



Dear Member,

## We are back!

We know this is a challenging time for everyone and while we can't offer you our normal in-centre experience, we are excited to keep you active and healthy.

So while our doors are once again closed we have created another series of fantastic workouts that have been tailored for you to do while at home.

## How it works:

Join our LiveWell Instructors for a step-by-step program that you can do in the comfort of your own home.

This at home program will give you a range of fantastic workouts that you can do at your own pace. Plus, there are plenty of modifications and you can take breaks at any time. The guide will also give you handy hints and exercise guidelines to follow for each workout.

## Workout Schedule Sample

	Monday – Workout 1	Wednesday – Workout 2	Friday – Workout 3
Week 1	Balance and Hand to Eye Co-ordination	Chair Workout – Mobility and Strength <i>(for all who have limited mobility and are unable to stand)</i>	Gentle Cardio Workout
	Monday – Workout 4	Wednesday – Workout 5	Friday – Workout 6
Week 2	Circuit Combo	Mobility and Stretch <i>Warm up (page 1) and stretches (page 16/17)</i>	Tabata Fun

\* Workout on any day that suits you. We suggest allowing a rest day in between to ensure you workout safely and don't over exert yourself.

Once you reach the end of the two-week program, start from the first workout and rotate through the exercises again to keep yourself going during this break.

We hope you enjoy our LiveWell at home workout program and can't wait to see you back in centre very soon!

## LiveWell Team

Swim Sport & Leisure

*This information should be used as a guide only. It is not intended to be a substitute for professional medical advice, diagnosis or treatment. It is a condition of use that you consult your health care professional before beginning any exercise program. If you undertake these exercises, you do so at your own risk and hold yourself responsible for any injury, loss or damage you might suffer as a result.*



# LIVEWELL

## at Home

### HANDY HINTS AND WORKOUT GUIDELINES



**1** Warm up before performing the workouts (reference page no. 2).



**2** Work at your own pace and rest between sets or between exercises as required.



**3** Stretch after every workout (reference page no. 13).



**4** Equipment alternatives. If you do not have weighted dumbbells at home, try holding in each hand:

- A water bottle
- A can of soup/vegetables
- Shopping bags. Make sure the weight is even in both bags.



**5** Modify exercises as required, making sure you perform all exercises within a safe joint range without any pain.



**6** When performing exercises in the Total Body Strength workouts (1,2,3), ensure each repetition is slow and controlled, 3-4 seconds on the up phase and down phase of each repetition.



**7** Use your own exercise music during the program workouts to help lift your motivation.



**8** Have a water bottle and sweat towel handy before the workout so you are comfortable throughout the workout.



**9** Most of all, have fun!



# LIVEWELL

## at Home

### WARM UP

Before commencing each workout it's important to warm up the joints and muscles with some basic exercises. You may choose from as many of the warm up options below, or just select one or two, it's completely up to you.



### Brisk 10 minute walk or 60 step-ups

Leading with the right leg for 30 reps, then leading with the left leg for 30.



### Standing rotations

Standing in a wide stance, rotate your upper body from left to right swinging your arms loosely. Lift your heels slightly as you turn from side to side for one or two minutes.



### Shoulder Rolls

x 10 each way

Roll the shoulders forward, up towards the ear lobes, back squeezing the shoulder blades and then down to start resting position.



### Leg curls

15 seconds | 2-3 sets

Alternate leg curls reaching the heel to buttock with the option to tap hand to opposite heel.



Stack the spine up tall with shoulders above hips (imagine you're standing up against a wall), then slowly peel the spine off the wall vertebrae by vertebrae, starting with chin to chest, then shoulders, followed by midback, and lower back.

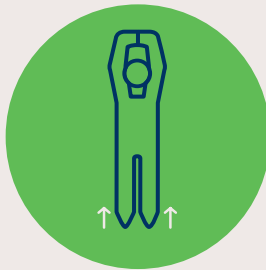
Bend from the hips as far as you can and reach arms to the floor. Ensure you soften the knees as you bend forward as much as required. Hold for 3 seconds and then start to bring the spine back to the wall, pushing from the heels, vertebrae by vertebrae until you are back to standing up tall.



## BALANCE AND HAND TO EYE COORDINATION WORKOUT

brought to you by Cheryl Boness (Splashdown Livewell team member)

Equipment required: Small soft ball, light dumbbell or a can of soup/vegetables, small balloon.



