

Jelly Movement:

For this workshop after careful consideration I felt it a good idea to adapt the very helpful exercises from the NHS UK website as this is something easily accessible to everyone and also offers yet another resource.

I would like to invite everyone attending this workshop or watching the recording to have an eye of how we do not have to rigidly follow instructions as offered by a resource or even in an exercise class but we can always chose to adapt and adjust to our needs so we can still enjoy our workout.

Exercising is for us to keep physically active and if we chose to also challenge ourselves. It does not have to be a set of rigid rules.

For this workshop we will aim to make 8 repetitions of each exercise. If there are two sides then 8 repetitions each side. Please consider for yourself where you want to set your dial. Do you want to try all 8? Do you want to do more but go faster? Or the reverse do less but go slower? Will you need breaks?

- **We will use the seated part of the chair exercises as mean of warm up:**

As adapted from: <https://www.nhs.uk/live-well/exercise/sitting-exercises/>

Chest stretch



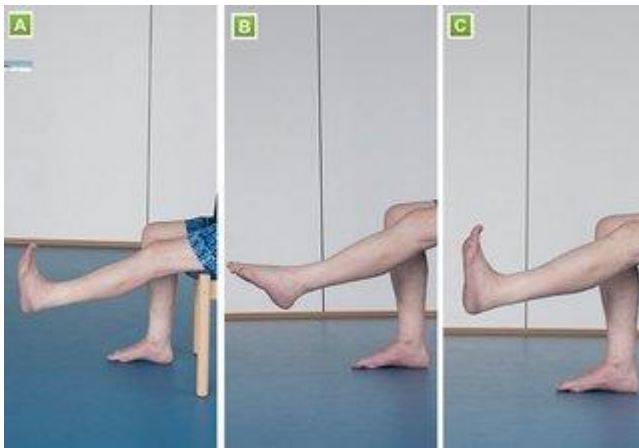
Upper-body twist



Hip marching



Ankle stretch



Arm raises



Neck rotation



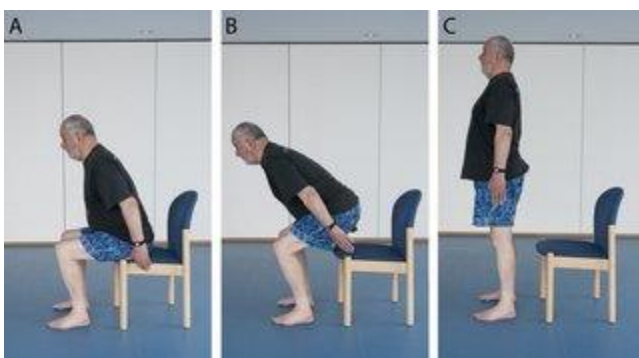
Neck stretch



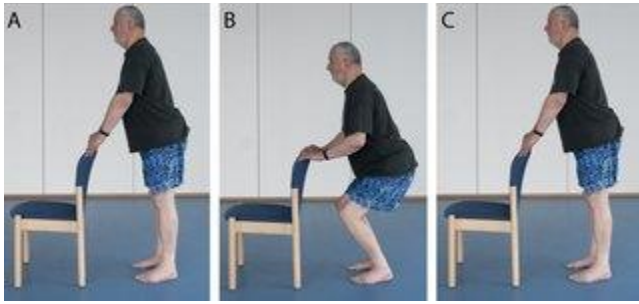
- We will be using the strengthening exercises to start bringing more energy in our body:

As adapted from <https://www.nhs.uk/live-well/exercise/strength-exercises/>

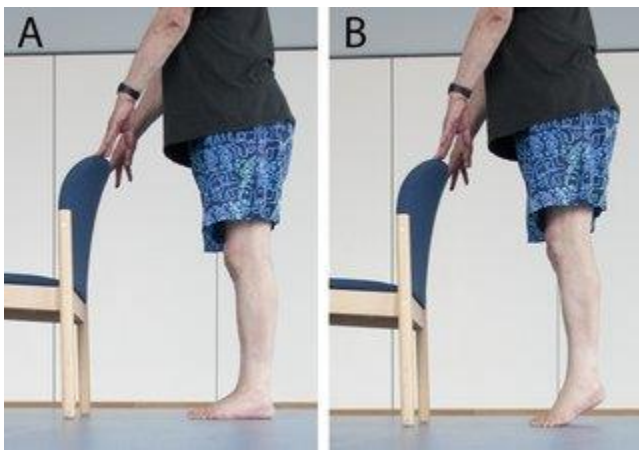
Sit-to-stand



Mini-squats



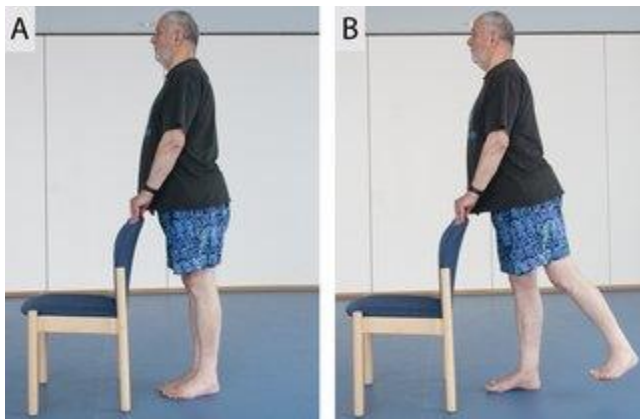
Calf raises



Sideways leg lift



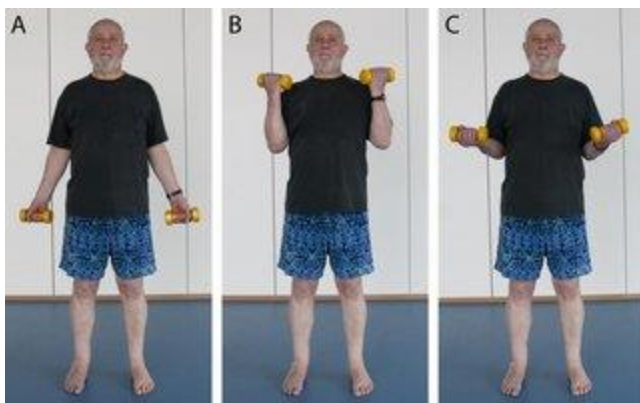
Leg extension



Wall press-up



Biceps curls



- We will be using the balancing exercises also for more energy in our body:

