

Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 2/10 whilst completing this exercise programme.



1. Bodyweight squat

- Stand with your feet hip width apart and your arms across your chest.
- Sit back as if you are sitting into a chair.
- At the same time your head should move forwards to keep your balance.
- As you do this aim to keep your back straight.
- Go down as far as you feel comfortable or until your thighs are parallel with the floor.
- Come back up to standing and repeat.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**



2. Diagonal woodchop

- Standing tall with your feet shoulder width apart and holding a small weight (household object if you do not have a weight).
- Bend forwards and bend the knees slightly so the object is just outside of the left knee.
- From this position move the object diagonally upwards so that it ends up slightly away from the body and level with your right ear.
- Do all of the repetitions in this way and then repeat in the opposite direction i.e. right knee to left shoulder.
- Start slowly and if you feel confident you can gradually increase the speed and also the weight of the object although not both at the same time.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**



3. Brisk walking

- Start by taking short walks everyday just to get out in the fresh air and into nature if you can.
- Walk at a speed that raises your heart rate but leaves you able to have a conversation.
- Walking with a friend or partner with the government guidance is great.
- **Start with a 10 minute walk, and build up slowly.**