



THREE MINUTE, THREE WEEK PLAN

This short program is designed to be completed over three weeks.

Each week has four exercises that will take just 3 minutes to complete. Repeat each week's set of exercises 2-3 times throughout the week.

Some of the exercises get harder in Week 2 and 3. But if you feel this is not right for you, stay with the Week 1 exercise.

If you have any concerns or questions about your health before undergoing this activity, please consult with a physician or health-care professional first.

	Exercise	Time	How
WEEK 1	Forward step and reach	45 secs	<ul style="list-style-type: none"> Start with feet side by side, take a step with right foot while reaching up to the roof/sky with your arms. Return to your starting position and repeat with left foot. Repeat for 45secs.
	Alternating step up	45 secs	<ul style="list-style-type: none"> Stand in front of a step. Leading with your right leg, step up onto the step and back down to the ground. Repeat with the same leg, then switch to your left leg.
	Running arms	45 secs	<ul style="list-style-type: none"> Stand feet hip width apart, knee slightly bent/softened. Arms by your side with your elbows locked at 90 degrees, swing arms from your shoulder forward and backward like you were running.
	Forward back shuffle	45 secs	<ul style="list-style-type: none"> Start one foot forward of the other, move three steps forward, stop, move three steps back - repeat same leg. In round two lead with other leg.
Repeat 2-3 times in the week			

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	Exercise	Time	How
WEEK 2	 Forward step and reach	45 secs	<ul style="list-style-type: none"> Start with feet side by side, take a step with right foot while reaching up to the roof/sky with your arms. Return to your starting position and repeat with left foot. Repeat for 45secs.
	 Step up progression 1	45 secs	<ul style="list-style-type: none"> Stand in front of a step. Leading with your right leg step up onto the step and keep left leg floating above the step before returning it back down to the ground. Repeat with the same leg, then switch to your left leg.
	 Curtsey	45 secs	<ul style="list-style-type: none"> Stand with feet hip width apart. Step your right foot behind your left leg and place it on its toe. Bend your knees (like a curtsey) and sit as deep as you're comfortable. Return to start position and repeat on the other side.
	 Side to side shuffle	45 secs	<ul style="list-style-type: none"> Bend your knees slightly as if you were about to sit. Move sideways on your toes, two steps to the side and two steps back again. Repeat in the opposite direction.
Repeat 2-3 times in the week			

WEEK 3	 Forward step and reach	45 secs	<ul style="list-style-type: none"> Start with feet side by side, take a step with right foot while reaching up to the roof/sky with your arms. Return to your starting position and repeat with left foot. Repeat for 45secs.
	 Step up progression 2	45 secs	<ul style="list-style-type: none"> Stand in front of a step. Leading with your right leg step up onto the step and drive left foot up as high as you can in front of you before returning it back down to the ground. Repeat with the same leg, then switch to your left leg.
	 Forward step and reach down	45 secs	<ul style="list-style-type: none"> Start with your feet side by side. Take a step forward with your right foot and reach your arms forward and down while keeping your spine extended (keep your spine straight). Repeat with left foot.
	 Side to side shuffle	45 secs	<ul style="list-style-type: none"> Bend your knees slightly as if you were about to sit. Move sideways on your toes, two steps to the side and two steps back again. Repeat in the opposite direction.
Repeat 2-3 times in the week			