



sport • inclusion • ireland

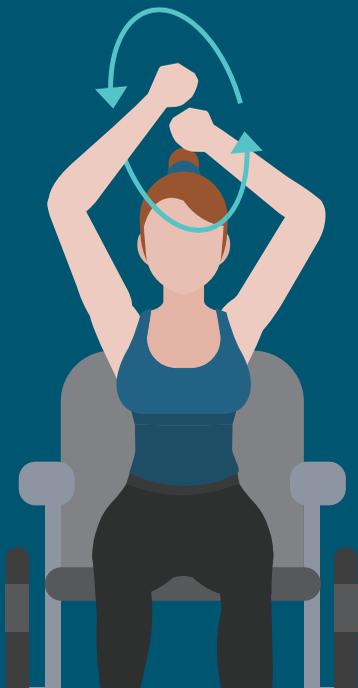
..... 10 minute .....

# Home Exercise Circuit

.....

## Dance - Circuit 2

Play your favourite song and dance it out to the beat!  
Perform each exercise for 30 seconds. Repeat 4 times.  
Add dumbbells for extra resistance.  
All exercises can be completed seated or standing.



Supported By



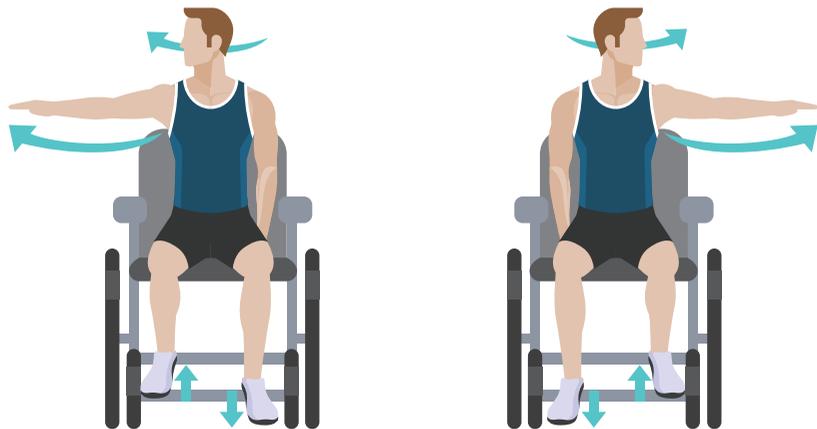
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1

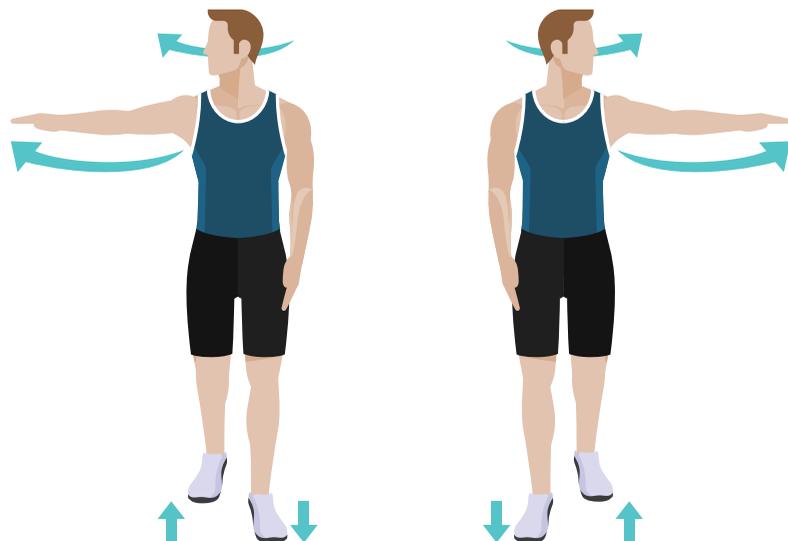
## Grease Lightning



Start marching on the spot. Extend your right arm out in front of you at shoulder height with your fingers pointing out ahead of you. Keeping your arm straight, rotate it to your right, moving your head to follow your arm until your arm is straight out to the right hand side of your body and then drop your arm. Repeat this movement with your left arm and then continue alternating arms.



Seated



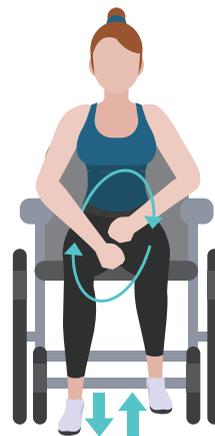
Standing

2

## Roly Poly



Start marching on the spot. Bring your arms up in front of you, with your elbows shoulder height and make fists with your hands. Start to roll your fists around each other making circles, creating 'Roly Poly's'. Keep marching with your feet and move your hands above your head and then down to your hips. Repeat this movement.



