

**WE ARE  
UNDEFEATABLE**

# **H O M E G A M E S**

## **TRAINING SESSIONS**

Exercises you can do at home

**VERSUS  
ARTHRITIS**

**WE ARE  
UNDEFEATABLE**



## **INTRODUCTION**

In 2021, We Are Undefeatable launched the Home Games, a virtual event and training schedule modelled on a decathlon, with new fun and active games for people living with long term health conditions to take part in each week. Led by decorated Paralympians Dame Sarah Storey and Lauren Rowles MBE, two teams were taken through 10 weeks of training, culminating in a fun head to head competition, where participants could see how far they had come.

### **Getting active in a way that works for you**

You don't have to push yourself to the limit. Finding a level of exercise that is comfortable and enjoyable, whilst catering to your level of fitness will be really beneficial, both mentally and physically.

### **Activities that can be done anywhere, anytime**

Everyday activities such as putting the washing in the basket or standing up from your seat can get you moving! Turn sorting the washing out into a game of laundry basketball, or challenge yourself to stand up and sit down a few times – small amounts of activity can be easily fitted into your day.

### **No need for fancy equipment**

It is easy to get active with any generic household objects that you may find around your home. So raid your kitchen store cupboards, overflowing wardrobes or garden sheds – anything can be used to create a fun activity!

### **Get motivated by getting active with others**

Being part of a community or getting active with someone else is both motivating and fun. Help each other reach your goals and support each other along the way.

<https://weareundefeatable.co.uk/homegames>

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## GUIDANCE FOR ALL ACTIVITY

- Please make sure you have sufficient space for the activity; that the space around you is clear of obstacles or trip hazards.
- Ensure that you are wearing close fitting footwear – trainers would be best but please no slippers! For all activity, don't push yourself too far, even when mentioned about doing as many repetitions as possible in a time, really ensure that you also take care and concentrate on achieving a good technique – that is far better than speed.
- For any throwing activity, make sure that you are stable when seated or standing.
- When using a chair to assist with exercises, ensure it is sturdy and will not slip while in use You may like to have a bottle of water close by to keep hydrated throughout the session.

# WARM UP AND COOL DOWN EXERCISES

**This section documents the warm up and cool down routines to be conducted at the beginning and end of each exercise session.**

As with all our activities please just go to a level that feels right to you. Each day listen to your body and do what feels comfortable – on your good days you may feel you can do a little more on not-so-good days you may need to do less.

Remember to take breaks whenever you need to.

For all balance exercises please make sure that adequate support is available in case you need it.

For example, stand near a wall, worktop, or a sturdy chair.

## WARM UP – 10 MINS

### SHOULDER ROLLS

To loosen shoulders, circle them up to your ears, back and down. Wrist rotations.

**Length of time/repetitions:** Complete 5.

### MARCH

Walk on the spot and gradually increase lifting your knees up as high as they will go until marching. Use your legs only here.

**Length of time/repetitions:** 1–2 minutes.

**Watch outs:** If standing, feel free to hold support to balance for example a chair, worktop, wall with one or two hands as required. If you want more of a challenge, jog on the spot (if standing). Avoid stamping and make sure to keep feet hip width apart.

**Adaptations: Seated march** – March with your arms, concentrating on keeping a steady pace, and keeping your back straight.

## SIDE BENDS

Stand or sit with hands at sides, bend to one side allowing your hand to slide down your leg, bring yourself back to centre and repeat on the other side.

**Length of time/repetitions:** 5 on each side.

**Watch outs:** Slow controlled movements. Standing with hip width feet.  
Seated hold opposite side of the chair.

## GENTLE PUNCHES

While seated or standing, reach your arms alternately to hit an imaginary punching bag.

**Length of time/repetitions:** 45 seconds – or as long as feels comfortable.

**Watch outs:** Avoid over reaching.

**Adaptations:** To make it a little harder, add in a step forward as you punch.

## MARCH

Walk on the spot and gradually increase lifting your knees up as high as they will go until marching. Swing your arms for more effort if you're ready to.

**Length of time/repetitions:** 45 seconds – or as long as feels comfortable.

**Watch outs:** If standing, feel free to hold support to balance for example a chair, worktop, wall with one or two hands as required. If you want more of a challenge, jog on the spot (if standing). Avoid stamping and make sure to keep feet hip width apart.

**Adaptations: Seated march** – March with your arms, concentrating on keeping a steady pace, and keeping your back straight.

## TRUNK TWISTS

Sitting on a chair, straighten up your back and gently twist round to one side and hold for a few seconds; repeat on the other side.

**Length of time/repetitions:** 5 on each side.

## HALF JACKS

Step to the left side and lift your left arm up to no higher than shoulder height. Then repeat on your right.

**Length of time/repetitions:** 45 seconds – or as long as feels comfortable.

**Watch outs:** This movement can be just arms or just legs depending on ability and how hard you want to work.

**Adaptations:** Half Jacks can also be performed seated.

## WARM UP EXERCISES

### ANKLE AND FOOT MOBILITY

Lift your right foot off the ground (about 5 inches if that feels comfortable), and point your toes forward as far as feels comfortable, with a light stretch across the top of your foot. Do the same with your left foot, and repeat twice.

Put your hands under your right leg and lift it gently. Make a circle with the right foot. Repeat on the left side.

**Length of time/repetitions:** 5 on each side.

**Watch outs:** Ensure support is available – a wall, worktop, or a sturdy chair.

**Adaptations:** This exercise can also be performed seated.

### MARCH

Walk on the spot and gradually increase lifting your knees up as high as they will go until marching. Swing your arms for more effort if possible.

**Length of time/repetitions:** 45 seconds – or as long as feels comfortable.

**Watch outs:** Hold onto a chair if you need for balance. If you want more of a challenge jog on the spot. Avoid stamping and make sure to keep feet hip width apart.

