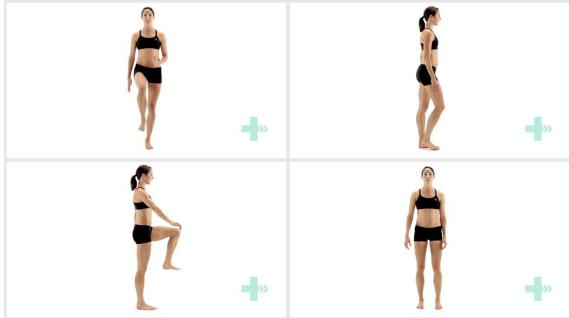


Brainfit Exercise Physiology
 Nowra Allied Health Centre
 66 Plunkett Street
 Nowra, NSW, 2540

1 Set / 20 Reps

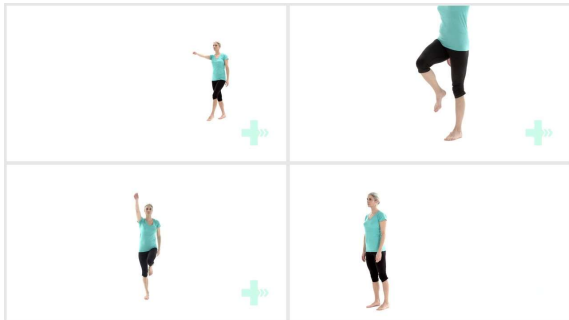


1. Standing marching

Hold on to a wall for balance.
 March on the spot, bending alternate knees up towards your chest.
 Make sure you keep your body straight throughout the movement.

take 20 march steps on spot to get puffed. Do this as often as you can throughout the day... for example, whilst waiting for kettle to boil, waiting for microwave, in tv add breaks... this spontaneous exercise will increase your energy expenditure. Make sure your knees and feet land softly so as you don't hurt your knees

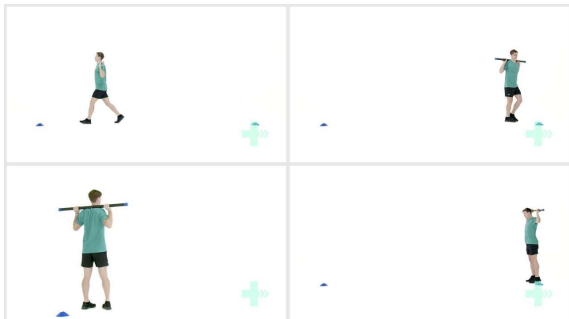
1 Set / 20 Reps



2. Walking (marching) with high arms

Stand upright with a clear path in front of you.
 Walk in a straight line at a slower speed than normal.
 Lift your knees high so that they rise above the level of your hips.
 As you lift one leg, raise the opposite arm into the air and lower it as you lower your leg.

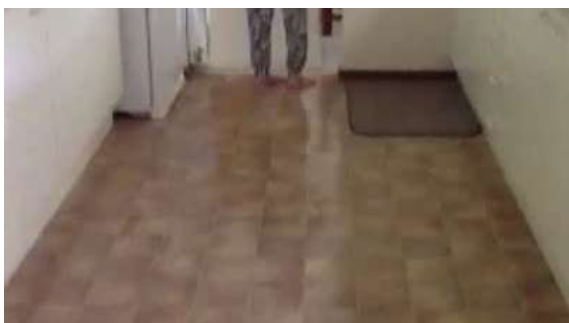
1 Set / 20 Reps / 0.1kg weight



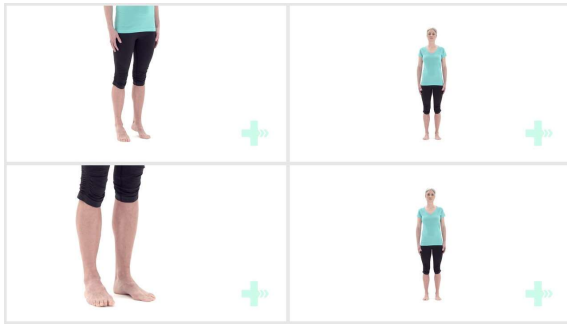
3. Walking high knee march into calf raise – weighted bar across shoulders

Stand up straight with a weighted bar held across your shoulders.
 When ready, bring one knee up as high as you can in front of you, maintaining your balance.
 Keep your torso upright and avoid twisting.
 Push up onto your tip toes of your standing leg.
 Lower your leg down, taking a forward step.
 Repeat leading with your other leg.
 Continue to travel in a forward direction.

