



Sets: 1 • Reps: 10

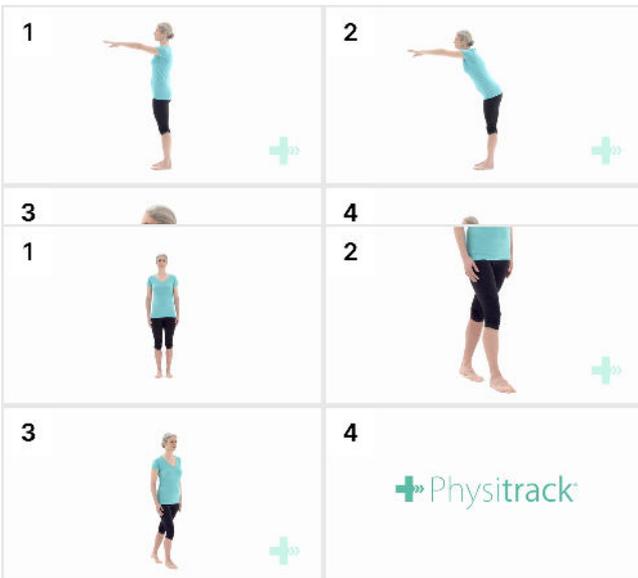


### 1. Heel lifts with knees bent - soleus raises

Stand with your knees bent slightly. Lean forward slightly so that your heels are no longer in contact with the floor.

Do not over balance, use a support if required. Return to the starting position.

Sets: 1 • Reps: 10



### 2. Forward reach

Stand up straight with your feet shoulder width apart and your arms straight out in front of you.

Lean forward as far as you can.

You can place a tape measure along the wall to measure the distance you lean.

Keep your head up and avoid letting your arms drop down.

Your feet should remain in the starting position throughout the exercise.

Sets: 1 • Reps: 10 • Hold: 3s

### 3. Forward step "on a tightrope" and hold

Start in a standing position.

Step forward with one leg placing the foot in front of the other foot as is walking on a tightrope.

Move weight towards your front leg and hold the balance.

Then return to the starting position.

Sets: 1 • Reps: 1 • Duration: 30s



### 4. March on spot

Stand up straight with a supportive surface nearby for stability if you need it.

March on the spot.

Try to pick your knees up nice and high, aiming to have your thighs level with your hips.

**5. Side stepping**

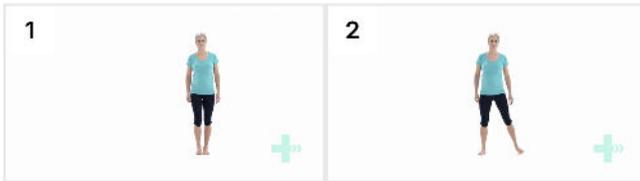
Stand up straight with your feet hips width apart.

Step one leg to the side, then bring the other one to join it.

Repeat this movement, continuing in the same direction.

Once you have reached one end, stay facing the same direction, but step back the other way, repeating the sequence.

Make sure you keep your gaze straight ahead and your body up tall.

**6. Turn to look over shoulders**

Stand up straight with your feet shoulder width apart.

Turn to look over one shoulder by rotating your hips, shoulders and neck.

Move back to the centre, then rotate to look over the other shoulder.