**Adaptations: Seated march** – March with your arms, concentrating on keeping a steady pace, and keeping your back straight.

### INTERACTIVE WARM UP GAME

To finish off, if participating in a group activity, the Coach will choose from:

**Simon Says**

**The Bean Game**

**Head, shoulders knees and toes**

- ! *N.B. this may be difficult for stroke survivors to be overreaching from the shoulder so movement can be tweaked to have reduced stretching and can include patting arms across chest and then on top of heads.*
- 

**Length of time/repetitions:** 2 minute game.

## COOL DOWN – 10 MINS

### TENSION SHAKE

Shake out the tension in your arms and, if you can, your legs too.

- ! *N.B. For Stroke survivors or those with flaccid upper limb or sub-lux shoulder not to complete this on affected side.*

**Length of time/repetitions:** 15–30 seconds – or as long as feels comfortable.

**Watch outs:** Controlled movements all the time.

**Adaptations:** Can be seated or standing.

### CHEST STRETCH

Interlock your hands behind your back and gently look up at the ceiling. If seated position yourself to the front of the chair, reach behind you to hold the back of the chair and feel the stretch across your chest.

**Length of time/repetitions:** 15–30 seconds – or as long as feels comfortable.

**Watch outs:** Avoid holding your breath (applies to all stretches).

**Adaptations:** To increase intensity, gently pull your hands towards the floor, as long as you feel comfortable.

### SIDE STRETCH

Reach above your head with one arm (assisting with the other hand if necessary), reach over to the opposite side. Gently return and repeat on the other side.

- ! *N.B. Stroke survivors with certain upper limb effects will be unlikely to do this safely.*
- *Encouragements of a side bend with a shoulder shrug on affected side is often used in stroke specific classes.*

**Length of time/repetitions:** 15–30 seconds – or as long as feels comfortable.

**Watch outs:** Make sure feet are hip width apart. Seated option: hold the side of the chair with the hand that does not reach.

**Adaptations:** You can do this standing or seated. If seated, position yourself to the front of the chair, reach behind you to hold the back of the chair and feel the stretch across your chest.

Interlink your hands to increase the intensity.

## COOL DOWN EXERCISES

### SHOULDER STRETCH

Place fingertips on your shoulder, use the opposite hand to gently lift the elbow, allow fingers to reach down behind your back. Stop when you reach the stretch. Change hands. Now put the back of your hand on the small of your back and see if you can slide your fingertips up towards your shoulder blades. Gently return to the start position and change hands.

**Length of time/repetitions:** 15–30 seconds – or as long as feels comfortable.

**Watch outs:** Avoid over reaching. Stop if you feel any discomfort.

**Adaptations:** Use a rolled tea towel behind your back.

**Advanced:** Interlock fingers behind back.

### CALF STRETCH

If standing, lean into a wall or back of a chair holding with your hands. Step one leg back behind you and concentrate on pressing the tip of the heel on the floor – feel the calf stretch. Step back in and change legs.

**Length of time/repetitions:** 15–30 seconds – or as long as feels comfortable.

**Watch outs:** Avoid holding your breath (applies to all stretches).

**Adaptations:** If seated, sit towards the front of the chair feet flat to the floor.

Extend one leg forward taking the bend from the knee, heel down on the floor. Gently draw the toes back towards you until you feel a stretch in your calf. Gently recover to start position and change legs.

### BACK OF THIGH STRETCH

Sit forward on the chair feet flat to the floor. Extend one leg forward as straight as possible and with heel resting on the floor. Lift the chest place hands on the resting leg and lean forward with a long straight back. Feel the stretch in the back of the thigh. Draw that leg back, place foot to the floor and repeat on the other side.

**Length of time/repetitions:** 15–30 seconds – or as long as feels comfortable.



## **TRAINING SESSION 1**

# **BALLOON KEEPY UPPY**



### **ACTIVITY BENEFITS:**

Coordination and body mobility. This will help with daily living by training your coordination, and keeping your body moving.



### **EQUIPMENT NEEDED:**

A blown up balloon.

## **40 MINS**

### **WELCOME AND INTRODUCTIONS – 10 MINS**

- If attending a group activity session there will be an overview of how the training sessions are going to work.
  - Each session will take place on a weekly basis.
- This week's training session will be Balloon Keepy Uppy.
  - All you need is a balloon and space to kick/throw around.
  - The aim is to keep your balloon in the air for 1 minute.  
If in a group activity session, we'll go to a tie breaker until we have a winner!

### **WARM UP – 10 MINS**

Follow the warm up exercise routine on pages 4–6.

## AIMING TECHNIQUES

You can be sitting or standing for this exercise.

Find a point on the floor/wall that you want to aim at. Practice continually trying to hit that point.

**Focus:** Accuracy.

**Length of time/repetitions:** Practice in your own time for a couple of minutes.

**Watch outs:** Those with limited movement may need to be careful of where they aim the balloon to ensure that they don't have to keep going to pick it up from a difficult place. Avoid over reaching/ stretching.

**Adaptations:** As a build, visualise a target with 3 bullseyes. The easiest target gives you 1 point, the 2nd 2 points, and the hardest 3 points. Give yourself a minute to aim at your targets, aiming to hit as many points as possible. This is a great exercise for practice or a stretch for those finding it easy initially.

## HAND POSITIONING

Talk through an ideal hand position to bat the balloon: palm flat but with a slight indentation, lower arm straight to maintain control.

**Focus:** Repetition – hand batting movement.

**Length of time/repetitions:** Practice at your own pace for a couple of minutes.

**Watch outs:** Those with limited arm movement may only be able to do a few times, so encourage lots of rest.

**Adaptations:** Also an option to do feet or knee keepy uppys rather than hand.

## BALLOON KEEPY UPPY

Starting off with small movement, gradually hit the balloon up in the air harder and harder, getting higher and higher.

