



Thursday

CARDIO & MOBILITY

Try to complete these exercises at least twice throughout the day to assist in maintaining or improving cardio and mobility

#1. MARCHING



Instructions: Place a walker/chair in front and a chair behind. Practice marching on the spot. Try increasing the speed and duration of the workout. Lift your knees high. To make it harder, try holding on with one hand, or no hands.

Guide: 3 x 30-60 second efforts

#2. LUNGES



Instructions: Place a walker/chair in front and a chair behind. In standing, practice taking steps to your left/right/front and back. Try increasing the speed and duration of the workout. To make it harder, try holding on with one hand or no hands. Or try moving yourself into a lower position during the lunge.

Guide: 3 x 30-60 second efforts

#3. CONTINUOUS TRANSFERS



Instructions: Place 2 chairs at 90 degrees. Or place a chair next to your bed. Practice transferring back and forth across the 2 seats. To make it harder, try completing the transfer using 1 hand or no hands.

Guide: 3 x 30-60 second efforts

If you start to feel unwell, dizzy, short of breath, experience chest pain or other pain - STOP - and press your call button

You can find the full instructional videos at:
guidehealthcare.com.au/get-up-guide



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	Marching	Lunges	Continuous Transfers
Week 1	Sets: Reps:	Sets: Reps:	Sets: Reps:
Week 2	Sets: Reps:	Sets: Reps:	Sets: Reps:
Week 3	Sets: Reps:	Sets: Reps:	Sets: Reps:
Week 4	Sets: Reps:	Sets: Reps:	Sets: Reps:
Week 5	Sets: Reps:	Sets: Reps:	Sets: Reps:
Week 6	Sets: Reps:	Sets: Reps:	Sets: Reps:
Week 7	Sets: Reps:	Sets: Reps:	Sets: Reps:
Week 8	Sets: Reps:	Sets: Reps:	Sets: Reps:

Don't forget to join us each Thursday at 11am for our live physiotherapist run exercise session on zoom.com. Simply download the zoom app on your phone, tablet or computer and use the

Meeting ID: 271-996-719