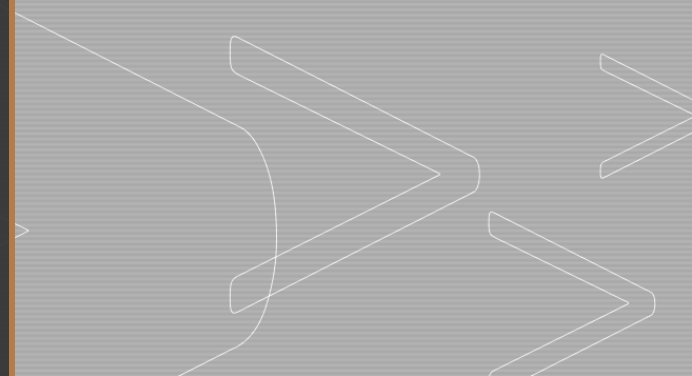


Home based exercises for people working at home during COVID-19

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Why is exercise important?

Energy levels

Muscle strength

Healthy weight

Brain function

Cardiovascular disease



Flexibility and Mobility





The importance of stretching

Stretching often helps keep your muscles flexible, and improves circulation. flexibility helps us maintain a healthy range of motion in our joints.

A lack of stretching especially when working from home causes our muscles to shorten and become tight since we are seated for long hours.

This increases tension and leads to spasms and cramps. It also increases your risk for orthopaedic injuries.

Triceps Stretch

Raise one arm and bend it so that your hand reaches to touch the opposite shoulder blade. Use your other hand and pull the elbow toward your head.

Hold: 30 seconds Repeat on the other side



Neck Rolls

Gently lean your head forward. Slowly roll head in a circle one side for 10 seconds.

Repeat on other side.

**3 times in
each direction.**



Shoulder Stretch

Clasp hands together above the head with palms facing up toward ceiling. Push your arms up, stretching upward.

Hold for 30 seconds



Shoulder Rolls

- Raise both shoulders up toward ears, then slowly roll them backward. Repeat in the rolling forward.

3 times forward and 3 times backwards



Chest Stretch

Clasp hands behind lower back.
Now push your chest outward,
and raise chin.

**Hold for 30
seconds.**





Hamstring Stretch

Sit in your chair with both feet on the ground, then extend one leg outward. Reach toward your toes.

Hold 30 seconds.

Repeat on the other leg.



Glute Stretch

Lean back in chair.
Hug one knee at a time, pulling
it toward your chest.

**Hold for 30 seconds and
repeat on other side.**

Wrists and Fingers Stretch

Standing, place both hands on your desk, palms faced down, fingertips facing away from your body and lean forward.

Hold the stretch until you feel the wrists and hand release tension





Upper Body strength



Tricep Dips

Grab the front of the chair, with both hands facing forward. Bend your elbows straight back, and lower yourself straight down, keeping your back as close to the chair as possible.

Then straighten your arms to rise back to start.

Do 20 dips





Arm Circles

Stand with feet shoulder-width apart and arms extended out to sides at shoulder height.

Move your arms in a small backward circle.

Do 20 times forward

Do 20 times Backward



Desk Push-Ups

Place your hands flat on your desk, a little wider than shoulder-width.

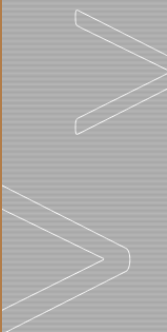
Lower yourself down toward your desk, keeping your core tight.

Then push back up until arms are straight but not locked.

Do 20 push-ups



Lower Body strength



Chair Squats

All you have to do is stand up from your chair, lower your body back down, stopping right before you sit back down.

Keep your weight in your heels to activate the glutes. Then stand back up again.

Do 10- 15 squats





Donkey Kicks

Holding the edge of your desk for support, bend one leg behind you, flexing the foot.

Raise your heel up a few inches, then release slightly and press your foot directly back behind you. Continue to alternate between lifting your heel up, then pressing it back.

Do 20 for each leg.



Calf Raises

Stand up behind your chair for support.

Raise your heels off the floor until you are standing on your toes.

Slowly lower yourself back to the floor.

Do 2 sets of 15 raises.





Lunge

With one leg in front of the other, gently lower the knee of your back leg down towards the ground then come back up.

**Do 10
lunges for
each leg**



Questions?

