

How many? Do each exercise 10 times. Repeat 3 times (total 30).
Rest for 2 minutes after each 10.

How often? Do the 5 exercises 3 times each week. For 8 weeks.

Week 1: Do the exercises with no ankle weight.

Week 2 - 8: Tailor each exercise to your strength and ability.

To get stronger each exercise should feel hard.

Follow the instructions on the website to increase an exercise challenge.


Program One aim: Each exercise should feel HARD.

- o This should feel like 5-6 out of 10 (if 10 is as hard as it could possibly feel).

- o You should feel like you're pushing yourself a bit.

- o Increase the challenge of an exercise if it feels easier.

Review the 'How hard am I working?' table to help you figure out how hard an exercise feels. Does the exercise challenge need to be increased or decreased?



How hard am I working?

Rate by number	How hard is it?	How you feel when you're...
0	Resting	sitting or simply standing
1	Very, very easy	
2	Easy	
3	Moderate	walking or exercising lightly
4	Somewhat hard	
5	Hard	pushing yourself a bit
6	Hard	
7	Very hard	challenging yourself
8	Very hard	
9	Very hard	
10	Maximum	as hard as you possibly can

Example:

Week Date	Exercises	Increased the challenge? How?	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
Week 5 15/6/18	1. Knee extension	Yes. 2kg ankle weight	√		√			√		3
	2. Chair stand and sit	Yes. Holding 10kgs	√		√			√		3
	3. Standing side leg	No	√		√			√		3
	4. Hamstring curls	Yes. 3kg ankle weight	√		√			√		3
	5. Calf raises	Yes. One leg	√		√			√		3

