

Back Class Exercise Circuit

1. Squat to chair



- Stand with feet shoulder width apart.
- Start descent by sticking bottom back. Keep weight in heels.
- Slowly lower to touch bottom on chair and stand again.
- Progress by holding weight in front of chest as shown in above (picture on right).

Repetitions: 10 times

Sets: 3 times

2. Swimming

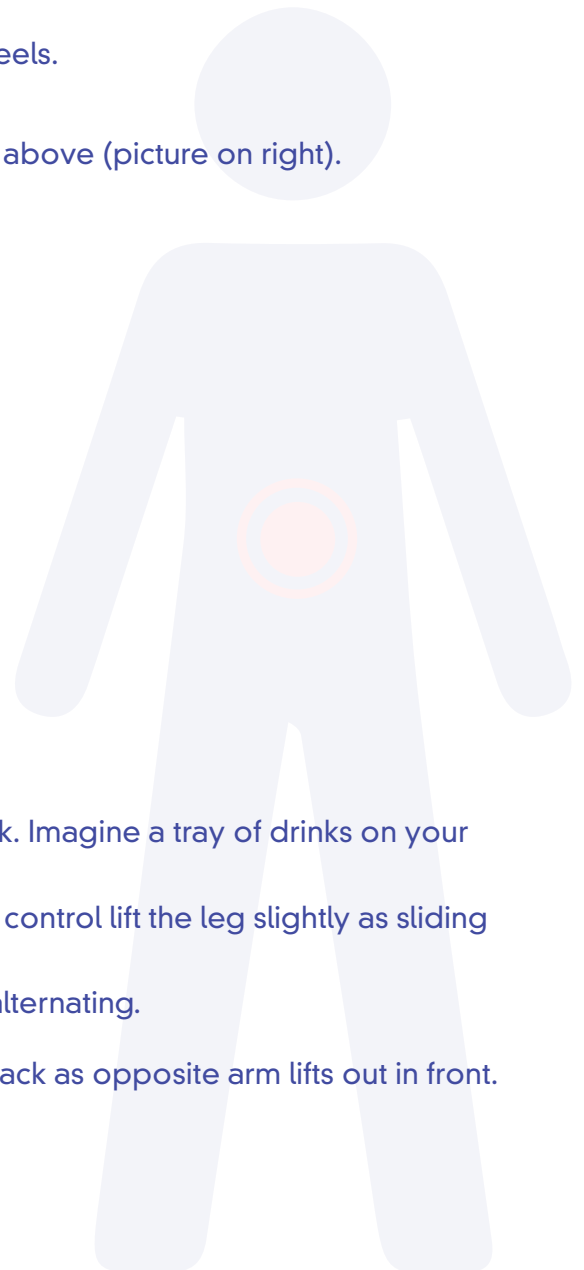


- In all fours – engage core muscles. Maintain nice flat back. Imagine a tray of drinks on your back.
- Slide one leg out behind and back in. If able to maintain control lift the leg slightly as sliding out behind. Repeat alternating legs.
- Then switch and lift one arm at a time out in front. Keep alternating.

If confident and feel in control progress to sliding one leg back as opposite arm lifts out in front.

Repetitions: 10 times

Sets: 3 times





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3. One leg stretch

Easy level:



Progression:



- Engage pelvic muscle (In the same way you would stop urinating mid-flow)
- Start at easy level and do approx. 30 sec work with 1 leg and then alternate.
- Start with leg in 90 deg angle at hip and knee (table-top position). Point leg away on a diagonal and then back to starting position.
- Progression is starting with both legs in table-top position.

Repetitions: 10 times each leg

Sets: 3 times

4. Lunges



- Start in standing. Hold counter top/table if required for balance.
- Lunge forward as in picture – weight in heel, body upright.
- Go as low as comfortable – progressively increasing depth.
- Alternate legs.
- **Progression:** add light weight to hands or move arms as lunging.

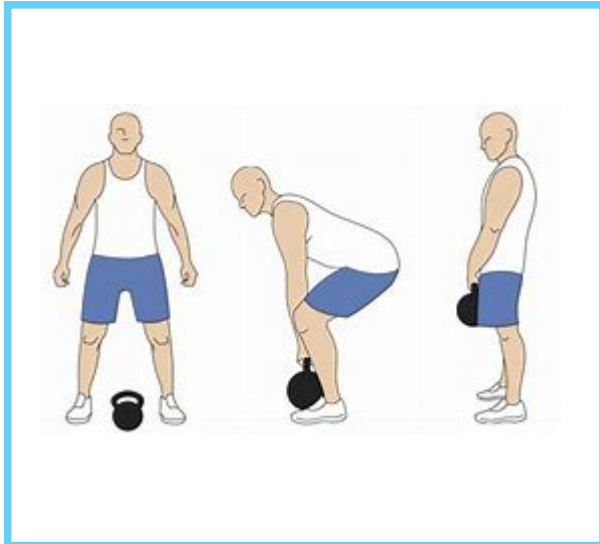
Repetitions: 10 times each leg

Sets: 3 times



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5. Deadlift



- Start in standing. Push bottom back and bend forward to hold kettlebell.
- Stand by pushing through your heels, lifting head and driving hips forward at the same time.
- Then slowly lower weight back down by pushing bottom back, bending at the hips leaning forward
- **Regression:** Place weight on a chair or step.
- **Progression:** increase weight.

Repetitions: 10 times

Sets: 3 times

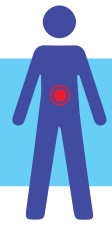
6. Toe taps



- Start in lying. Engage pelvic floor. Lift one leg at a time to table-top position (as seen in top photo).
- With control lower one leg down to tap toes and then back up. Alternate legs.
- Ensure when lowering leg, the movement is coming from the hip rather than just bending the knee.
- **Regression:** Start with one leg in table-top position and do so many reps before switching to the other.
- **Progression:** Increase speed but maintain control.

Repetitions: 10 times each leg

Sets: 3 times



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7. Single leg stance



A. Basic level



B. Progression – on pillow



C. On wobble board

- Standing on one leg – Hold this position for up to 30 secs at a time

To challenge yourself further:

- Stand on a pillow
- Raise arms in the air