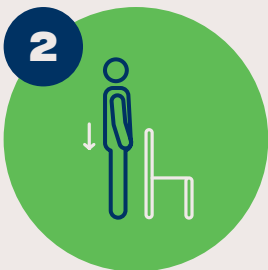
### Calf raises with arms

10 reps | 3 sets

(rest for approx. 15-30sec between each set)

Standing tall with core tight and feet together with arms by side, take a breath in raising arms laterally until above the head. At same time come up onto toes with straight legs to activate the calf muscles. As you breathe out, lower the arms to side and lower heels to the ground, keeping legs straight throughout the action. Focus on breathing technique throughout the exercise.

**Tips and modifications:** to make it easier, stand with feet spread apart little more. The further the feet are apart the easier the exercise.



### Chair Pose - Pulse Squats

10 reps | 3 sets

(rest for approx. 15-30sec between each set)

With knees together and feet together, sit back into a chair pose with back long and core muscles activated. Arms can be extended out in front at shoulder height or in a prayer position in front.

**Tips and modifications:** to make it easier, stand with feet further apart or try only lifting one heel at a time and pulse, or keep both heels on the ground. You may also have a chair in front as a support in case you need to catch your balance. To make it harder, raise and hold arms above head while pulsing on toes only.



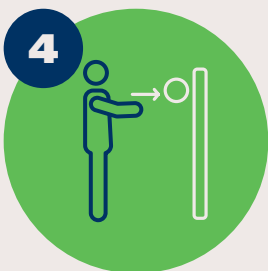
### Walk the Line

10 steps | 3 sets

(one direction is one set)

Walk forwards with heel of one foot in front of toes from back foot. Keep gaze straight ahead, focused on a point and keep your core tight. Take as many steps as possible. For safety, walk beside a wall in case additional support is required.

**Tips and modifications:** to make it harder, walk backwards in a straight line with toes of back foot in alignment with heel of front foot too.



### Throwing ball against wall - with feet on the floor

10 throws and catch's | 3 sets

(rest for approx. 15-30sec between each set)

Holding ball with both hands at chest height, take one foot off the floor, steady your balance then throw the ball at a wall (approx. 1m distance), to then catch it again. Try it on the other leg.

**Tips and modifications:** to make it harder, try lifting heel of one foot or whole foot off ground. To make it easier, stand closer to the wall to throw and catch the ball.



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Equipment required: Small soft ball, light dumbbell or can of soup/vegetables, small balloon.



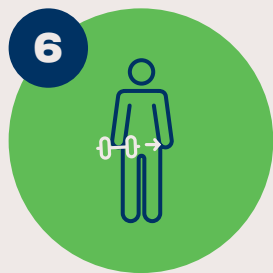
### Balloon Tapping in Air – with feet on the floor

10 taps | 3 sets

(rest for approx. 15–30sec between each set)

Using a blown up balloon tap the balloon in air continually without allowing it to fall on the floor, you may alternate left to right hand.

**Tips and modifications:** To make it harder, try standing on one foot tapping ball in air. Or, try tapping balloon in air with knees using alternate knee lifts to meet the balloon.



### One Leg Stand Passing Weight from each Hand

10 reps | 2 sets on each leg

(rest for approx. 15–30sec between each set)

Hold a light weight in one hand with both arms parallel to floor, bring hands together and transfer weight to the opposite hand, then return both arms parallel to floor. All while remaining on one foot! Be creative when using weights.

**Tips and modifications:** To make it easier, place just the toes of the opposite foot onto the ground. To make it harder, use a heavier weight, but not too difficult that you cannot hold out to the side with a straight arm.



### Standing Bird Dog

5 reps each leg | 2 sets each side

(rest for approx. 15–30sec between each set)

Start standing tall, relaxed with feet hip width distance apart and core activated. Lean forward from hips extending one leg straight out behind, while extending and lifting opposite arm in front. The aim is to have both arm and leg raised vertical to the floor. Return to standing tall and repeat again 5 times before doing this move on the other leg.

**Tips and modifications:** To make it easier, have a chair with high back or perform in front of table so you can balance with the leading hand as you bend forward. To make it more difficult, use a dumbbell or weight (eg. can of food) held in leading hand.



### CHAIR WORKOUT MOBILITY

brought to you by Toni Jones (Waterworld Livewell team member)

1



#### Side to Side Neck Stretches

x 6 each side

Keeping shoulders level, lean head to one side, hold for 3 sec and repeat on the other side.

2



#### Rotate Head Right and Left

x 6 each side

Alternate turning your head to look over your right shoulder, then left shoulder.

