

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: New Exercises: Do these with no ankle weight.

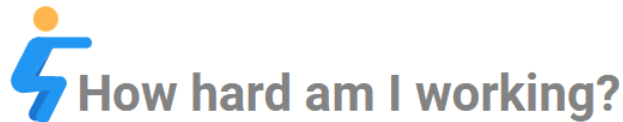
Exercises from Program One: continue these as you were at the end of Program One.

Week 2 - 8: Follow the steps on the website to tailor each exercise to your strength and ability.

Program Two aim: Each exercise should feel VERY HARD.

- o This should feel like 7-8 out of 10 (if 10 is as hard as it could possibly feel).
- o You should feel like you're challenging yourself.
- 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?



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. 5kg ankle weight	✓		✓			✓		3
	2. Chair stand and sit	No	✓		✓			✓		3
	3. Standing wall push (NEW EXERCISE)	Yes. Hold for 15 seconds	✓		✓			✓		3
	4. Hamstring curls	Yes. 5kg ankle weight	✓		✓			✓		3
	5. Single leg calf raise (NEW EXERCISE)	No	✓		✓			✓		3

Week 7 / /	1. Knee extension									
	2. Chair stand and sit									
	3. Standing wall push									
	4. Hamstring curls									
	5. Single leg calf raise									

Week 8 / /	1. Knee extension									
	2. Chair stand and sit									
	3. Standing wall push									
	4. Hamstring curls									
	5. Single leg calf raise									