**Focus:** Gradual increase of distance bounced.

**Length of time/repetitions:** Practice in your own time for a couple of minutes.

**Adaptations:** Can do a similar approach but with feet keepy uppys. This is a really good activity for those with limited mobility who need to remain seated. For those that are seated, start with back fully supported in the chair and feet flat to the floor – this will give you a stable base to “keep up” from.

**COOL DOWN – 10 MINS**

Follow the cool down exercise routine on pages 7–8.

**CONCLUSION AND FOCUS FOR THE WEEK'S TRAINING**

- Try and focus on your accuracy training – this will help maintain many repetitions, as the balloon won't be bouncing around all over the place! The bullseye game is a great game for practice – try and keep getting the highest score each day.
- Challenge yourself to try and do a minute of keepy uppy's a day – and each day hit the balloon harder and harder so that it consistently bounces a higher distance.
- For each minute, try and decrease the amount of times that you bounce the balloon – so it's spending more and more time in the air.

For **next week's** session please make sure that you have a chair should you be able to participate standing, as it's called Raising Higher.

## **TRAINING SESSION 2**

# **RAISING HIGHER**

**40 MINS**



### **ACTIVITY BENEFITS:**

Leg, buttock and back strength workout and cardiovascular. This will help with strengthening muscles and building general fitness levels.



### **EQUIPMENT NEEDED:**

A chair for those who are usually standing.

## **SESSION OVERVIEW – 5/10 MINS**

- Reflect on how the training went last week.  
Any things to work on/how did it make you feel?
- This week's training session will be Raising Higher.
  - This is adaptable for both seated and standing exercises.
  - If you'll be completing this standing, please have a chair as you will be doing stand-up, sit down exercises. For those sitting, you will be doing seated leg raises.
  - Aim to gradually increase the number of times you can stand up and sit down within 1 minute. Alternatively, aim to increase the number of seated leg raises.

## **WARM UP – 10 MINS**

Follow the warm up exercise routine on pages 4–6.

## STAND UP/ SIT DOWN

Stand up straight, whilst holding in your tummy muscles and keeping your back flat. Fold your arms in front. Your feet should be shoulderwidth and toes pointing forward.

Slowly descend by bending your knees and driving your hips back. Keep your chest and head up. Sit down in the chair, then slowly rise back to the starting position.

**Focus:** Correct squat position/leg raise position.

**Length of time/repetitions:** Complete squats/leg raises in your own time for a couple of minutes.

**Watch outs:** Focus on execution over speed. Make sure you use a sturdy chair and that the floor is nonslip. Stand the chair against a wall to prevent it sliding away from behind you. If you need support to stand from a chair – consider having another chair in front of you to hold onto or to grasp if you need.

**Adaptations: Leg raises** – For seated leg raises, hold onto the side of the chair, making sure the back of your thigh stays in contact with the chair and you are sitting up against the chair back. Bring one leg up until it is parallel to the floor and then place back down again.

## KNEE BENDS

Holding onto a chair, ensure your back is straight and feet are hip width apart and bend at the knees, as if you're going to sit down. But don't sit down and re-stand up.

**Focus:** Strengthening for the activity.

**Length of time/repetitions:** Do as many as feel comfortable for a couple of minutes.

**Adaptations: Seated March** – March with your arms, concentrating on keeping a fast pace, and keeping your back straight. Then take it to a sprint – measure your time up to 30 seconds.

## ASSISTED SQUATS

Try squatting, but with a little support. Hold onto a chair with a straight back and feet hip width apart. Bend at the knees like you're going to sit, then straighten your legs to stand right back up.

**Focus:** Strengthening for the activity.

**Length of time/repetitions:** Do as many as feel comfortable for a couple of minutes.

**Adaptations: Leg Raises** – Sit on a chair with both feet on the floor and bring one leg up until it's level with the floor. To improve strength slow the movement right down, slowly count 1 2 3 4 5 seconds up and 1 2 3 4 5 down. Alternate legs for one minute.

## COOL DOWN – 10 MINS

Follow the cool down exercise routine on pages 7–8.

## **CONCLUSION AND FOCUS FOR THE WEEK'S TRAINING**

- Try and complete a few squats/leg raises a day, focusing on maintaining the correct form over number or speed.
- Try and build both strengthening exercises into your day – something to do when watching the TV for example to keep you moving and building up muscle strength to be able to achieve more repetitions over time.

**Next week** you will need a laundry basket and some rolled up laundry (we'd recommend socks).

## **TRAINING SESSION 3**

# **LAUNDRY BASKET BALL**

**40 MINS**



### **ACTIVITY BENEFITS:**

Coordination and upper body mobility. This will help build upper body movements and hand-eye coordination.



### **EQUIPMENT NEEDED:**

Laundry basket or basket/box equivalent. Balled up socks/laundry alternatively a ball. Tin cans or water bottles (optional for further challenge).

### **SESSION OVERVIEW – 5/10 MINS**

- Reflect on how the training went last week.  
Any things to work on/how did it make you feel?
- This week's training session will be Laundry Basketball – making one of those boring household tasks more fun!
  - You will need a laundry basket and some items to throw into it – we would recommend some balled up socks. To increase the weight, add a well-sealed bag of rice into the sock or alternative household item.
  - Please place it approx. 2 meters away from your chair.

### **WARM UP – 10 MINS**

Follow the warm up exercise routine on pages 4–6.

## OVERARM THROW

For an overarm throw, bring your arm up, so that your elbow is pulled into your chest, and your hand is level with your shoulder. From there, push forward until your arm is straight, with your fingers pointing in the direction that you want to go. **Note:** Can also be performed from a seated position. Make sure you are fully supported in the chair.