3



#### Roll Shoulders

x 6 backwards and 6 forwards

4



#### Reaching Side to Side x 6 each side

Alternate reaching one arm to the floor and stretch opposite arm towards the ceiling, looking at that arm.

5



#### Seated March approx. 1 to 2 mins

Alternating marching legs, swing arms.

6



#### Calf Raises 2 x 12 reps

Rolling up and down on the balls of your feet.

7



#### Alternating Knee Lifts

2 x 12 reps

Lifting one knee at a time with the option to touch that knee or ankle with the opposite hand.



## CHAIR WORKOUT STRENGTH

brought to you by Toni Jones (Waterworld Livewell team member)

Options: No weight, light dumbbell or can of soup/vegetables, small pillow/cushion.



### Seated Bicep Curls

2 or 3 sets | 12 reps

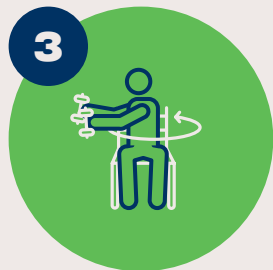
Starting with arms full extension at your side, curl arm from the elbow, hand to shoulder height and lower down.



### Side Arm Raise

2 or 3 sets | 12 reps

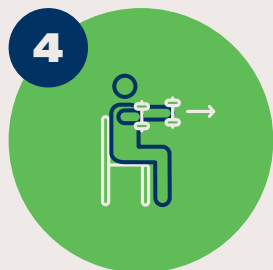
Nearly straight arms lift dumbbells to shoulder height and lower to the start position. Ensure elbows and hands are in-line with shoulder height.



### Russian Twist

2 or 3 sets | 10 reps

Hold arms out in front of you at chest height, elbows slightly bent. Rotate the torso moving arms as far as you can to the right and then rotate to the left. Keep core activated by pulling belly in to the spine.



### Chest Press

2 or 3 sets | 10 reps

Alternate punching arms from chest. Keep hands and elbows at shoulder height.



### Inner Thigh Squeeze

Repeat 5-6 times

Grab the cushion/pillow and place between the knees. Squeeze into the cushion/pillow for 10 seconds.



## GENTLE CARDIO WORK

brought to you by June Larkin (BASC Livewell team member)

Equipment required - small soft cushion, small soft ball and a theraband. If you don't have these then the exercise can still be performed with other alternatives.

### ADDITIONAL WARM UP



#### Pelvic Floor exercise

Wait 8 - 10 sec then repeat the exercise x 8 - 10 reps

Sit on Chair or a Fitball. Place a small soft ball or cushion between the knees, take a deep breath in. As you engage the muscles around the back passage you will feel a slight lift internally in the frontal pelvic floor area, and as you breath out squeeze the ball that is held between your legs. As you finish the outward breath release the engaged muscles and knees holding ball.

To get the best results, move through exercises 1-6 and perform each for approximately 30 seconds and repeat back again from 1-6. You can of course, shorten or lengthen the time in which you undertake each exercise. But try to keep yourself moving all the time to get the heart pumping.



#### Calf raises

30sec | 2 sets

Start standing with arms by side, and legs as wide as hips. Raise heels up on to tip-toe with frontal arms raised up to either shoulder height or overhead. Lower heels and arms back down again to start position.



#### Step Sideways

30sec | 2 sets

Step across to the left, with legs as wide a hips each time you step. Combine arm rolls with each step. Take as many steps to the left as possible with the space you have available (ideally up to 10 steps), and repeat the same amount of steps to the right.

\*Optional - step with a theraband or stockings around the ankles for resistance.



#### Stepping forward and Stepping back

30sec | 2 sets

Stand with legs as wide as hips, step forward with an alternate arm punch out to the front and then step back and change arms and legs. Step forward as wide as hips or even more if possible.



## GENTLE CARDIO WORK

brought to you by June Larkin (BASC Livewell team member)

Equipment required - small soft cushion, small soft ball and a theraband. If you don't have these then the exercise can still be performed with other alternatives.



### Knee lift to Side lunge

30sec | 2 sets

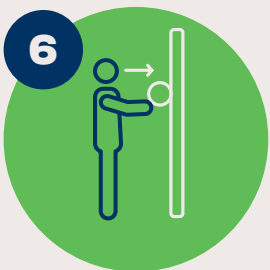
Stand with feet hip width distance apart. Lift one leg into a knee flex position (at approx. hip height) then step that leg out to side (lateral step) with a slight bend in the hips. Return to start and repeat other side. Optional - as you lunge to side, swing arms to side above shoulder height.



