

ABCS Fitness

*Agility, Balance,
Core and Stretch*

ABCS Fitness

An exercise Program for those wanting to improve their ability to complete daily tasks of living

AT HOME EXERCISE GUIDE



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Warm Up Exercises

Importance of the warm up:

- Warm up exercises help increase the temperature and blood flow to the tissues of the muscles to allow for greater performance and a reduced risk of injury when doing more intensive exercises

Guidelines:

- Warm up exercises should be completed before doing any other exercises in this guide
- Warm up exercises can be done near or sitting on a chair if needed
- Perform the exercises at a reasonable pace
- Remember to maintain good posture while completing exercises

Marching with Arm Swings

Instructions:

1. Raise knees one at a time alternating between knees on the spot
2. While raising knees, swing opposite arm up alternating arms with knees



Heel Taps with Scapula Retraction

Instructions:

1. Extend one leg off the ground and tap heel on the ground, alternating between legs
2. If possible try to retract both scapula while tapping heel on the ground



Bent Over Arm Reaches

Instructions:

1. Bend your torso forwards and extend one arm straight out
2. Get back to a neutral position and do the same with the other arm, alternate between arms a few times



Side Stepping

Instructions:

1. Take turns shifting your position from left to right by taking lateral steps with both legs from one side to another



Butt Kicks

Instructions:

1. Lift your foot off the ground and try to tap your heel to your butt, take turns doing that for both legs alternating between legs



Knee Circles

Instructions:

1. Bend your knees slightly and rotate them in circles
2. After a few rotations, switch directions



Strengthening Exercises

Importance of Strengthening Exercises:

- Strength training has shown to improve muscle strength, muscle power, function, bone density, improve body composition and reduce the risk of falling
- Strength training can also help in reducing symptoms associated with conditions such as arthritis, osteoporosis, diabetes and depression

Guidelines:

- Strengthening exercises should be done ideally 2-3 times per week
- Make sure that exercises are challenging enough, however, make sure you are doing them safely and properly
- These exercises can be done near a chair, wall, or with a spotter for support if needed
- Select about 5 exercises from this section to complete per session, some that focus on the upper body and some the lower

Progressions:

- Start doing each exercise for 2 sets with 5 repetitions per set for each side
- As exercises become easier to do, increase the reps to 10 and soon after the sets can be increased to 3

Chair Squats

Instructions:

1. While seated on the chair spread legs hip-width apart and have feet flat on the floor
2. Arms should be in front of the chest or holding the chair handles if necessary
3. Once set-up, stand up without fully straightening out legs and once at the top, sit back down
4. To make harder, feather over chair when at bottom of squat



Standing Calf Raises

Instructions:

1. Stand near a chair or wall and have your feet spread hip-width apart while using your hands to hold onto the chair or wall for support
2. Once set-up lift heels off the ground and back down again
3. This can be done on the stairs or a piece of wood to allow for a greater range of motion



Banded Back Extensions (Seated)

Instructions:

1. Sit in the edge of a chair with legs kicked out and bands wrapped around bottom of feet
2. Hold ends of bands in your hands, cross arms and anchor to chest
3. Once set-up, go from a slightly bent forward position to a bent backward position, leaning on the back of the chair and then back to bending forward



Seated Crunches

Instructions:

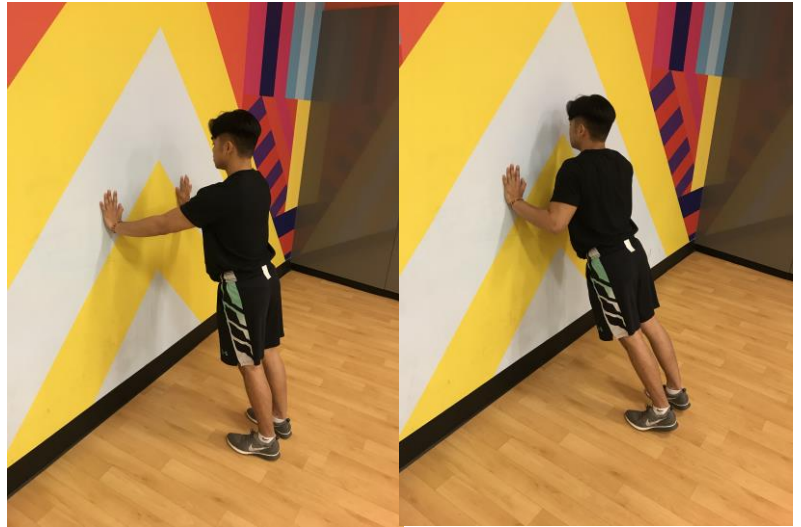
1. Sit on the edge of the chair, have feet flat on the ground and a J-curve in the lower back
2. Arms should be placed across the chest and back should be leaning back on the chair
3. Once set-up lean forward working the abdominal muscles and relax, leaning back again



Wall Push-ups

Instructions:

1. Stand near a wall and place your hands shoulder-width apart from each other on the wall
2. Bend elbows to go closer to the wall and extend the elbows to push-up off the wall
3. Elbows should remain tucked in throughout the motion
4. The further away your feet are from the wall, the harder the exercise will be



Banded Upright Row

Instructions:

1. Stand up straight and place resistance band under your feet with one end of the band in each hand
2. Extend your arms straight up so that elbows are at shoulder height



Banded Biceps Curl

Instructions:

1. Stand up straight and place resistance band under your feet with one end of the band in each hand
2. with your hands palm side forward, flex your elbows so that your hands come to the front of your shoulder
3. Elbows should stay close to ribs throughout motion



Single Arm Banded Shoulder Press

Instructions:

1. Stand up straight and place the end of the band under one foot and hold the other end of the band with the arm on the same side of that foot
2. Then widen your stance by stepping laterally away with the foot not stepping on the band, and push your hand straight up in the air
3. Do this for both sides



