

30 Day Rehab Respiratory Exercises

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<p>7</p>	<p>8</p>	<p>9</p>	<p>10</p>	<p>11</p>	<p>12</p>	
<p>13</p>	<p>14</p>	<p>15</p> <p>Flamingo Stand Single Limb Stance with Arm T</p>			<p>17</p> <p>Clock Reach Side L Clock Reach Side Leg Raises</p>	
<p>19</p> <p>Flamingo Stand Single Limb Stance with Arm Toe the Line</p> <p>REPEAT EXERCISES 2 & 4 CONSECUTIVELY</p>		<p>21</p> <p>REPEAT EXERCISES 8 & 11 CONSECUTIVELY</p>	<p>22</p> <p>REPEAT EXERCISES 1 & 7 CONSECUTIVELY</p>	<p>23</p> <p>REPEAT EXERCISES 6 & 15 CONSECUTIVELY</p>	<p>24</p> <p>REPEAT EXERCISES 10 & 12 CONSECUTIVELY</p>	
<p>25</p> <p>REPEAT EXERCISES 4 & 16 CONSECUTIVELY</p>	<p>26</p> <p>REPEAT EXERCISES 15 & 16 CONSECUTIVELY</p>	<p>27</p> <p>REPEAT EXERCISES 2, 4, 5 CONSECUTIVELY</p>	<p>28</p> <p>REPEAT EXERCISES 15, 16, & 17 CONSECUTIVELY</p>	<p>29</p> <p>REPEAT EXERCISES 15, 16, 17 & 18 CONSECUTIVELY</p>	<p>30</p> <p>REPEAT EXERCISES 15, 16, 17, 18, & 19 CONSECUTIVELY</p>	

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30 Day Rehab Respiratory Exercises



- 1) Over Head Press: 4 sets of 10 using either 2 cans of baked beans or 2 bottles of water as weights
- 2) Sit to Stand: 20 times
- 3) Front Kicks: 30 times each leg
- 4) March on the spot: 2 minutes
- 5) Bicep Curls: 4 sets of 10 using either 2 cans of baked beans or 2 bottles of water as weights
- 6) Heel Raises: 20 times
- 7) Chest Press: 4 sets of 10 using either 2 cans of baked beans or 2 bottles of water as weights
- 8) Mini Squats: 20 times
- 9) Wall Press: 20 times
- 10) Alternate Twist: 10 times each side holding cushion out in front
- 11) Leg Extension: 20 times each leg
- 12) Alternate Reach: 20 times each side
- 13) Same Arm / Knee Lift: 10 times each side
- 14) Shoulder Swings: 4 sets of 10 using either 2 cans of baked beans or 2 bottles of water as weights
- 15) Alternate Leg Hold: 5 counts hold each leg 5 times
- 16) Clock Reach: Stand on one leg and swing same arm 10 times, repeat other leg
- 17) Side Leg Lifts: 4 sets of 10 each leg
- 18) Toe to Heel Walk: 10 steps forward 10 steps backwards
- 19) Opposite Arm Leg Swings: 10 times each side

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