1 Set / 20 Reps

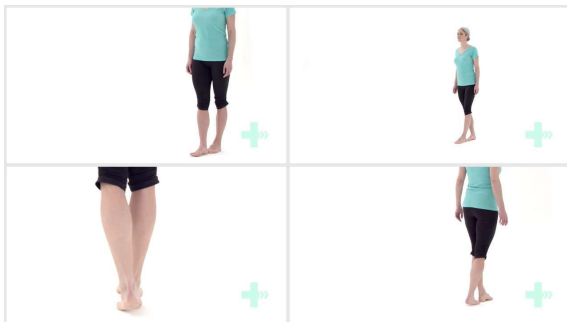


4. Marching and turning



5. Calf raise

Start in a balanced stance with your feet shoulder width apart and then raise yourself up on your toes as high as possible. Return back to the starting position.



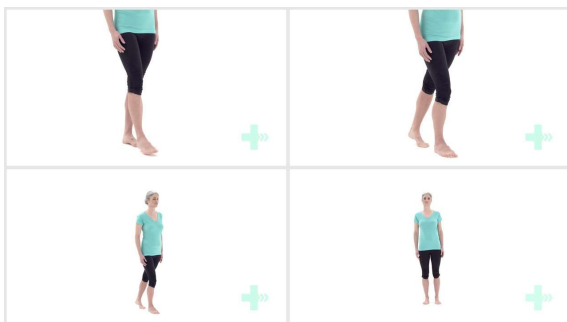
6. Tandem walking

This exercise involves walking with one foot directly in front of the other. Look straight ahead. Put your heel down directly in front of the toes as you walk in a straight line.



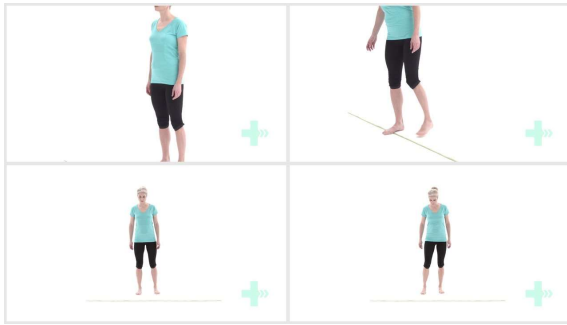
7. Clock stepping

Imagine that you are standing in the middle of a clock face. Stand on your weakest leg and step your stronger leg forward to the twelve o'clock' position and then back to the centre. Repeat by stepping to three or nine o'clock and back to the centre. Then step to the six o'clock position, by stepping your leg backwards, then back to the centre.



8. Forward step and hold

Start in a standing position with your affected leg in front of your other leg. Bend your front leg, keeping your torso upright. Hold this position and then return to the starting position.



9. Increasing stride length with markers (step-to)

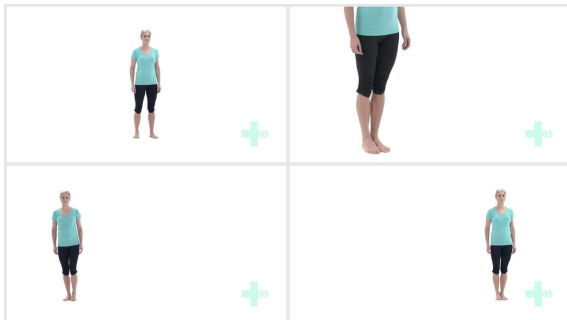
Stand up straight with a markers placed on the floor in front of you.

Stand far enough away so that you have to take a large stride to step onto it.

Take a large step forward onto the marker.

Once your foot is on the marker, step your other leg onto the marker to join the first.

You should finish with both feet on the marker, shoulder width apart.



10. Side stepping

Stand up straight with your feet hips width apart.

Step one leg to the side, then bring the other one to join it.

Repeat this movement, continuing in the same direction.

Once you have reached one end, stay facing the same direction, but step back the other way, repeating the sequence.

Make sure you keep your gaze straight ahead and your body up tall.