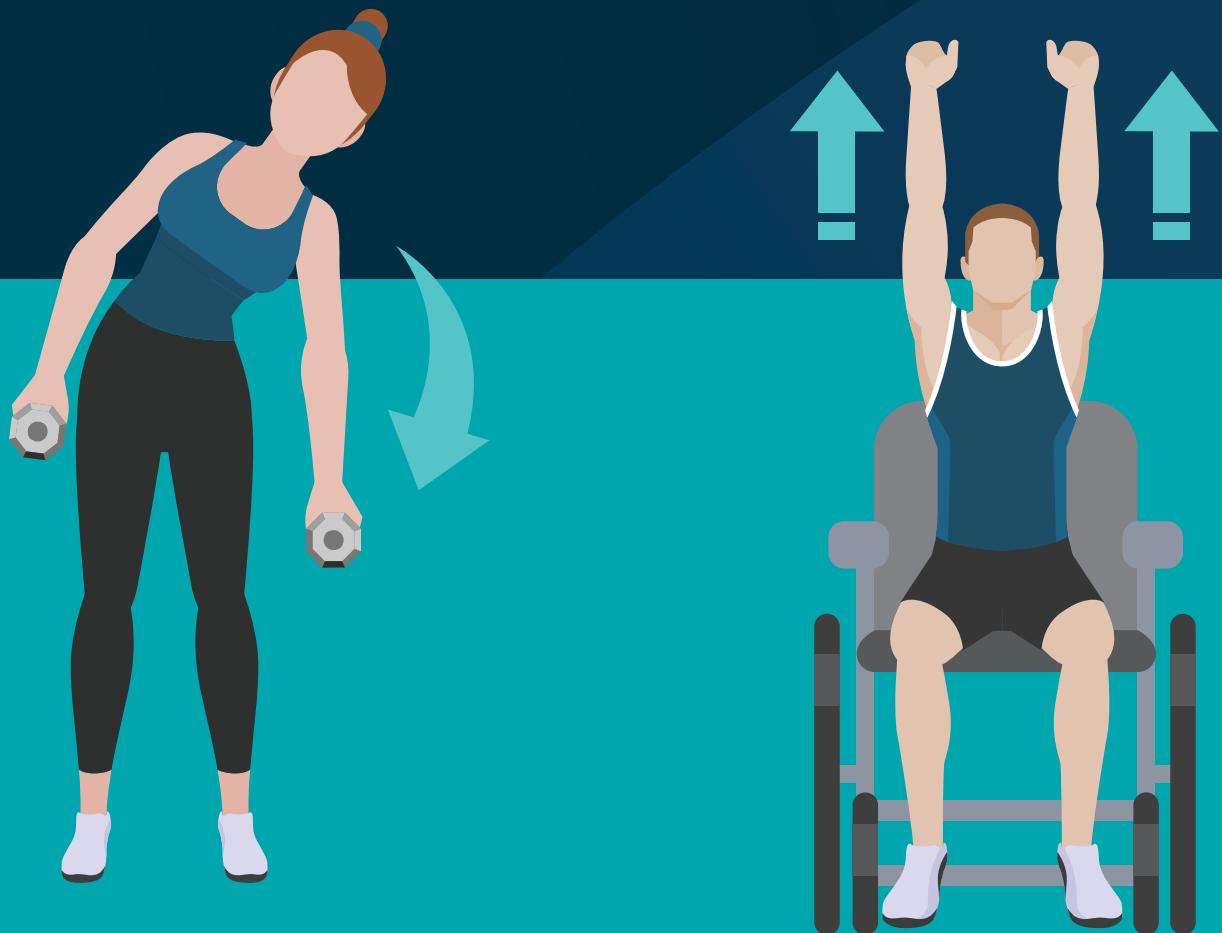


## Exercise Circuit

# Aerobics – Circuit 2

Perform each exercise for 30 seconds. Repeat 4 times.  
Add dumbbells for extra resistance.  
All exercises can be completed seated or standing.