As adapted from <https://www.nhs.uk/live-well/exercise/balance-exercises/>

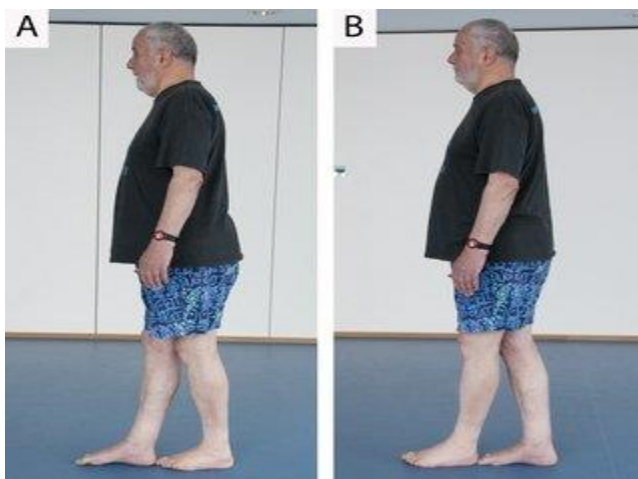
Sideways walking



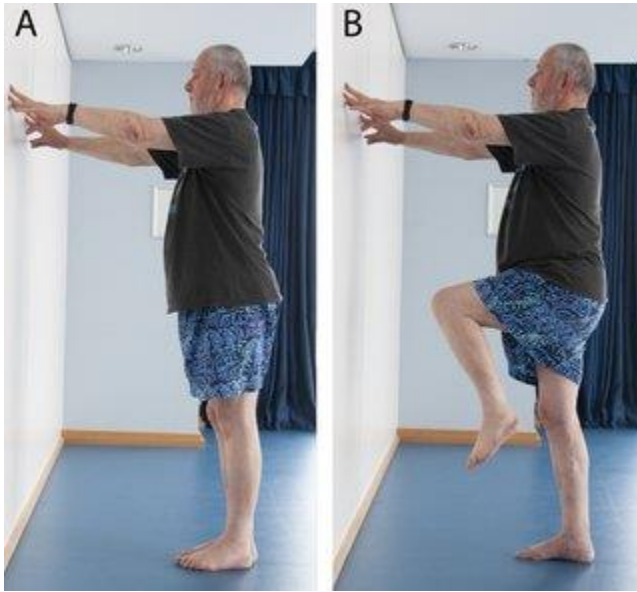
Simple grapevine



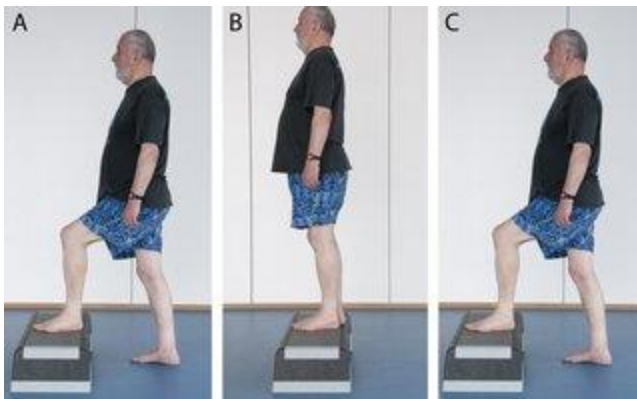
Heel-to-toe walk



One-leg stand



Step-up



- We will be using the 10 min workouts to challenge ourselves:

As adapted from <https://www.nhs.uk/live-well/exercise/10-minute-workouts/>

6- seconds pre-exercise warm-up



10- seconds cardio workout



10- seconds toning workout



10- seconds legs, bums and tums workout



10- seconds abs workout



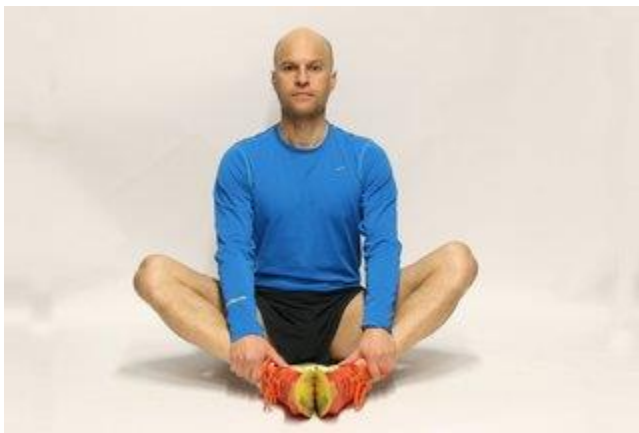
10- seconds firm butt workout



10-seconds upper arms blaster



5- seconds cool-down routine



- **Cool down with the flexibility exercises 😊:**

As adapted from <https://www.nhs.uk/live-well/exercise/flexibility-exercises/>

Neck rotation



Neck stretch



Sideways bend



Calf stretch

