

# ACTIVITY PLAN: KITCHEN EXERCISES

**Aim:** 8 easy exercises you can do in the kitchen.

**Length:** 10–15 minutes.

**Repeat:** all exercises up to 3 times.

Start all exercises by standing upright on both feet and holding something sturdy for support unless stated otherwise.

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

## Squat pulse



### Description

1. Place your feet hip distance apart and slightly turned out.
2. Bend your knees and lower your body as if you were sitting on a chair.
3. Hold this position.
4. Begin “pulsing” by lifting and lowering and make sure to keep the bend in the knees.
5. Return to standing.

**Repeat: 20 pulses.**

## Calf raises



### Description

1. Place your feet hip distance apart.
2. Slowly lift your heels off the floor to balance on your “tip toes”.
3. Then, lower the heels all the way back down to your regular standing position.

**Repeat: 10.**

## Bench push up



### Description

1. Step your feet back so your hands on the counter are at chest height, and your body is straight from head to heels.
2. Bend your elbows and lower your chest towards the bench.
3. Press back up to the starting position.

**Repeat: 10.**

## Bench side plank rotation



### Description

1. Step your feet back so your hands on the counter are at chest height, and your body is straight from head to heels.
2. Lift your left arm to the ceiling, rotating your chest and twisting your feet.
3. Bring your left hand back down to the starting position, then repeat on the other side.

**Repeat: 10 each side.**

## Bench mountain climbers



### Description

1. Step your feet back so your hands on the counter are at chest height, and your body is straight from head to heels.
2. Hold this position.
3. Hover one foot off the floor and pull the knee towards your chest.
4. Straighten your leg and place the foot back on the floor.
5. Repeat on the other side.

**Repeat: 10 each side, total of 20.**

## Standing leg lifts



### Description

1. Step your right foot back, hovering the heel off the floor and placing your toes on the floor.
2. Slightly bend your left knee.
3. Lift and lower the right leg tapping the floor each time you lower.
4. Place your toes back on the floor.
5. Sweep your right leg to your right-hand side.
6. Lift and lower the right leg tapping the floor each time you lower.
7. Bring your foot back towards your left so you are standing upright.
8. Repeat on the other side.

**Repeat: 3 sets of 10.**

## Side lunges



### Description

1. Place your feet wider than hip-width apart.
2. Keep your left leg straight and bend your right knee, sticking your bottom behind you.
3. Bring your bodyweight across to the right as you do this.
4. Bring your bodyweight back to centre by straightening your right leg.
5. Swap sides.

**Repeat: 10 each side.**

## Arm raises



### Description

Forward:

1. Place your arms down by your sides.
2. Slowly lift your arms, keeping them straight, until they are outstretched in front of you.
3. Lower down and repeat.

Lateral:

4. Place your arms down by your sides.
5. Slowly lift your arms sideways, keeping them straight, until you are in a 'T' position.
6. Lower down and repeat.

**Tip:** pull your belly towards your spine. Don't let your lower back collapse.

**Repeat: 3 sets of 10.**