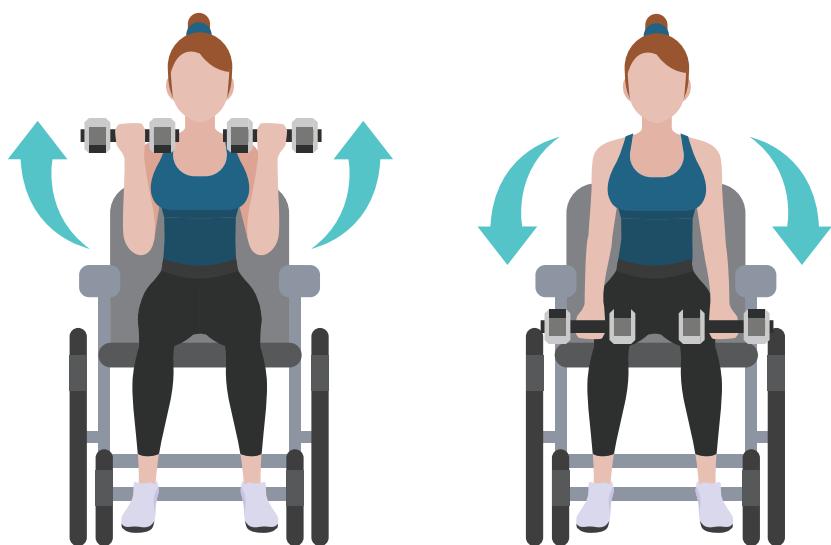
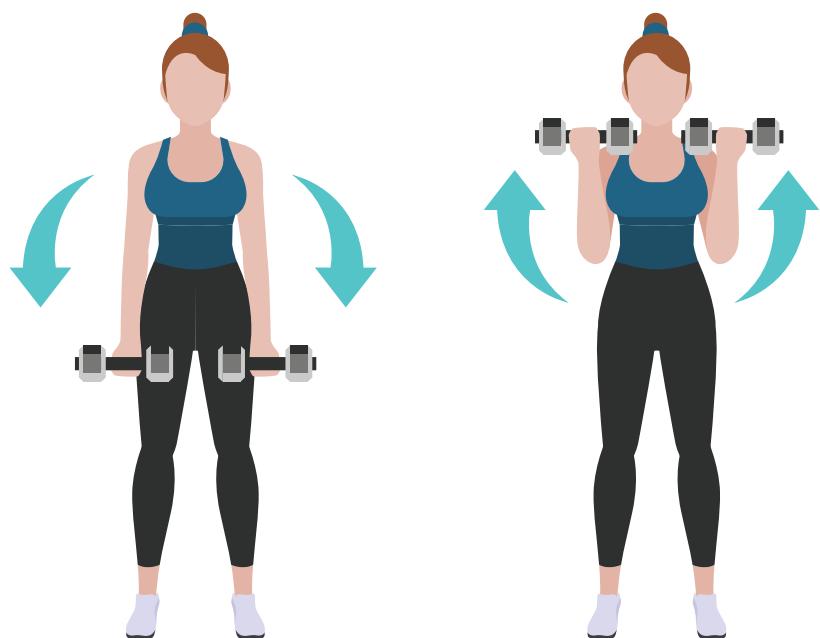


1



## Bicep Curls

Stand with your feet shoulder-width apart and elbows tucked into your sides. Keeping your arms by your side and elbows tucked in, bend your arms and raise your hands to your shoulders keeping your hands facing up. Slowly lower your hands to hip level and then repeat this movement.