**Focus:** Throwing technique.

**Watch outs:** Avoid over reaching. Have a chair support if needed when standing.

**Adaptations: Underarm throw** – Start by facing the direction you are throwing. Hold your throwing arm straight behind your body. Swing your arm forwards to the front of your body. If standing transfer your weight from your back foot to your front foot as you do – release the ball at waist height.

## FRONT ARM STRENGTHENER

Clench your fists. Stand or sit with your hands hanging at your sides. Curl your lower arms up to meet your shoulder and back down. Alternate arms.

*N.B. Those with high tone can concentrate on lengthening the arm and stretching biceps if possible (mainly for stroke survivors).*

**Focus:** Arm strength.

**Length of time/repetitions:** A minute to complete as many repetitions as possible. Stop or rest as necessary.

**Watch outs:** Ensure your elbows stay close to your ribcage and do not travel forward.

**Adaptations:** To make it a little harder hold a tin of food in each hand, small or large water bottles.

## REAR ARM STRENGTHENER

Clench your fists and tuck your elbows close to your body by your ribcage, keeping your elbow still. Move the clenched fist away behind you in a straight line – you will feel the work in the back of your arm. Return to start and change sides.

**Focus:** Arm strength.

**Length of time/repetitions:** A couple of minutes.

**Adaptations:** Aim for the middle of the basket every time, and keep on throwing, aiming for the item to land in the same place each time.



## TARGET PRACTICE

Mentally visualise a target with 3 bullseyes in your laundry basket. Aim for bullseye 1 for a few throws, then bullseye 2 and so on so that you are targeting each of the 3 bullseyes.

**Focus:** Accuracy.

**Length of time/repetitions:** A couple of minutes.

**Adaptations:** Aim for the middle of the basket every time, and keep on throwing, aiming for the item to land in the same place each time.

## THROWING TECHNIQUES

Try throwing into the basket from a close distance, and then keep moving the basket back 30cms. Challenging yourself to score each time it moves further.

**Focus:** Distance.

**Length of time/repetitions:** A couple of minutes to try a few different distances.

**Adaptations:** Challenge yourself by having a go with your non dominant hand – the one you usually do not use.

## COOL DOWN – 10 MINS

Follow the cool down exercise routine on pages 7–8.

## CONCLUSION AND FOCUS FOR THE WEEK'S TRAINING

- Try and practice throws from different distances to work on accuracy & distance.
- Use your arm strength exercise as much as possible – perhaps every time you use the tea towel after washing the dishes!

**Next week** is our Plant Pot Hurdles/Plant Pot Slalom.

For the Plant Pot Hurdles you may need to raid your cupboards/sheds for items.

Ideally you'd need:

- 4 plant pots or similar items on which to balance a stick
- 2 brooms handles or equivalent such as garden canes.

For the Plant Pot Slalom you will need:

- plant pots with broom handles sticking out of the top to create the slalom poles
- alternatively something that can be used to create a slalom stick on the floor  
i.e. cushions

You may want to get friends or family members involved to help pick up any fallen hurdles/  
point out slalom sticks that have been hit.

## **TRAINING SESSION 4**

# **PLANT POT HURDLES/ SLALOM**

**40 MINS**



### **ACTIVITY BENEFITS:**

Full body workout and cardiovascular.  
This will help to build general body fitness.



### **EQUIPMENT NEEDED:**

**For standing:** Plant pots, ideally at least 5, or equivalent boxes to balance sticks on. Broom handles or planting sticks to use as the top of the hurdle.

**For seated:** Plant pots that can fit brooms (or equivalent stick) in the hole when pots are turned over to form slalom. Alternatively, cushions or boxes to create stick markers on the floor.

### **SESSION OVERVIEW – 5/10 MINS**

- Reflect on how the training went last week.  
Any things to work on/how did it make you feel?
- This week's training session will be Plant Pot Hurdles/Slalom.
  - **For Plant Pot Hurdles:** You will need plant pots (or equivalent) and broom handle (or equivalent) to create the hurdles.
  - **For Plant Pot Slalom:** you will need plant pots with broom handles fit into to create a tall 'slalom stick'. If these aren't available any markers on the floor around which to slalom would suffice, i.e. cushions.
- If space is an issue, try and have two hurdles/slalom markers that you can get to the end of and turn around and repeat course.
- It would be useful to have friends/family members to get involved to pick up any fallen hurdles/to identify any slalom markers which are knocked.

### **WARM UP – 10 MINS**

Follow the warm up exercise routine on pages 4–6.

## HURDLES

Getting used to stepping over the hurdles. Step over the hurdles, turn and repeat.

## SLALOM

Get used to moving around the slalom. Do two in a row before turning around and repeating.

**Focus:** Hurdling/slalom technique.

**Length of time/repetitions:** 2 minutes.

**Watch outs:** Concentrate on picking up your foot and getting your knee to a 90 degree angle if possible. This should be done slowly, so that you can get used to the movement. Position one edge of the hurdles near to a wall so you can touch the wall for balance. **Note:** Tape on the floor can be used if you are unable to step over hurdles.

**Adaptations:** Step over sideways if this is more comfortable or you are not confident doing the hurdles forward facing.

## CALF & SHOULDER

**Calf** – Hold onto the back of a chair with your feet flat on the ground, and ensure feet are hip width apart. Stand on your tip toes for a few seconds before lowering your heels back down. Concentrate on moving your weight upwards – avoid forward motion.

**Shoulder** – Grab some weighted items – some baked bean cans or water bottles would be great! Hold the cans or bottles at your sides. Keeping your arms as straight as you can bring your arms up to shoulder height and lower under control.

**Focus:** Calf/arm strengthening.

**Length of time/repetitions:** Aim to 12–15 slow controlled movements.

**Adaptations:** If struggling with the arm raise, you can do bicep curls with the weighted items. Alternatively, can still do the straight arm raises, but without any weights. Try one arm at a time if both arms is too much for you.

