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**Sitting Room Circuits DVD – Condensed Contents**

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| You can also watch the video online [here.](https://activenorfolk.uat.oneagency.co/public/get-active/active-at-home/older-adults/) |

Part 1 – Getting Ready

1. If you’ve been inactive for some time, you have a long-term medical condition, or you are taking medication, it’s important to check with your GP or nurse before you begin exercising to make sure everything’s safe.
2. Don’t start the exercises if you’re feeling ill or under the weather – best to leave it till you feel better.
3. Make the most of the space you have. Move rugs or coffee tables out of the way if you can, to give yourself plenty of space and avoid trip hazards.
4. Wear loose comfortable clothing that you’ve got a good range of movement in, and you’re comfortable to work in.
5. Try and wear flat soled shoes or trainers that are comfortable, have a little bit of grip, and are unlikely to slip. Feet can be bare you’re not handling weights, but socks or worn slippers are not suitable.
6. Keep a drink handy, you will get warm doing the exercises!
7. Keep a telephone, or your emergency pendant if you wear one, within reach at all times so you can call for help in the event you have a fall.

Part 2 - Warm Up

**A warm up is essential to prepare your body for the exercise to come**.

Warming up gets the heart beating faster, gets the body warm, gets the blood circulating, so the muscles are prepared and less likely to get torn or injured in the course of the movement.

Setting Your Posture

1. Feet should be positioned roughly hip width apart. Line them up pointing forwards underneath the hips.
2. Distribute the weight evenly between both feet.
3. Rock slightly backwards and forwards onto the heels and toes. Try to spread the weight so you’re not leaning too far forwards or leaning too far back. Feel the weight move evenly between 50% on the balls of the feet, 50% on the heels.
4. Keep knees fairly soft and relaxed.
5. Stand up nice and tall, the spine rising up, your head reaches up towards the ceiling and you keep everything held up nice and strong.
6. Try to relax the shoulders. Shake them out a few times, and let them gently relax.
7. Pop your hands on the side of your hips and tilt your pelvis, much like it’s a pail of water. Tilt it forwards and it will spill out to the front, tilt it backwards and it will spill out to the back. You’re trying to work your way through the two extremes until you get yourself in a position where it’s not tilting too far to the front, or too far to the back; as if the water was just sitting carefully on the surface.
8. Take a couple of deep breaths from there, breathing in slowly and then out again. Feel it tightening up through the tummy, imagine that the belly button is being drawn slightly towards the spine and down.
9. This position now keeps you comfortable and sturdy. You should feel well balanced out. It shouldn’t be too much of a strain, you should feel you can breathe comfortably all the way through the movement.

Let’s Start Building Up the Movement

The amount of movement that should do depends on how healthy you’re feeling and how much movement you feel you can put in. If you’re not feeling very mobile, do gentle small movements. If you can do big full movements, so much the better.   
 **Try and do the full range of movement that you can use.**

1. Start by tapping one heel in front and curl the arms up at the same time before coming back to centre and then doing the same on the other side.
2. Repeat this movement several times - curling the arms, tapping the heels, one after another.
3. What this is doing is creating demand in the muscles, the muscles are having to work, they’re demanding oxygen to make that happen, which makes you breathe ever so slightly faster and makes the heart work a little bit more strenuously.
4. Change it into stepping back and raising the arms up in front of your chest before coming back to centre. Tap one foot back, raise the arms. And then repeat on the other side. The other foot goes back, arm comes up. Up and down. Repeat.
5. From there, take them out to the sides. So from the start position you take both arms out to the side and one foot to the side, before bringing back to centre. And then repeating. One foot to the side, arms coming up.
6. From there, bring it back into the centre and just start marching. Bringing the feet up in front of us, pumping the arms, slowly marching away.
7. Then you can start to punch out. Pushing forwards, driving the arms out in front of you. Again, bigger movements, more muscles used, as much effort as you can give.
8. **If at any point doing this it gets a bit too much and you need to stop and have a rest, please do just stop. Catch your breath, and then go again.**
9. However if you’re feeling comfortable, we’ll go back to the start again, curling the arms and tapping the heels, but this time we’ll go a bit faster.
10. Now we’re going to tapping back, raising arms up, nice and brisk. Biggest movement you’ve got. If you can only just raise your arms in front that’s fine. If you can go higher, please do, and you may find that as you get warmer, you have a larger range of movement.
11. Now we’re going out to the side, both arms up, one foot out to the side, just tapping on the toes, nice and gentle, keeping the pace up. The faster you can do it the better, but don’t over exert yourself. Work to within the means that you have.
12. And then from there, it’s back to marching again. Bringing the knees up, pumping them out as you go. Nice and brisk pushing along. Making it harder still, add the punches. So feet are coming up, arms are punching out
13. You should be warmer now, you should be feeling a little bit tired, and you might be breathing a little bit faster than before.

