

# ACTIVITY PLAN: EXERCISES TO DO INDOORS

**Aim:** you can do indoors.

**Length:** 10–15 minutes.

**Equipment:** a chair/couch and wall.

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

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

## Chair squats



### Description

1. Begin standing upright with a chair behind you.
2. Have your feet hip distance apart and toes slightly turned out.
3. Bend your knees and lower your body as if you were about to sit down.
4. Be sure to keep your knees in line with your toes, your spine tall and chest lifted.
5. Tap your bottom on the chair and then stand back up.

**Tip:** try not to fully sit down and only lightly tap your bottom on the chair.

**Repeat:** 3 sets of 10.

## Split lunges



### Description

1. Stand upright with a chair or couch behind you.
2. Step your right foot forward and place the top of your left foot onto the chair.
3. Bend both knees to come into a lunge. Only bend the knees as far as is comfortable.
4. Straighten the knees to stand up and repeat the movement.

**Modification:** complete regular lunges with both feet on the floor and slowly progress to elevating the back foot.

**Repeat:** 3 sets of 8 per side.

## Incline push up



### Description

1. Begin upright facing a wall.
2. Place your hands on the wall, shoulder width apart at chest height.
3. Bend your elbows and lower your chest towards the wall while keeping your body straight.
4. Press back out to the starting position.

**Progression:** challenge yourself by finding lower surfaces, such as the back of your couch, or coffee table. The most challenging option is floor push-ups.

**Repeat:** 3 sets of 10.

## Incline plank



### Description

1. Begin standing, facing the seat of your couch.
2. Place your hands shoulder width apart on the edge of the couch and step your feet back so your body forms a straight line from head to heels.
3. Hold this position.

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

**Repeat: 3 holds of 30 seconds.**

## Bird dog



### Description

1. Begin on all fours, in tabletop position with your knees under your hips and your hands under your shoulders.
2. Extend your right leg behind you while you raise your left arm in front of you.
3. Try to bring the leg to hip height, and the arm to head height.
4. Hold for a breath.
5. Place the hand and knee back down and swap sides.

**Tip:** try to keep your pelvis stable and minimise rocking your hips side to side.

**Repeat: 3 sets of 10.**

## Incline glute bridge



### Description

1. Begin lying on your back on the floor, with your feet hip-width apart on the edge of your couch seat.
2. Press into your feet to slowly lift your hips as high as you can, squeezing the buttocks.
3. Slowly lower back down until your lower back is back on the floor.

**Repeat: 3 sets of 10.**

## Dead bug



### Description

1. Begin lying on your back on the floor with your arms stretched towards the ceiling, and legs hovering in tabletop position with knees above hips.
2. Slowly straighten your right leg and bring it down to the floor while you sweep your left arm overhead to try and touch the floor with your hand.
3. Return to the starting position and swap sides.

**Challenge:** try to keep the non-moving arm and leg completely still.

**Tip:** think of this as an “upside down” version of bird dog.

**Repeat: 10 each side.**

## Sit and reach



### Description

1. Sit on the floor with your back leaning against the edge of your couch.
2. Straighten your legs out in front of you.
3. Straighten your arms so they are outstretched in front of you.
4. Reach forward, folding at the waist, as far as you can.
5. Tap your legs as close to your feet as you can, then return to an upright seated position.

**Repeat: 3 sets of 10.**