## HURDLES BALANCE

**Double Side Step** – Starting with feet hip width apart step one foot to the side placing the toe on the floor then the heel, shift your weight to that foot, lift the other leg and bring it to again hip width using toe/heel action. Repeat for the second step. Now repeat the process.

**Focus:** Balance/agility.

**Length of time/repetitions:** Grapevines to walk 5 steps one direction, 5 in the other direction and repeat for 2 minutes.

**Watch outs:** If necessary, put your fingers against a wall for stability. The smaller the step, the more you work on your balance. Use a chair for balance if needed. Try and look forward not at your feet!

**Adaptations: Disco Glide** – Think about your stronger leg, and balance on that one first and move the other one. Put weight through balancing leg, and lift the opposite leg. Take it out to the side, and bring it back in again. Focus on keeping your tummy muscles pulled in and not moving your trunk.

## SESSION 4: PLANT POT HURDLES/SLALOM

### COOL DOWN – 10 MINS

Follow the cool down exercise routine on pages 7–8.

### CONCLUSION AND FOCUS FOR THE WEEK'S TRAINING

- Building strength in your legs or arms will be great for this activity.  
Try and do a few of the strengthening exercises every day
- Every other day try and fit in a couple of turns of your hurdles/ slalom.  
This will help you get used to the movement and work on your technique.

**Next week** we're doing the Bag for Life Lift. You'll need a Bag for Life, or equivalent, with an assortment of tin cans (still full) or bottles of water.

## **TRAINING SESSION 5**

# **BAG FOR LIFE LIFT**

**40 MINS**

### **SESSION OVERVIEW – 5/10 MINS**

- Reflect on how the training went last week.  
Any things to work on/how did it make you feel?
- This week's training session will be the Bag for Life Lift.
  - The aim is to find your heaviest full extension of a shopping bag for life.  
Lifting from the floor or lap to a full overhead extension. **Note:** If unable to lift arms above head, keep to a bicep curl.
  - For this activity: You will need a Bag for Life or any other strong shopping bag, and a selection of food cans.



### **ACTIVITY BENEFITS:**

Full body workout and cardiovascular. This will help to build general body fitness.



### **EQUIPMENT NEEDED:**

A bag for life or equivalent strong shopping bag, a selection of 400g full tin cans (approx. 4).

### **WARM UP – 10 MINS**

Follow the warm up exercise routine on pages 4–6.

### **EXERCISES – 10 MINS**

#### **FRONT ARM STRENGTHENER**

Clench your fists. Stand or sit with your hands hanging at your sides. Curl your lower arms up to meet your shoulder and back down. Alternate arms.

**Focus:** Arm strength – biceps.

**Length of time/repetitions:** Try and do 12–15 on each arm.

**Watch outs:** Keep elbows ticked into your ribcage.

**Adaptations:** Can be carried out seated or standing.

## SESSION 5: BAG FOR LIFE LIFT

### SHOULDER PRESS

Keep your tin cans in your hands, and have your hands at shoulder height. Raise your hands above your head and bring them back down to shoulder height.

**Focus:** Shoulder strength.

**Length of time/repetitions:** Aim to do 10–12 on each arm.

**Watch outs:** Conditions where it isn't appropriate to lift arms above head, stick to a front arm strengthener. **Stop if you feel dizzy.** Try and keep the rest of the body stable as the arm and shoulder do the work. **Note:** A shoulder press may be problematic for older people, those with hypertension or on some hypertension medications. Where possible an adaptation has been included but other options include doing the exercise one arm at a time, doing the exercise whilst seated, or completing 10–12 repetitions and then marching on the spot to help resume normal blood flow and decrease dizziness.

**Adaptations:** Can be carried out seated or standing.

### BAG FOR LIFE LIFT

Build the previous movements together. Using your bag weighted with one tin can curl your hand up to your shoulder. Then raise your hands above your head.

**Focus:** Building weights/building repetition of movement.

**Length of time/repetitions:** 10–12 would be a good target to aim for each side.

**Watch outs:** Take care with the bags to not bang your face. It may be worth wrapping the bag around your hands a few times to prohibit range of movement. Check the bag can hold the weight before starting. **Stop if you feel dizzy.** When complete march on the spot for 15–20 seconds.

**Adaptations:** Can be carried out seated or standing. For further a further challenge add more tin cans. Check the bag can hold the weight before starting.

### COOL DOWN – 10 MINS

Follow the cool down exercise routine on pages 7–8.

### CONCLUSION AND FOCUS FOR THE WEEK'S TRAINING

- Build up arm strength where possible throughout the week – do your bicep curl or shoulder press with a weighted item like a tin can or full water bottle.
- Try a few repetitions a day with your bag for life, increasing the amount of tin cans in there at a pace that suits you.

**Next week** is the Watering Can Wander so you will need a watering can or jug.

## **TRAINING SESSION 6**

# **WATERING CAN WANDER**

**40 MINS**



### **ACTIVITY BENEFITS:**

Arms, shoulder and back strength workout and cardiovascular. This will help to build arm and back strength as well as improve general aerobic fitness.



### **EQUIPMENT NEEDED:**

Watering can (or equivalent jug/vase to hold water, whilst still being held), water.

## **SESSION OVERVIEW – 5/10 MINS**

- Reflect on how the training went last week.  
Any things to work on/how did it make you feel?
- This week's training session will be Watering Can Wander.
  - Aim to complete the longest distance in meters that you can in two minutes whilst carrying a watering can (farmers carry) holding approx. 3Ltrs of water (or a weight that feels comfortable, whilst challenging). The carry should be shuttle walks/runs to the nearest measured meter.
  - If seated, you will be holding the watering can, whilst shuttling the course (if able to shuttle) as an alternative option you can work with a friend or partner. Seated person lifts the can with one arm passes to partner. Partner does the walking/ carrying while the seated person does chair marching. As the helper returns passes the can back to the same hand and the seated person put it on the floor. Seated person changes the can to the other side and repeats with the other hand.
  - For this activity: You will need two watering cans or jugs and water (two are needed for the practice). If you only have one of these items then please get two tin cans.

