

Instructions

To make these exercises more challenging and to get your heart rate up, you could try these tips:

Increase/use weights (these could include household items such as cans, bags of flour etc.)

Decrease rest time between exercises

Do the exercise movement slower

Complete more repetitions each round (set)

If you are finding the exercises too hard, you could:

Do less repetition's (and increase these slowly)

Use no extra weight

Increase rest time between exercises

Disclaimer

ReLink Australia acknowledges the right of all individuals to choose to participate in a physical activity. However, we strongly recommend that if you are pregnant, post-natal, or living with a serious or chronic medical condition, you consult an appropriate medical practitioner and follow advice when undertaking exercise or physical activity. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, and assume all risk of injury to yourself or property."

"We all have a role to making people feel hopeful!"

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Warm Up



“Imagine being able to open your heart a little bit more each day”

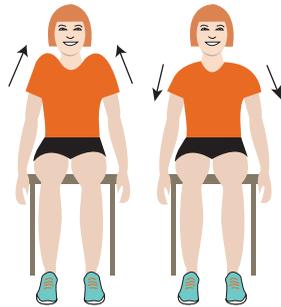


Warm Up

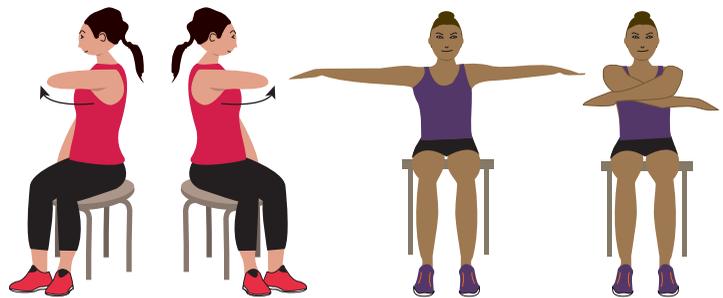
1



2



3



4



Marching

March with alternate legs and move your arms at the same time if possible. You can do this sitting or standing. Aim for 30-60 seconds.

Shoulder Raises

Slowly shrug your shoulders up as far as possible, pause then slowly lower your shoulder back down to a neutral position. Do 10 of these.

Torso Twists

Point elbows outwards & slowly turn your upper body right. Slowly return to center, repeat the same movement to the left. Alternate between right & left sides. Do 5-10 on each side.

Arm Swings

Cross your arms and swing back and forth gently. Do this for 15-30 seconds.

Toe Extensions & Heel Raises



“Life is waiting for your smile!”

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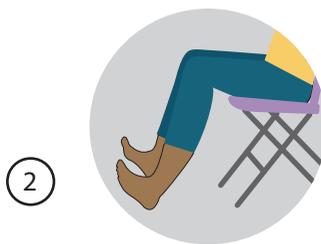


Toe Extensions & Heel Raises

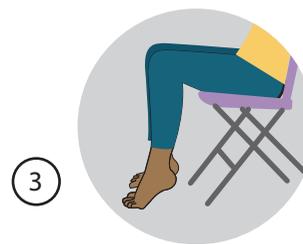
Good for: Ankle, lower leg strength & balance



Put your feet flat on the floor.



Raise your toes up as high as you can, then lower them to the floor.



Then lift your heels up and lower them to the floor.

Variations



Repetitions

15 reps x 2 rounds

Equipment

Chair if standing

Tips & Variations

You can do this exercise in a standing position by holding onto the back of a chair for balance whilst doing the movement.

Chair Sit Up



"Today is waiting for you to say YES to it"

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Chair Sit Up

Good for: Abdominals



1

Have your feet flat on the floor & hands in front of your chest with your palms facing forward.



2

Slowly bend forward at the waist, pull in your abdominal muscles at the same time & keep your back straight.



3

As you bend, extend your elbows & push out your hands, exhaling as you go. Slowly come up & return to the starting position.

Variations



1



2



3

Repetitions

8 - 12 reps
Repeat x 2 rounds

Equipment

Dumbbells or food items.

Tips & Variations

Hold weights or food items as weights in each hand.

Seated Arm Circles



“Through the power of constantly turning up, you discover the richness of your own potential”

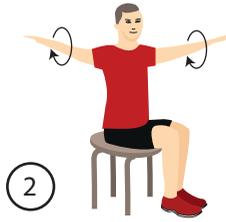


Seated Arm Circles

Good for: Shoulders, Triceps & Biceps



While seated upright, hold your arms straight out to each side.

