











**Exercise Program – Age friendly exercise page, Priors Creek
Beginners Exercise Program**

- ❖ **Focus: low levels of co-ordination; moderate to high falls risk; limited strength; difficulty performing activities of daily living**
- ❖ Ensure you begin and end your work out correctly. This includes a warm up (slow walk, mini squats, cycle, small leg swings and some light stretching) and cool down (see stretch station sign for ideas as well as a light walk);
 - ❖ Consult with your Doctor or exercise specialist prior to commencing exercises;
- ❖ You are reminded that it is your responsibility to use the Fitness Park in a safe and responsible manner exercising all due care. It is a term and condition of the use of this equipment that Council and its servants or agents accept no liability of whatever description for any loss or injury which may occur with this facility, however caused.

Exercise Equipment	Purpose/ major muscle groups used/ cues	Sets	Reps	Workload
<p>Tandem walking through parallel bars</p> 	<ul style="list-style-type: none"> • Start at 1 end of the parallel bars, holding onto each bar • Place 1 foot in front of the other and continue walking to the end of the bars • Positioning of the feet should be heel then toe • Once you get to the end, turn around and come back the opposite direction <p>Purpose → balance and falls prevention</p>	2-3	5 laps	Body weight
<p>Mini squats at parallel bars</p> 	<ul style="list-style-type: none"> • Stand with your feet shoulder width apart, holding onto 1 of the parallel bars • Gently squat a quarter to a half range with your weight predominately on your heels and sitting your bottom back as if you are about to sit on a chair • Gently tense your bottom muscles at the bottom of the squat and use them to help straighten back to the start position <p>Purpose → lower limb functional strengthening, knee alignment</p>	2	10	Body weight

Exercise Equipment	Purpose/ major muscle groups used/ cues	Sets	Reps	Workload
<p data-bbox="96 183 401 207">Calf raises at parallel bars</p>  	<ul data-bbox="873 183 1520 399" style="list-style-type: none"> • Hold onto support in front of you to help maintain your balance, with your feet about hip distance apart • Tighten your buttock muscles • Push up onto the balls of your feet • Slowly return your heels back to the floor <p data-bbox="863 440 1535 500">Purpose → lower limb strengthening, ankle mobility and range of motion</p>	2	10	Body weight
<p data-bbox="96 513 575 537">Standing hamstring curls at parallel bars</p>  	<ul data-bbox="873 513 1535 833" style="list-style-type: none"> • Stand facing the parallel bar and hold on to help maintain your balance • Aim to keep your hips facing forward • Tighten your buttock muscles • Working 1 leg at a time, bring your heel towards your bottom • Return to the start position • Once you have completed all of your reps on 1 side, repeat on the other <p data-bbox="863 878 1451 906">Purpose → lower limb strengthening, hip stability</p>	2	10/ leg	<p data-bbox="1850 513 1997 537">Body weight</p> <p data-bbox="1850 586 1997 857">Progression: can tie theraband around working ankle for increased demand</p>
<p data-bbox="96 914 275 938">Shoulder press</p> 	<ul data-bbox="873 914 1524 1162" style="list-style-type: none"> • Sit comfortably on the chair and hold onto to the handles • Breathe out as you extend the arms up above your head but avoid locking out the elbows into full extension • Bend the elbows and return back to the start position <p data-bbox="863 1203 1367 1232">Purpose → overhead upper body strength</p>	2	10	<p data-bbox="1850 914 1955 1011">Shoulder press machine</p> <p data-bbox="1850 1057 1997 1190">Increasing the speed will increase the difficulty</p>

Exercise Equipment	Purpose/ major muscle groups used/ cues	Sets	Reps	Workload
<p>Tai chi wheels</p> 	<ul style="list-style-type: none"> • Stand in front of the tai chi wheels with 1 hand on each <p>Movement options:</p> <ul style="list-style-type: none"> ○ Both hands in a clockwise manner ○ Both hands in an anti-clockwise manner ○ Right hand clockwise, left hand anti-clockwise ○ Left hand clockwise, right hand anti-clockwise ○ Stand on right leg and use left hand only ○ Stand on left leg and use right hand only <p>Purpose → shoulder flexibility and mobility, cognitive challenge, general upper body strength, stability</p>	1-2	30 seconds - 1 minute/ movement	Tai chi wheels equipment
<p>Theraband bicep curls (this can be performed either standing or sitting)</p> 	<ul style="list-style-type: none"> • Choose your position, either standing or sitting, and anchor the band underneath your feet • Hold the ends of your theraband in each hand • Tuck your elbows close in by your ribcage to isolate the bicep muscle • Breathe out, bend your elbows and bring your hands towards your shoulders • Slowly extend the elbow and return to the start position <p>Purpose → functional upper body strength</p>	2	10	Theraband

Exercise Equipment	Purpose/ major muscle groups used/ cues	Sets	Reps	Workload
<p>Toe taps onto step</p> 	<ul style="list-style-type: none"> • Stand facing the step • Lift 1 foot up off the floor and then tap the toes on top of the step, swing your opposite arm forwards (as shown in picture) <ul style="list-style-type: none"> ○ Ensure you lift the leg high enough to prevent clipping your toe on the edge of the step • Return the foot to the floor, and continue alternating legs each repetition <p>Purpose → functional movement, hip range of movement, co-ordination</p>	2	10	Body weight

Acknowledgement and thanks to Carla Barletta, FNQ Health & Fitness, Atherton for developing this exercise program.

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