## **WARM UP – 10 MINS**

Follow the warm up exercise routine on pages 4–6.

## UPRIGHT ROWS

Build up that arm and back strength with upright rows. Engage your tummy muscles. Take your empty watering cans/jugs and sit or stand with your arms by your side. Hold the cans in front of you with slight bend in the arms. Lift the cans to just below your chin allowing your elbows to move to the sides.

**Focus:** Arm and back strength.

**Length of time/repetitions:** Aim for 12–15 times. Take a short rest and then see if you can do another 12–15.

**Watch outs:** Only lift as high as feels comfortable, once you've build your comfort challenge yourself to get up to level with shoulder height. Keep the movement slow and controlled.

**Adaptations:** If you didn't have two jugs/watering cans, tin cans are great to use for this exercise! If this isn't challenging enough, increase the weight that you're rowing.

## LIFT AND HOLD

Fill your watering can or jug with a small measure of water. Engage your tummy muscles. Bend your knees to lift can to your hip height and hold there for up to 5 seconds. Repeat movement on both sides until weight feels comfortable.

**Focus:** Technique for the activity.

**Length of time/repetitions:** Allow 2 minutes. Complete in your own time and at own speed.

**Watch outs:** Stick to walking and concentrating on carrying form over speed. As you get more comfortable, you can build up the speed. Don't be tempted to rush the turn at the end. Avoid swivelling. Walk round a half turn to change direction.

**Adaptations:** For seated adaptations try alternating between hands that are holding to try out both sides. Test moving as far as possible in one direction before turning and completing the shuttle back in the other direction. As an alternative option you can work with a friend or partner. Seated person lifts the can with one arm and passes to partner. Partner does the walking/carrying while the seated person does chair marching. As the helper returns and passes the can back to the same hand, the seated person puts it on the floor. Seated person changes the can to the other side and repeats with the other hand.

## COOL DOWN – 10 MINS

Follow the cool down exercise routine on pages 7–8.



## **CONCLUSION AND FOCUS FOR THE WEEK'S TRAINING**

- Build up arm and shoulder strength where possible throughout the week – keep testing yourself on those upright rows and can/jug lifts.
- Try a few repetitions every other day of the Watering Can Wander, to get used to the technique, concentrating on building up to the correct weight (where you're able) and getting your speed up as you get more confident.

**Next week** is the pillow javelin so you will need a few pillows for practice.

## **TRAINING SESSION 7**

# **PILLOW JAVELIN**

**40 MINS**



### **ACTIVITY BENEFITS:**

Arms and back strength workout and cardiovascular. This will help to build upper body strength as well as general aerobic fitness.



### **EQUIPMENT NEEDED:**

Pillows of a range of sizes or shapes (approx. 5 would be ideal). Alternatively, a tied up piece of rope/string/ribbon or a tennis ball.

### **SESSION OVERVIEW – 5/10 MINS**

- Reflect on how the training went last week.  
Any things to work on/how did it make you feel?
- This week's training session will be the Pillow Javelin.
  - For this activity: You will need a few pillows for practice – you can try a range of size and shapes if you have them! For a lighter option to a pillow, try a tied up piece of rope/string/ribbon. Alternatively, you could use a tennis ball.

### **WARM UP – 10 MINS**

Follow the warm up exercise routine on pages 4–6.

## WALL PUSH-OFFS

Stand facing a wall with your feet slightly apart about 1 foot away from the wall. Place your hands on the wall at shoulder height. Keep your tummy engaged and body straight at all times, from your head to your tailbone. Slowly bend your elbows, taking your body closer to the wall, pause for a moment and then push back up to your starting position.

**Focus:** Arm and back strength.

**Length of time/repetitions:** 10–12 times.

**Watch outs:** If you want more challenge, stand further away from the wall. Harder still, do the exercise on your tiptoes.

**Adaptations: Seated arm punches** – Sit with your arms by your side. Bring your hands up to your chest, then straighten your arms out in front of you. Bring your hands back to your chest. Repeat this action, going a little higher each time until you are reaching up high, as if you were hanging up washing. Then repeat exactly in reverse, gradually getting lower, remembering to bring your hands back to your chest each time. Finally, bring your hands back down to your sides. For more of a challenge hold a weighted object (i.e. a tin can).

## OVERARM THROW

Focus on perfecting that overarm throw. With both feet tightly close to each other (if standing), face in the direction you're throwing. Pretend you're holding the pillow overhead in your dominant hand, keeping your shoulder as far back as possible. If you are a right handed thrower, then step forward with your left foot and throw in a forward direction (vice versa if left handed).

Without pulling down towards the shoulders, the throwing hand position should be kept high throughout the throw. Challenge yourself by using your nondominant hand.

**Focus:** Technique.

**Length of time/repetitions:** Practice the movement in your own time for 2 minutes.

**Watch outs:** May need to do underarm. If standing and a need balance aid, have a sturdy chair in front of you. If seated make sure your feet are flat to the floor and you are seated well into the chair with your back resting against the chair back.

**Adaptations: Underarm throw** – if over arm not possible. With both feet tightly close to each other (if standing), face in the direction you're throwing. Pretend you're holding the pillow in your dominant hand and move your arm backwards, keeping your shoulder as far back as possible. If you are a right handed thrower, then step forward with your left foot and throw underarm in a forward direction (vice versa if left handed). Pull forwards with your hand, aiming to release just after the pillow moves forwards away from your body.

## SESSION 7: PILLOW JAVELIN

### PILLOW JAVELIN TECHNIQUE

Try the movement now with your pillow in hand, focusing on the technique over distance.