**Now is an ideal time to have a quick drink before you move onto the main section.**

Part 3 – Circuits

We’re going to do ten separate exercises in a circuit nature.

Five will consist of strength and resistance-based work. These strengthen the muscles and allow us to do everyday tasks with a little bit more ease.

The other five are cardiovascular. They’re going to make the heart pump, make you breathe a little bit harder, and hopefully burn some calories as you go along.

Always work to the maximum range of movement you feel you can put in.

**Aim to do each exercise in this series for 1 full minute.**

**If at any time working through these exercises you feel you need to take a rest, please do.**

1. Sit to Stand (strength)

For this exercise you’ll need a chair. Find a chair that’s sturdy, and that you can get on and off easily. A dining chair, or the side of your bed may do.

Position yourself in front of it so you’re stable, your feet are flat, and you can sit down on it.

From there, push your bum out behind you, keeping your back straight to lower yourself until you touch the seat.

As soon as you touch the seat, come back up again.

Keep your feet flat all the time and try to push your bum out behind you so you don’t bend your knees over the line of your toes. Keep your head up and your back straight.

If you find when you sit down you struggle to get back up without some assistance, pop your hands on your knees or on the side of the chair and drive yourself back up using those as well. And use them to help lower you down as well if you need to.

But if you’re feeling strong, try and bring your arms up in front of you as you sit and stand.

Aim to do 10 of those. If you find it’s a little bit tricky you can do less, if you can find you can do more, go up to about 20 or 30.

1. Spotty Dogs (cardio)

This is a repeat of one of the warm-up exercises.

Step back with one leg and raise both arms up in front of you. Tap back with the legs, raise the arms. It’s nice and simple, keeping the movement. Arms go up, foot goes back, get a rhythm going.

This should get the blood pumping, get your breathing a little bit harder. You should still be able to talk, but you wouldn’t be able to sing along to anything. If you were, you’re probably not working quite hard enough.

1. Wall-press (strength)  
     
   Position yourself in front of a wall, roughly arm’s length away from it.

Put your hands flat against it, underneath the shoulders, and just outside the width of the shoulders.

If you find you can’t put your hands flat, you can bridge your fingers if your wrists won’t allow for it. You can even use your fists if it feels more comfortable. But ideally it should be flat hands up against it.

Your feet should be positioned together. Keep your body straight, and bend your elbows to lower your body in towards the wall, and then push away again.

Try and keep the hips and shoulders in line so you’re not sagging the hips first or dropping it in and leaving the bum behind.

Allow your heels to come off the ground, that means they won’t over stretch through the calves as you do it.

Again, aim to do at least 10. If you can do more you can go up to 30, failing that, just go for what you can do.

If that’s quite simple, you can make it harder by stepping further back and leaning more against the wall, or even going down onto something low or onto the floor to make it a little bit trickier.

If it’s too hard, you can get much closer to the wall and lean in from there.

**Now is a good time to take a quick drink before you move on.**

1. Marching (cardio)

Start marching on the spot, same as you did in the warm up.