Seated



Standing

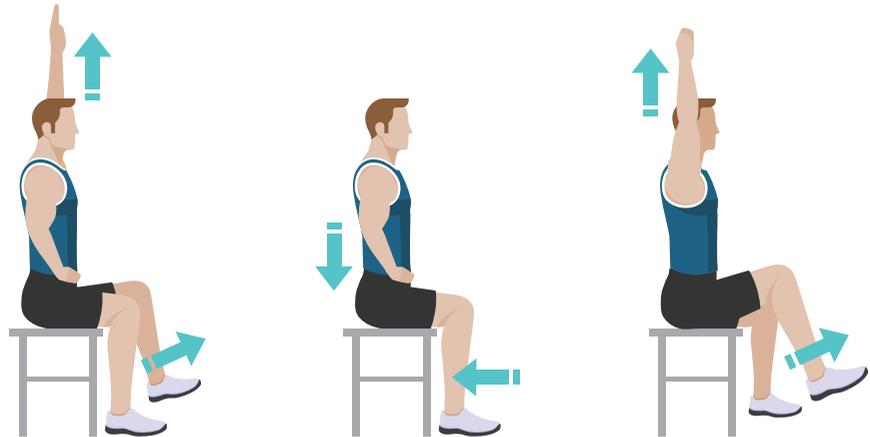
3

## Sky Reach & Forward Step

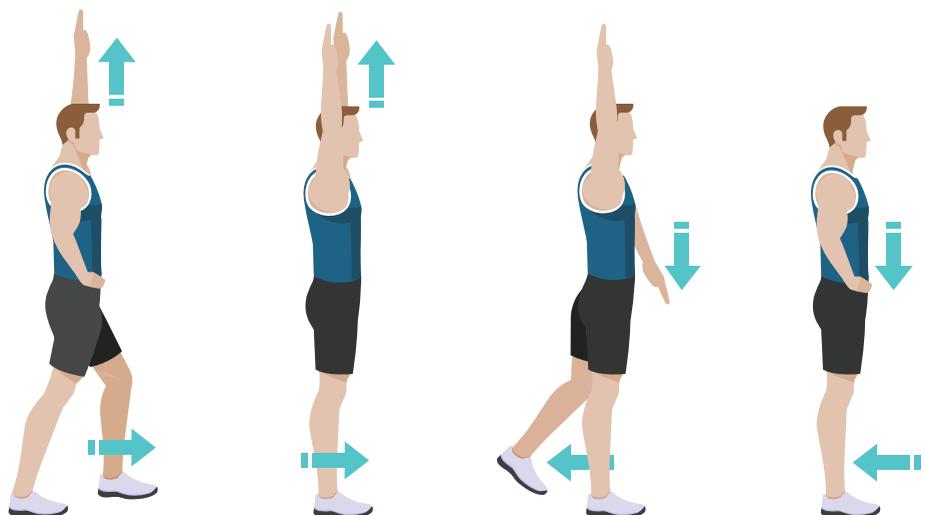


Start with your feet hip width apart and knees slightly bent. Step forwards with your right leg and raise your right arm above your head pointing your fingers to the sky. Then step forwards with your left leg, raising your left arm above your head and pointing your fingers to the sky. Now step back with your right leg and bring your right hand to rest on your hip and then bring your left foot back and bring your left hand to rest on your hip. Repeat this movement.

### Seated



### Standing



4

## Wavy Elbows

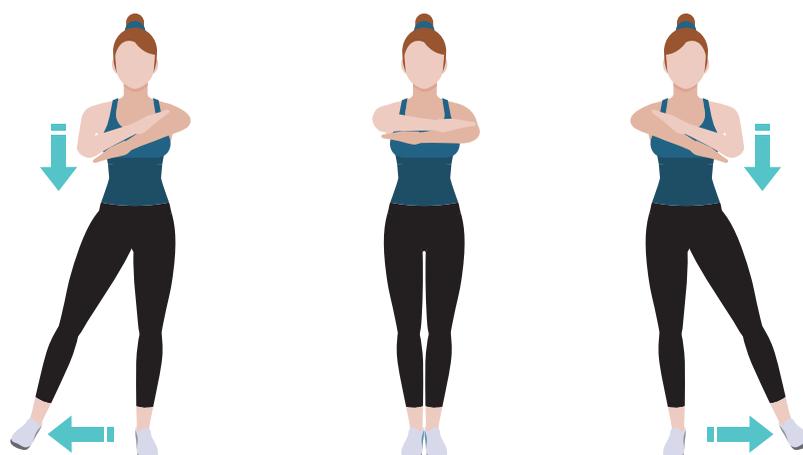


Bring your arms up in front of you and place your right hand on top of your left arm, resting your right hand on top of your left elbow. Leading with your elbows, lower your right elbow and take a side step to your right, then level your arms and bring your left foot beside your right foot. Repeat this three times to your right. Then leading with your left elbow, lower it and point to your left, taking a side step to your left, then level your arms and bring your right foot beside your right foot. Repeat this three times to your left so you are back where you started. Repeat this movement from side to side.

Seated



Standing



5

## Arm Chops and Bends



Start with your feet hip width apart and knees slightly bent. Stretch your arms out in front of your body. Bend your right arm at the elbow, bringing your right hand towards your face and then straighten it again. Repeat with your left arm and keep alternating arms. Now bend at your waist and lean forwards, looking towards the ground whilst keeping your arms chopping and then straighten back up tall.



Seated



Standing