**Focus:** Accuracy and completing the movement.

**Length of time/repetitions:** 2 minutes in your own time and at your own speed.

**Watch outs:** Stick to perfecting your technique.

### COOL DOWN – 10 MINS

Follow the cool down exercise routine on pages 7–8.

### CONCLUSION AND FOCUS FOR THE WEEK'S TRAINING

- Build up arm and back strength a couple of times during the week. Keep testing yourself with those wall push offs/arm punches.
- Really concentrate on your technique. Where you find a spare minute, test practicing throwing without a pillow.
- If possible try the pillow javelin throws, every other day, aiming to push yourself to throw further each time, whilst concentrating on throwing with the correct technique.

**Next week** is the Step Ascent/Rigging Climb. If you have stairs then you will need to use them, alternatively create a step (i.e. a box) that will take your weight when you step up.

## **TRAINING SESSION 8**

# **STEP ASCENT/ RIGGING CLIMB**

**40 MINS**



### **ACTIVITY BENEFITS:**

Cardiovascular and functional support. This will help to build aerobic fitness and general range of movement.



### **EQUIPMENT NEEDED:**

For standing participants: stairs or steps. Alternatively, a box that will hold your weight when stepped on.

### **SESSION OVERVIEW – 5/10 MINS**

- Reflect on how the training went last week.  
Any things to work on/how did it make you feel?
- This week's training session will be Step Ascent/Rigging Climb.
  - The aim is to complete as many steps as possible, both up and down count as 1 step each. If doing the exercise seated you will complete as many rigging climbs as possible. A full climb counts as raising right arm and leg (if possible) and left arm and leg.
  - For this activity: For standing participants you'll need steps or something that you'll be able to step onto (i.e. a box that will take your weight). It could be the bottom step of the stairs or the step from the garden or yard into the house.

### **WARM UP – 10 MINS**

Follow the warm up exercise routine on pages 4–6.

## JUMPING JACKS

Focus on pulling in stomach muscles and shoulder blades back and down. Take one leg and one arm to the side on a diagonal, and then into the centre. Then repeat on the other side. If you're comfortable, build up to a full jump.

**Focus:** Cardiovascular.

**Length of time/repetitions:** Complete in your own time for 2 minutes.

**Watch outs:** Start off with half jacks, and build up to star jumps. Extend arms and legs as far as you can, don't push yourself too far. Mix up half jacks in with full jacks for a challenge. Make sure you bend your knees as you land from the jumps.

**Adaptations: Jumping jacks in chair** – Focus on pulling in stomach muscles, and shoulder blades back and down. Take one leg and one arm to the side on a diagonal, and then into the centre. Then repeat on the other side.

## MARCHING

Walk on the spot and gradually increase lifting your knees up as high as they will go until marching (try and aim for knees to be level with your hips). Swing your opposite arm as the leg that is being raised, swinging them along the sides of your body.

**Focus:** Cardiovascular.

**Length of time/repetitions:** Practice the movement in your own time for 2 minutes.

**Watch outs:** As you feel comfortable with the movement, build your speed up.

**Adaptations: Seated marching** – March with your arms only to start with, concentrating on keeping a steady pace, and keeping your back straight. If possible move your legs in tandem, raising your knees as high as is comfortable.

## STEP UPS

Stand in front of a step about six inches high, such as the bottom stair. Step up onto the step with one foot, then bring your other foot up to join it. Step back down again with your first foot and then the other one.

Repeat rhythmically, maintaining a steady pace.

Keep feet hip width apart, and stand tall each time you come up onto the step.

**Focus:** Technique and cardiovascular.

**Length of time/repetitions:** Practice the movement in your own time for 2 minutes.

**Watch outs:** Concentrate on your technique here, not speed. Place your step near a wall doorframe or banister for support.

**Adaptations: Seated climb the rigging** – Imagine you're climbing rigging on a ship. Reach your hands upwards to the ceiling and bring them down alternately. If possible, use your legs in a marching action at the same time.

## SESSION 8: STEP ASCENT/RIGGING CLIMB

### COOL DOWN – 10 MINS

Follow the cool down exercise routine on pages 7–8.

## CONCLUSION AND FOCUS FOR THE WEEK'S TRAINING

- Try and practice one of the cardiovascular exercises each day, alternating between the exercises on different days.
- Try and practice your technique when you're climbing the stairs, or just seated with spare time. When comfortable with the action technique, then build up your speed. Be strict on yourself when you're getting faster, to make sure your technique is right.

**Next week** is the Baked Bean Can Do. Make sure you have two full 400g tin cans, i.e. baked beans.

## **TRAINING SESSION 9**

# **BAKED BEAN CAN DO**

**40 MINS**



### **ACTIVITY BENEFITS:**

Back, shoulder and arm strength workout. This will help to build upper body strength.



### **EQUIPMENT NEEDED:**

2x400g full tin cans, alternatively a filled 500ml water bottle, or even 500g sealed bags of flour or pasta or rice.

### **SESSION OVERVIEW – 5/10 MINS**

- Reflect on how the training went last week.  
Any things to work on/how did it make you feel?
- This week's training session will be the Baked Bean Can Do.
  - The aim is to complete as many alternating overhead single arm presses as possible with a can in each hand.
  - If unable to raise hands overhead, this will be with bicep curls.
  - For this activity: You'll need 2x400g tin cans.

### **WARM UP – 10 MINS**

Follow the warm up exercise routine on pages 4–6.



## BICEP CURL

Sit and rest your elbows on a table (if possible, if not hold in same position against your body). Hold your cans in your hands with your palms facing upwards. Gently bend one elbow, bringing the weight up towards your shoulder. Slowly straighten your arm again and repeat with the other arm.