### Ball catch and throw

30sec | 2 sets

With your small ball, stand close to a wall with feet hip width distance apart, throw the ball from chest level onto the wall reaching arms high, aim to tap the palm of each hand to hit against wall before catching the ball and keep repeating.



### Variation - Ball catch and throw

30sec | 2 sets

Similar to exercise five. With your small soft ball - stand close to a wall with feet hip width distance apart, incorporate a squat every time you catch it. Also you can vary each throw - high up overhead, or medium at chest height or lower.



## CIRCUIT COMBO – STRENGTH AND CARDIO

brought to you by Tim Bentley (Leisurelink Livewell team member)

Perform strength exercise A for required reps, immediately perform cardio exercise B for required time and then rest completely for 30 to 60 secs. Repeat for a total of 3 sets.

Equipment required: Light weigh dumbbells or can use two soup cans instead of dumbbells.

Option – to create some atmosphere and make this workout enjoyable – play some favourite music that has a steady rhythm.

1



### A DB Squat with upright row

1 set | 10-15 reps

Wide leg stance. Heels stay firm on ground as you sit into squat. As you straighten, lift weights straight up toward chest. Elbows remain higher than hands as you lift and lower.



### B Marching on spot

Time: 30 secs

Lift knees high for greater intensity. Let the arms swing naturally.

Rest for 30-60sec and repeat A and B again.

2



### A Wall or bench push ups

1 set | 10-15 reps

Hands positioned wider than shoulder width. Activate core to keep body straight. Lower chest toward wall in line with hands. Breathe out as you push away from wall. Option raise one leg behind with every push up and squeeze butt muscle, to add strength to lower body. Keep the leg straight, extend from the hip.



### B Standing alternate tap backs

Time: 30 secs.

Start with feet hip width distance apart, keep knees soft and tap toe behind you and alternate. Swing arms forward freely as you tap foot back.

Rest for 30-60sec and repeat A and B again.



## CIRCUIT COMBO – STRENGTH AND CARDIO

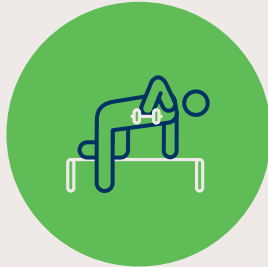
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3



### A DB Single arm row

1 set | 10-15 reps

Use a bench or firm chair base to kneel on. Place right hand and right knee on bench/chair and hold weight in left hand. Always hold weight in to opposite hand to kneeling side. Keep spine in alignment and push tail upwards to keep natural arch in lower back. Lift weight directly upward toward side rib. Squeeze the back muscles. Lower weight slowly down. Repeat other side.

### B Standing alternate front heel taps

Time: 30 secs

Start with feet hip width distance apart. Tap heel in front of body and alternate. Push the opposing arm out in front, or both arms together.

Rest for 30-60sec and repeat A and B again.



4



### A Weighted tricep kickbacks

1 set | 10-15 reps

Soften knees, bent forward from hips keeping back and head straight in line with the spine. Activate the core by pulling belly to spine. Upper arms remain horizontal with elbows pointed directly back. Straighten arms to push weights directly behind body, approx. horizontal to floor. Lower weights slowly.

### B Standing alternate side taps

Time: 30 secs

Start with feet together. Tap one foot directly out to side then back to centre. Then tap other foot out to side and back to centre, keep alternating. Swing same side arm out to front or side of body. Add variety and combine arm variations. Be creative and have fun.

Rest for 30-60sec and repeat A and B again.





### TABATA FUN

brought to you by Jack McAllister and Mary Schroeder (Waterworld Livewell team members)

**\*\*Perform each exercise for 30 sec followed by a 15 sec rest and repeat again before moving onto the next exercise.**

**Equipment required:** Timer, one shopping bag with groceries in it (ie. two soup cans, one litre of milk, two oranges), light weight dumbbells or as an alternative use two soup/vegetable cans, two buckets and 10-15 pegs or equivalent.

**Option – to create some atmosphere and make this workout enjoyable – play some favourite music that has a steady and upbeat rhythm.**

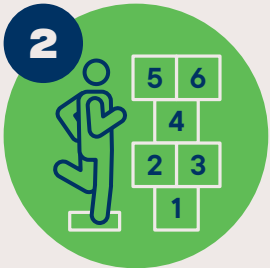


### Shopping bag walk

30sec | 10 sec rest

Hold shopping bag in one hand, posture up tall and centred. Walk to one side of the room and back again, then repeat holding bag in the other hand. For a Challenge - Add more items to the shopping bag on the next round.