Balance Exercises

Importance of Balance Exercises:

- It is important to work on improving one's balance as poor balance increases the risk of falls, fractures, injuries, and loss of function
- In addition, improving balance will increase confidence as you are completing your daily tasks

Guidelines:

- Balance exercises should be done ideally 2-3 times per week
- These exercises can be done near a chair, wall, or with a spotter for support if needed
- Try to complete all the balance exercises every exercise session
- Remember to maintain a good posture while completing these exercises

Progressions:

- Start doing each exercise holding a chair or wall to help keep balance
- as your balance improves you can slowly stop relying on holding chairs or walls and maintain full balance on your own, further progressing to holding balancing positions for longer

Single Leg Balance

Instructions:

1. Stand up straight holding onto a chair or a wall
2. Lift one leg off the ground and make sure it is not in contact with your other leg
3. Let go of the chair or wall if possible
4. Hold the position for 10-15 seconds for each leg for 2 sets each



Tandem Walking

Instructions:

1. Stand up straight near a wall and for support
2. Walk in a straight line and with each step your heel should be touching the toes of your front foot
3. Walk 10 steps forward and 10 steps backwards for 2 sets



Single Arm Single Leg balance

Instructions:

1. Stand up straight near a wall or chair
2. Lift one leg off the ground and make sure it is not in contact with your other leg while lifting up the arm on the same side as that leg
3. Hold this position for 2 seconds alternating sides 5 times each for 2 sets



Toe Tapping

Instructions:

1. Stand up near a chair or wall with knees slightly bent
2. Then extend one leg forward and have your toes of that foot tap the ground, without putting too much weight on that foot, for 10 times with each leg for 2 sets
3. Toe tapping can be done on a step



Suitcase Carry

Instructions:

1. Stand up straight near a wall holding in one hand a somewhat heavy object (e.g. dumbbell, milk jug)
2. While holding that object, walk normally in a straight line for 10 steps with the object in one hand and 10 steps with the object in the other hand for 2 sets



Tick Tock

Instructions:

1. Stand up straight with both arms up in the air holding a ball or similar object together
2. While holding the ball, shift weight from one foot to the other swing back and fourth like a pendulum
3. Do this for 30 seconds for 2 sets



Agility and Endurance Exercises

Importance of Agility and Endurance Exercises:

- Participating in endurance and agility exercise has shown to improve one's heart, lung, and vascular health while reducing the risk of developing chronic diseases
- It will also help the individual participate in higher intensity activities

Guidelines:

- It is important for individuals to participate in 30min of endurance/agility exercise per day which can be done in multiple short bouts throughout the day

Progressions:

- Start with short periods of time for each exercise before taking a break and as you get better increase the time you are doing the exercise for while keeping the break the same length as before. (e.g. start with 1 min on and 1 min rest to 3 min on and 1 min rest)

Stepping UP and Down

Instructions:

1. Stand at the bottom of a flight of stairs facing the stairs
2. Start by stepping up on the first step with one foot, then follow with the second foot
3. Once both feet are on the step, take the foot that was on the step first down followed by the second foot



Quick Feet with Side Steps

Instructions:

1. Stand up with knees bent
2. Then take 5 small steps on the spot with each leg and then step laterally to the side of your choice
3. Take 5 more short steps with each leg and step laterally back to the original position
4. Do this at a moderate pace



Fast Side stepping

Instructions:

1. Stand up with knees slightly bent
2. Take 5 steps laterally to the side of your choice
3. Following that take 5 more steps to get back to the original location
4. Repeat this a couple times
5. To make harder, take grapevine steps



Brisk Walk

Instructions:

1. Walk around at a brisk pace for 5-10 minutes
2. This can be done inside or outside of your house



Stretches

Importance of Stretching:

- By frequently participating in a stretching routine, one will be able to maintain their flexibility and mobility allowing them to complete their daily tasks of living
- Stretching can also prevent injuries and reduce pain from things like muscle strains, or muscle tightness

Guidelines:

- Ideally stretching routines should be performed 5-7 times per week
- Stretches should be done for 30-60 seconds on each side with no bouncing

Chair Hamstrings Stretch

Instructions:

1. Sit on the edge of a chair with both feet flat on the floor
2. Then extend one leg straight out and bring your hands and torso forward to try and reach for the foot
3. Hold that position then switch to the other leg



Quadriceps Stretch

Instructions:

1. Stand up straight beside a chair or wall
2. While holding on the chair or wall for support, grab your ankle, bring the heel of one of your feet to your butt and use your free hand to hold the stretch
3. Do this for both legs
4. If you can't reach your ankles, use a band or yoga belt to wrap around your ankle



Chair Calf Stretch

Instructions:

1. Sit on a chair with feet flat on the floor
2. Then extend one leg out in front and use the heel of the other foot to pull the toe and stretch the calf of the extended leg
3. Do this for both legs



Chair Hip Rotator Stretch

Instructions:

1. Sit on a chair with feet flat on the floor
2. Then bend one knee and place the ankle of that leg on the opposite leg's thigh and gently push the knee until a stretch is felt
3. Do this for both legs



Neck Stretch

Instructions:

1. Sit straight on a chair
2. Tilt ear towards shoulder and hold stretch
3. Then tilt chin towards armpit and hold stretch
4. Do both stretches to both sides of the neck



Chest and Biceps Stretch

Instructions:

1. Sit straight on a chair
2. Then place both arms behind your back with thumbs facing downwards until a stretch is felt



Shoulder Stretch

Instructions:

1. Sit straight on a chair
2. Place one arm across the chest and use the other arm to support it until a stretch is felt
3. Remember to keep shoulders down
4. Do this for both arms