**Focus:** Strength.

**Length of time/repetitions:** Complete in your own time for 2 minutes.

**Watch outs:** Concentrate on technique over speed.

**Adaptations:** If feel comfortable build to lifting both arms at the same time.

## SEATED ARM PUNCHES

Sit or stand with your arms by your side. Bring your hands up to your chest, then straighten your arms out in front of you. Bring your hands back to your chest. Repeat this action, going a little higher each time until you are reaching up high, as if you were hanging up washing. Then repeat exactly in reverse, gradually getting lower, remembering to bring your hands back to your chest each time. Finally, bring your hands back down to your sides.

**Focus:** Cardiovascular and strength.

**Length of time/repetitions:** Practice the movement in your own time for 2 minutes.

**Watch outs:** If too much of a challenge with the cans in your hands, do this without the weight.

**Adaptations:** Can be carried out standing or sitting.

## OVERHEAD PRESS

Without your tin cans to get your technique correct bring your arm up in a bicep curl with your palms facing your body. Twist your wrists so your palms are facing away from you. Push your arms up straight above your head, with your arms straight (be careful not to lock your elbows out).

**Focus:** Technique and strength.

**Length of time/repetitions:** Practice the movement in your own time for 2 minutes.

**Watch outs:** Concentrate on your technique here, not speed. Watch the can as it lifts slightly in front of your head so you keep it in your eye line.

**Adaptations:** If unable to raise arms above head, stick with bicep curl.

## SESSION 9: BAKED BEAN CAN DO

### BAKED BEAN CAN DO

Complete your overhead press, this time with your tin cans in your hands.

**Focus:** Technique and strength.

**Length of time/repetitions:** Practice the movement in your own time for 2 minutes.

**Watch outs:** Concentrate on your technique here, not speed. **Stop if you feel at all dizzy.**

When complete march on the spot for 15–20 seconds.

**Adaptations:** If unable to raise arms above head, stick with bicep curl.

### COOL DOWN – 10 MINS

Follow the cool down exercise routine on pages 7–8.

## CONCLUSION AND FOCUS FOR THE WEEK'S TRAINING

- Try and do your seated arm punches for a minute a day, aiming to include cans in your hands by the end of the week
- Practice your technique everyday – 10 repetitions a day – with or without your tin cans. Your technique is important here. Build in your weights towards the end of the week, once you're confident that your technique is correct.

**Next week** is the last week and our Weighted Sock Put. Make sure you have a sock, with a sealed bag of rice inside and perhaps a willing family member to pick up the Sock Put when you've thrown it.

## **TRAINING SESSION 10**

# **SOCK PUT**

**40 MINS**



### **ACTIVITY BENEFITS:**

Arms, shoulder and back strength workout. This will help to build upper body strength.



### **EQUIPMENT NEEDED:**

A sock with a sealed bag of rice inside alongside lighter items such as a ball of socks or tennis ball.

## **SESSION OVERVIEW – 5/10 MINS**

- Reflect on how the training went last week.  
Any things to work on/how did it make you feel?
- This week's training session will be the Sock Put.
  - For this activity: You'll need a sock, with a sealed bag of rice or dried beans inside, or alternatively a beanbag and perhaps a willing family member to pick up the Socks when you've thrown them! It would also be useful to have something light such as a ball of socks or tennis ball, for when we're practicing technique.

## **WARM UP – 10 MINS**

Follow the warm up exercise routine on pages 4–6.

## WALL PUSH-OFFS

Stand facing a wall with your feet slightly apart about 1 foot away from the wall. Place your hands on the wall at shoulder height. Keep your tummy engaged and body straight at all times, from your head to your tailbone. Slowly bend your elbows, taking your body closer to the wall, pause for a moment and then push back up to your starting position.

**Focus:** Strength.

**Length of time/repetitions:** Complete in your own time for 2 minutes.

**Watch outs:** Do this slowly, concentrating on contracting the muscles. **Note:** A shoulder press may be problematic for older people, those with hypertension or on some hypertension medications. Where possible an adaptation has been included but other options include doing the exercise one arm at a time, doing the exercise whilst seated, or completing 10–12 repetitions and then marching on the spot to help resume normal blood flow and decrease dizziness.

**Adaptations: Seated shoulder press** – Have your hands at shoulder height and raise your hands above your head and back down. Do biceps curls if unable to raise hands above your head. **Note:** Discourage bicep curls on affected side if upper limb/high tone is present.

## LIGHT THROW

Place your light 'ball' at the base of your fingers in your dominant hand. Bend your hand back into a cocked position (like you would hold a pizza box) and hold the ball in your neck, right by the jaw line, keeping your elbow bent and parallel to the floor and point your palm where you're aiming to throw. Use your entire body weight to throw the shot, stepping forward with the opposite foot as the side that you're throwing from. Try and release the ball at a 45 degree angle.

**Focus:** Technique for the activity.

**Length of time/repetitions:** Practice the movement in your own time for 2 minutes.

**Watch outs:** If too much of a challenge with the ball, practice the movement without it. Use a chair to support yourself if your balance is an issue.

**Adaptations:** If unable to throw overarm, throw underarm instead.

## SOCK PUT THROW

As above, concentrating on your technique complete the shot put throw, with your weighted sock.

**Focus:** Technique.

**Length of time/repetitions:** Aim for 10 repetitions.

**Watch outs:** Concentrate on technique over distance.

**Adaptations:** Throw underarm with your weighted sock.

## SESSION 10: SOCK PUT

### COOL DOWN – 10 MINS

Follow the cool down exercise routine on pages 7–8.

### CONCLUSION AND FOCUS FOR THE WEEK'S TRAINING

- Try and do your wall push-off or seated shoulder press – approx. 10 a day.
- Practice your technique everyday – 5 repetitions each day. Start with your light ball so you can concentrate on the technique, before building up to your weighted sock.
- Once your happy with your technique with the weighted sock, concentrate on the distance you can throw.

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