March away, bring the knees up, swing the arms.

Now start to build that by punching out as you go. Nice straight punches, nice and easy, picking the knees up.

Pace is controlled by how fit you feel you feel. You’re aiming to do this for a full minute, so it needs to be a pace that you can maintain and keep steady for that minute.

1. Arm Curls (strength)  
     
   For this exercise you can use dumbbells, water bottles, tin cans, or plastic bags with some kind of weight put in them - anything that creates a little bit of resistance to make you work that bit harder.

Sit yourself down into your seat, sit towards the front of the seat, try not to sit back.

Make your core muscles do some work by having to hold yourself upright. Make yourself comfortable, keep your feet flat on the floor.

Arms just hang, holding the weights with the palms facing forwards. Tummy’s tight.

From there, curl and bring the weights up to your shoulders before driving them up to the ceiling. Then reverse that movement. Curl up, push up, bend, back down. Nice, easy movements all the way through, slow, steady. The more controlled they are the more effective it is.

Aim to do 10, or more (or less) as you feel you can.

1. Star Steps (cardio)  
     
   Star steps mean side steps, while bringing the arms out. Same as in the warm up.

Arms up, one foot out to the side. Keep them moving, keep them pushing.

You can do very small movements, might be just a light tap, arms just coming up.

Or it might be that you can swing your arms right up above your head. It might be that you can start jumping and doing both together, bringing them all up at once. It all depends on how comfortable you feel with it. **Work as you feel you can**.

Aim to do the full minute before you slowly bring it to a stop and relax down.

**Now is a good time to take a quick drink before you move on.**

1. Dips (strength)

Head back to your seat and sit yourself on the edge of the seat once more.

Sit on the edge of the seat, put the heel of your palms on either side of your bum, nice and tight.

Once your arms are fixed, you’re going to take your weight on your arms and bring your bum slightly forward off the chair, feet forward.

And from there, keeping close to the chair, you’re going to bend your elbows and lower your weight down towards the ground but not touching it, before pushing up again.

Bend the elbows, keeping them close to your body.

If you feel that that’s too taxing, bring your feet closer in and just do small movements.

If you feel it’s too easy, take the feet further away and go as deep a movement as you can.

Aim to do 10 to 30 repetitions, as you feel you can.

1. Step Ups (cardio)  
     
   Position yourself in front of your staircase.

If you haven’t got a staircase, you might have a back step outside your door, or something similar, something that you can work upon.

All you need is a good solid box, 3-4 inches high. **Try not to have something stood in the middle of the room unless it’s a proper exercise step**. It wants to be something nice and sturdy.

You may find you need bannisters or railings, or something to lean upon to give you that little bit of extra help.

Put your foot flat on the step, push your weight up to the step, and then back down again. As if you’re climbing stairs, but you’re only doing one at a time. Try and alternate which foot you lead with.  
  
Try to avoid taking the knees over the line of the toe. So it’s a flat foot, the knee stays behind the line of the toe and pushing through the whole foot together, don’t lean too much on the front or the back. Push all the way up, lower down.

Keep your movement going nice and steady and stable for a minute.

1. Standing Row (strength)

This exercise requires a resistance band. If you don’t have one, you can adapt the exercise using hand held weights, or skip to the next exercise.

Using a resistance band, wrap it around a sturdy bar, like a stair bannister or sturdy door handle.

Wrap the band around once, and step back. Hold it in a position that you’ve got an equal length of band in each hand.

Stand nice and tall and relaxed, and pull the ends of the band in towards your body before releasing.

Keeping the elbows and wrists close to your body and pulling in, pull the shoulder blades together and then release.

If it feels very easy and 10 would be very simple to do, hold it lower down, then pull in. That makes it more tension on the band and a little bit trickier to pull.

If it’s too difficult, let it out a little bit.

Aimi for somewhere between 10 and 30 repetitions during the course of one minute.

