

# Get Active At Home!

At a time of cocooning and social isolating it is becoming more difficult to stay active and stay connected.

Wicklow Sports & Recreation Partnership have put together some exercises that can be completed in your home and at your own pace.



For more information please contact Wicklow Sports & Recreation Partnership at [wicklowlsp@wicklowcoco.ie](mailto:wicklowlsp@wicklowcoco.ie)



Wicklow Local Sports Partnership



ActiveWicklow

# Get Active At Home

Wicklow Sports & Recreation Partnership have put together the following exercises that can be completed in your home and at your own pace.

Please get clearance from your doctor to complete the below exercises and only do what you are able for.

## Exercises



### Chair Sit to Stand

- ◆ Scoot/walk hips up to the edge of the chair.
- ◆ Bring toes back underneath knees.  
Optional: Use arms to push off the chair or off of knees.
- ◆ Lean forward a little to bring nose over toes and push up with legs to a standing position.
- ◆ To sit, bend a little at the knees to push hips toward chair and lower the body to a seated position.
- ◆ Repeat 10-15 times, rest for 30 seconds and repeat for 2-3 sets in total.



### Marching on the Spot

- ◆ Aim to have your knees as high as your hips.
- ◆ As you lift one leg, raise the opposite arm into the air, and then lower it as you lower your leg.
- ◆ Aim to complete the movement slowly whilst maintaining balance on your standing leg.
- ◆ Repeat 10-15 times with each leg.
- ◆ 2-3 sets of the above with each leg.



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## Exercises

### Wall Push - Ups

- ◆ Stand a little further than arms length away from the wall, feet flat on the floor and shoulder width apart
- ◆ Lean forward placing palms flat on the wall.
- ◆ Breathing in, bend your elbows and begin to lean your body toward the wall until your nose almost touches it.
- ◆ Make sure your back stays straight and your hips don't sag.
- ◆ Hold for 1-2 seconds.
- ◆ Breathing out, slowly push yourself back to the starting position.
- ◆ Repeat 10-15 times, rest for 30 seconds and repeat for 2 more sets.



### Boxing Exercise (can do seated)



- ◆ Stand with feet shoulder width apart or sitting upright on your chair.
- ◆ As you punch with one hand, bring that hand back and punch with the other hand.
- ◆ Repeat 10-15 times with each hand.
- ◆ 2-3 set of the above with each hand.

# Get Active At Home Exercises

## Seated Calf Raises

- ◆ Sit comfortably in the chair with the hips as far back as possible.
- ◆ Keep both legs at a 90-degree angle with the chair, both feet should be flat on the floor.
- ◆ Slowly, extend the heels of your feet upward, pushing your toes on the ground and lifting your heels.
- ◆ Place both feet back to the starting position.
- ◆ Repeat 10-15 times, rest for 30 seconds and repeat for 2-3 sets in total.



## Assisted Lunge

Stand with right foot forward, left foot back. Hold onto a chair for balance. Bend your knees and lower them towards the floor until your back knee is a few inches from the floor and your front knee is at a right angle. Keep your front knee behind your toes and be sure to lower straight down rather than forward. Keep your back straight and tummy in as you push through the front heel and back to the starting position. Repeat 8-10 times, rest for 30 seconds and repeat for 2-3 sets in total.