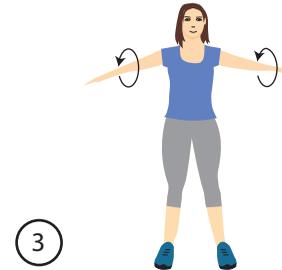
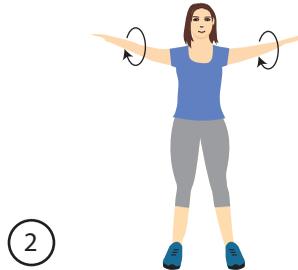
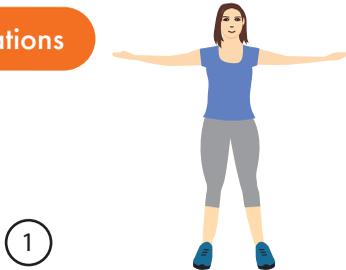


Slowly rotate your arms in a small circular motion.



Complete at 20 rotations in each direction, rotating forward, then backwards.

Variations



Repetitions

20 rotations on each side.
Repeat x 2

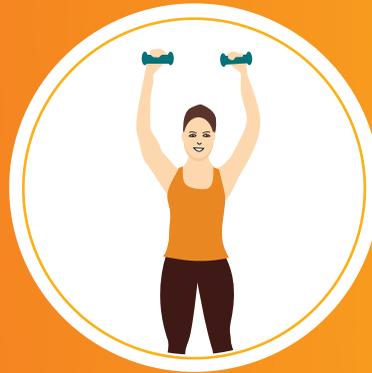
Equipment

Dumbbells or food items.

Tips & Variations

Do exercise standing and/or add weights in each hand.

Overhead Shoulder Press



“Sport available to all, that’s Reclink’s daily mission!”



Overhead Shoulder Press

Good for: shoulders

1



Stand or sit with your back as straight as possible.

2



Bend your elbows outwards & slowly start pushing your hands towards the ceiling.

3



Pause at the top & then slowly lower arms back down until your elbows form a 90 degree angle.

Variations

1



2



3



Repetitions

10 reps x 3 rounds

Equipment

Optional weights

Tips & Variations

To make this harder, hold a weight in each hand (*use household items such as cans of soup, a water bottle etc.*)

Seated Bicycle Crunch



“Sport, an opportunity to invite people into the joy of the community”

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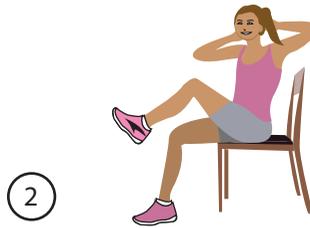


Seated Bicycle Crunch

Good for: Core & obliques



Sit leaning slightly backwards in a chair with your knees together and bent at a 90-degree angle.

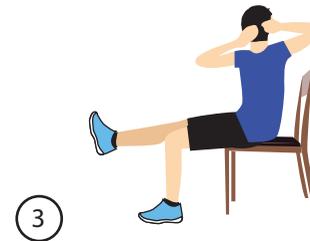


Interlace your fingers behind your head and tighten your abs. Lean slightly back so that you just graze the chair back.



Making sure your core is engaged, hinge your chest forward. Return to starting position.

Variations



Repetitions

20 rotations on each side
Repeat x 2

Equipment

None

Tips & Variations

Add some difficulty by extending your arms fully above your head, or perform movement without bending your knee.

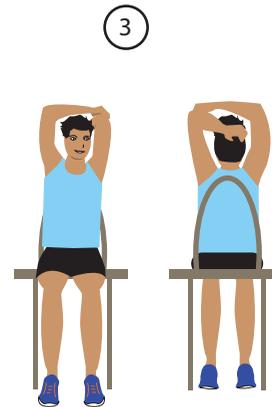
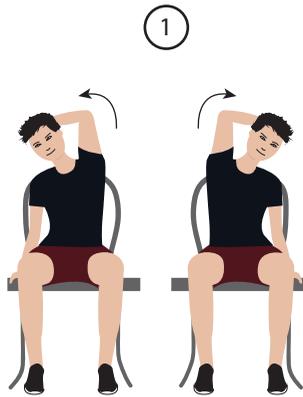
Warm Down



“Inspiration, that is the place to live”



Warm Down



Overhead and Side Stretch

Put one hand on the back of your head & extend the opposite arm out in front of you. Bend towards side with the extended arm. Hold position for 30 seconds and then do the same on the other side.

Seated Waist Rotation

Rotate at the waist to one side while maintaining a proper upright position. Hold for 30 seconds and then repeat on the other side.

Tricep Stretch

Put one arm up & bend your elbow so that the underside of your arm is facing outward. Use your opposite arm to push your elbow backwards so that you feel a stretch in your triceps. Hold for 30 seconds per arm.

Seated Hamstring Stretch

Straighten your leg and reach with both hands down either side of your leg. Reach as far down as you can. Hold for about 20 seconds, go back to the starting position and repeat 3 times.