

Balance, coordination, general fitness

Always view the **'before you start'** document prior to beginning.
For every **resistance** exercise, complete 3 sets of 10-15 repetitions, with a 30 second break between sets (unless otherwise stated). **Increase the repetitions to make this harder.**

1 **Slow knee raises**
Hold something stable
Alternative: Lying knee hugs



2 **Chest press machine**
Alternative: Press ups against a wall or tree



3 **Leg press machine**
Alternative: Squats against a wall, or sit to stand from a bench



4 **Cross trainer or Bike**
2 minutes moderate pace
1 minute recovery. Repeat 3 times



5 **Pull down**
Alternative: Arm raises to front and side, using water bottles



6 **Heel raises**
Alternative: Seated heel raises



This is aimed at beginners and those wanting to improve their balance and coordination. Ensure that you are comfortable with the equipment before starting, and when doing standing exercises make sure you have something stable to hold on to if you need it.