with feet shoulder width apart, punch the air by straightening one arm and alternate arms.

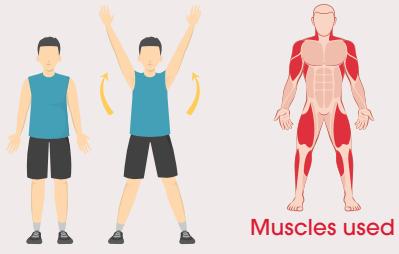


Do 30 punches

NEXT LEVEL: Try completing 5 air punches followed by a high knee then alternate

STAR JUMPS

Stand with feet together and arms by your side. Jump upwards and straighten arms and legs outwards



Do 1 lot of 20 times.

NEXT LEVEL: Incorporate a double leg squat after each star jumps.

STRETCHES

Hold and count to 30 seconds once on each side.

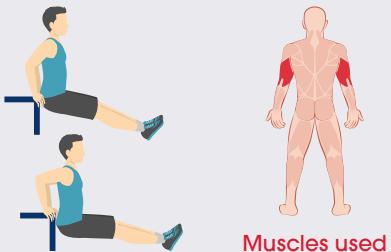


NEXT LEVEL: Hold each stretch for 30 seconds to allow for stretch to be effective.

ARMS

TRICEP DIPS

Face away from your bed, place hands behind you onto the bed. Place your legs out straight, push up straightening your arms and lower back down.

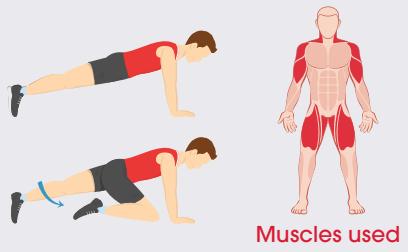


Do 3 lots of 10 times

NEXT LEVEL: Try same exercise but lift one leg off the ground.

MOUNTAIN CLIMBERS

Start in push up position, bring knee towards the opposite shoulder repeat alternating legs.

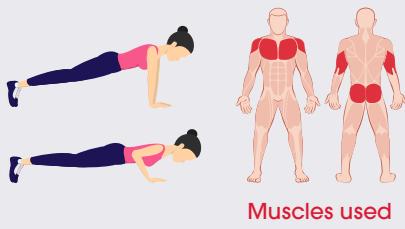


Do 2 lots of 20 times

NEXT LEVEL: Try same exercise bringing bent knee outwards, similar to 'window wiper'.

PUSH UPS

Start in push up position. Lower body to the ground and bend elbows. Focus on keeping your back straight and bottom down.



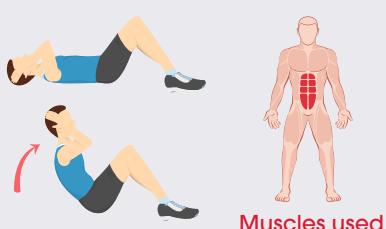
Do 2 lots of 15 times.

NEXT LEVEL: Complete push-up, but now incorporate a clap when you rise up onto a straight arm.

CORE

SIT UP

Start lying down with knees bent and feet on the ground. Bring body up into sitting position. Repeat.

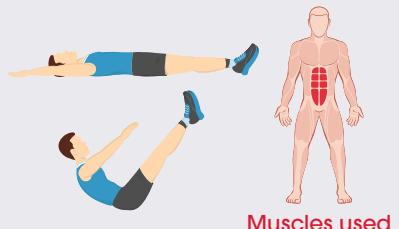


Do 2 lots of 20 times

NEXT LEVEL: Now when lying down bring hands above head. And when sitting up again place hands above head.

V-SNAPS

Start lying on the ground, with legs straight in the air. Bring arms into a 'V' shape, rise through body to touch toes.

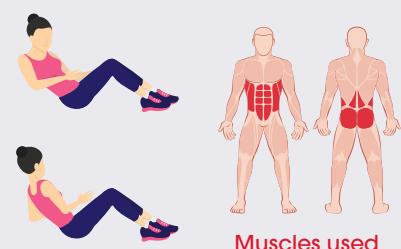


Do 2 lots of 10 times

NEXT LEVEL: Try same exercise but lower both legs and arms each repetition.

RUSSIAN TWISTS - FEET OFF THE FLOOR

Start in sitting with knees bent and feet off the ground. Twist arms from side to side bringing your trunk around.



Do 2 lots of 15 times

NEXT LEVEL: Try the same exercise with increased twist OR try cycling legs.