**\*\*Set timer and Repeat again**



### Hop scotch

30sec | 10 sec rest

Imagine a hop scotch diagram on the floor. Start with feet together in front of the first square, hop into the first square with right foot, then land each foot in the two squares, then hop in next square with left foot, then land each foot in the two squares and repeat and until time is up.

**\*\*Set timer and repeat again**



### Opposite Elbow to Knee Lift

30sec | 10 sec rest

Start with feet at hip width distance apart. Lift right knee to left elbow (approx. just above waist height), and alternate. Try and maintain an upright posture and avoid rolling shoulders forward.

**\*\*Set timer and repeat again**



### Chair Squat

30sec | 10 sec rest

Feet shoulder width apart. Toes turned out slightly. Lower into a squat pushing your buttocks back. Keep chest and head up, looking forward.

**Tips and modifications:** squat lower, add dumbbells (or use something heavy from the pantry. Get inventive!)

**⚠ Caution - knees should not pass the toes.**

**\*\*Set timer and repeat again**



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**Option – to create some atmosphere and make this workout enjoyable – play some favourite music that has a steady and upbeat rhythm.**



### Peg to bucket race

30sec | 10 sec rest

Place two buckets opposite each other approx. 1.5 m apart. One bucket empty and the other bucket with pegs in it. Stand next to the bucket with the pegs. Start the timer and then try and get all pegs in the bucket before 30 sec is up. Next time, have the buckets further apart.

**\*\*Set timer and repeat again**



### Balancing Act

30sec | 10 sec rest

Try standing on one foot in front of a wall (only one foot distance from wall), and at the same time walk fingers of opposite arm up and down the wall, stretching arm high overhead. Repeat other side and keep alternating until time is up.

**\*\*Set timer and repeat again**



### Wall Angels

30sec | 10 sec rest

Stand with feet hip width distance apart with back up against a wall, keep knees and hips soft. Raise your elbows to shoulder height and press them back on the wall, and rest the back of the hands also on the wall. Run the back of the hands up along the wall as high as they can go, fully stretch out if possible and bring the elbows back down to shoulder height. Perform this exercise slowly – 4 sec up and 4 sec down.

**\*\*Set timer and repeat again**



### Floor Situps

(Optional exercise - only if you can make your way to the floor)

30sec | 10 sec rest

Lying on your back, bend the knees. Curl your upper back/shoulders off the floor to reach the hands along the thighs towards the knees, think about drawing your lowest rib to the tip of your hip bone. Keep your lower back to the floor. Keep head neutral and inline with the spine at all times.

**\*\*Set timer and repeat again**



# LIVEWELL

## at Home

### STRETCHES

You should feel tension or some discomfort but not pain

Hold stretches for 20 to 30 seconds

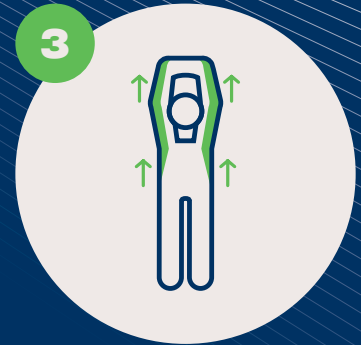
Always remember to breathe



Stretches shoulder and upper of middle back.



Stretches side of body from arm to hip.



Stretches arms, shoulders and upper back.



Stretches arms, shoulders and chest.



Use towel to stretch - stretches shoulders (rear).



Stretches the triceps and shoulders (rear).



Stretches the front of the upper leg - quadriceps.



Stretches the lower leg - calf.



Stretches upper body and back.



# LIVEWELL

## at Home

### STRETCHES

You should feel tension or some discomfort but not pain

Hold stretches for 20 to 30 seconds

Always remember to breathe



10 Stretches the upper leg - hamstring.



11 Stretches upper back, lower back, side of hips and rib cage.



12 Stretches the front of the upper leg - quadriceps (side laying).



13 Stretches the front of the hip.



14 Stretches the back and buttocks.



15 Stretches shoulders, arms, sides, upper back and lower back.



16 Stretches the back and buttocks.



17 Stretches the back and back of leg - hamstrings.



18 Stretches muscles of the rib cage, abdominals, spine, shoulders, arms, ankles and feet.