1. Shuttle Walking (cardio)

Find a space where you can walk up and down, preferably relatively long, you want to be able to do 5-7 steps if you can.

But if space is limited you can just walk around a circle in a room.

Ideally you want to be able to walk out, take a few steps, turn, and come back again.

Over and over again, up and down, nice and straight, body is upright, head up, looking forward, nice big steps out, nice big strides, trying to be as confident as you can.

The tempo entirely depends on how you feel. If you find that it’s a struggle, you might need a walking aid, you might need to do it slowly, that’s absolutely fine.

By now, the heart should really be pumping a little bit, you should feel that you’re working up almost a sweat. You’re getting quite warm, you might start to sweat slightly. Breathing harder than you normally would.

Your body is really responding to the exercise, it’s getting the benefits from it, it’s feeling like it’s being challenged more than it normally would.

**Now is a good time to take a quick drink before you move on.**

If you feel like you’ve had enough, stop there and move onto the cool down.

However, if you think that you could do a little bit more, go back to the beginning and do this circuit a second time, maybe even a third or fourth, increasing the level of training that you’re doing to get the most out of the workout.

Part 4 – Cool Down

Following the workout, you need to cool down.

This is to reduce the load on the heart, make us start to cool down gently, reduce the need for oxygen and blood around the system and to stretch the muscles.

The reason we stretch the muscles is to lengthen them. Short muscles reduce movement around the joint.

After you’ve exercised, muscles will tend to shorten as they heal and recover, so by stretching that helps to reduce the strain on them, lengthen them out, which means you can keep a good movement around the joint.

Try to hold each stretch for 20 seconds.

1. Start off very gently just by walking on the spot. Keep walking on the spot as you do the following stretches.
2. Reach one arm up over your head, try and stretch it down behind your back and pull it over tightly using the other arm. Keep the tension, feel the stretch. Hold for 20 seconds. Then swap sides. In the event that this is difficult to do, you can bring the arm up over by the ear as if you’re just reaching back through your hair and push from the front.
3. Bring one arm across the body, come behind the elbow with the other hand, and reach across to feel the stretch. Hold for 20 seconds. Swap arms.
4. Link your hands together and turn them, or put one hand in front of the other, reaching forwards allow the head to drop slightly and the shoulders to round off. Feel the stretch across the shoulders and the top of the back.
5. Link your hands behind your back, bringing them up behind you whilst keeping your head up and also your chest.
6. Bring your feet to a fixed position, spread slightly so both feet pointing wide. Bring one arm down to the side, reaching down, keeping the body up so you’re not tilting forwards or backwards. Feel the stretch along your side. Then swap sides.
7. Take the feet slightly wider if you can, make sure you’ve got something around you that you feel you can grab hold of if you feel like you’re going to lose balance. Keep feet flat, legs roughly straight, and put a bend on one knee while leaving the other one straight and pushing through that heel. Then swap sides
8. Take one foot and put the heel slightly further in front of you with the leg straight. Try not to lean on it too heavily. You can have the foot flat, but if possible, raise the toes. From there, still square on, push your bum out behind you and your shoulders forward, keeping your back straight. Feel the stretch on the back of the thigh that’s extended in front of you. Then swap sides.
9. Take a big step out so one foot is behind you with a straight leg, press down on the heel. The front leg is bend. The feet don’t need to be in line, they can be on either side of each other, **but it’s important they’re both pointing the same direction**. Feel the stretch in the rear calf, pulling it out. If you can’t feel the stretch, first check that your back foot isn’t tipped out to one side. Then swap sides.
10. Find something to hold onto for balance. Grab hold of either your ankle, your trousers, your shoes, or whatever you can grab hold of. Bring it up towards your bum, trying to keep your knees close together. You should feel the stretch on the front of the thigh. Swap legs.
11. Once you’ve worked your way through all of the stretches, shake yourself loose, have a drink of water, and you’re done.

**Well done!**