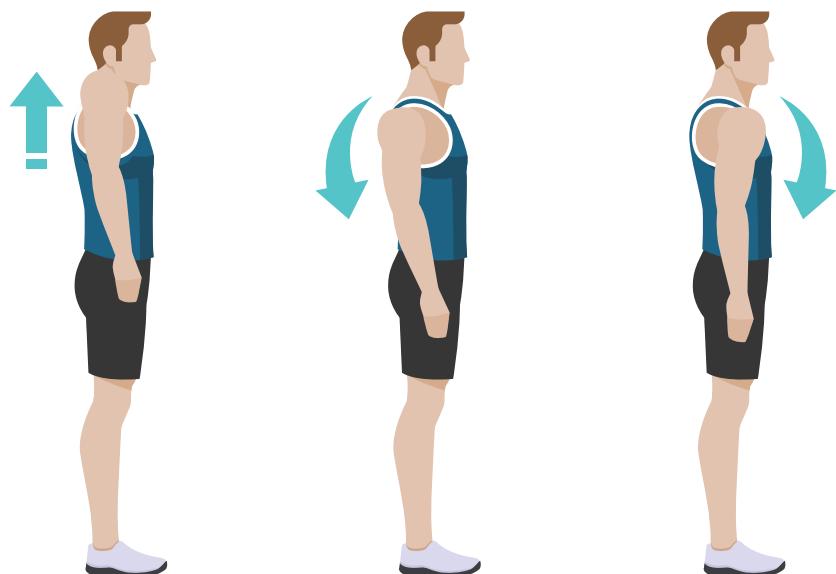
**Seated****Standing**

2



## Shoulder Rotations

Start with your arms straight down either side of your body. Lift your shoulders up towards your ears as high as you can and then roll them backwards and down. Complete this movement 10 times. Reverse this motion - lifting your shoulders up and then roll them forwards 10 times.

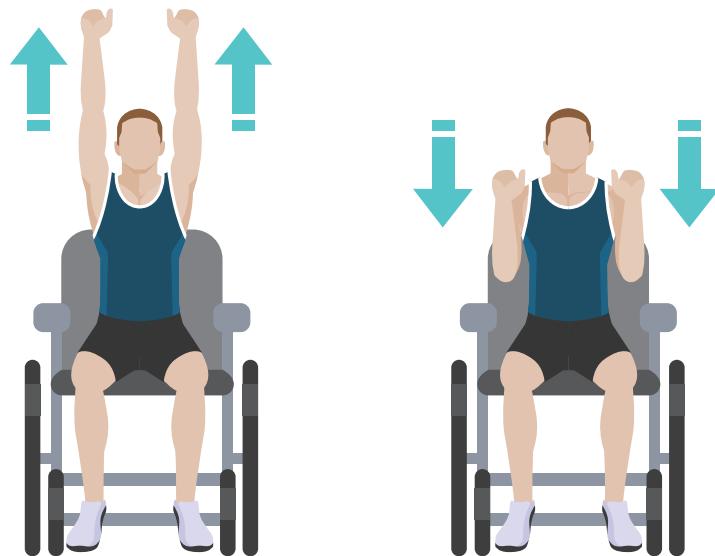
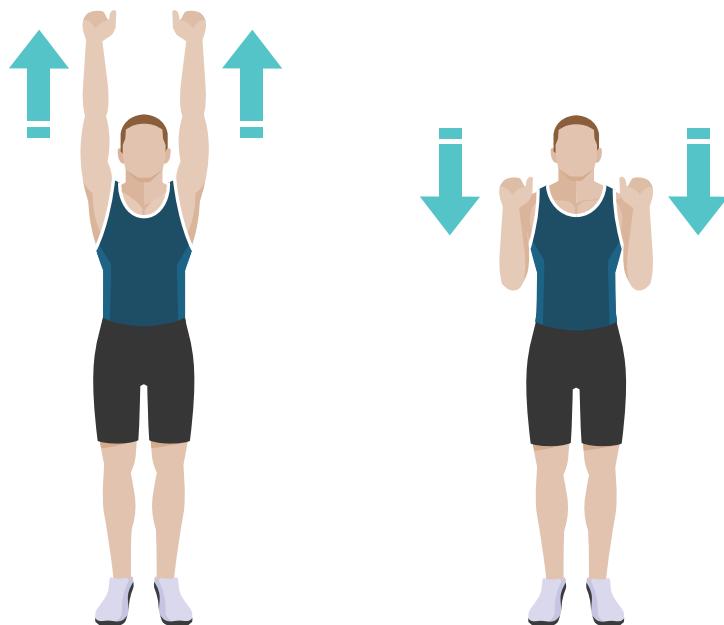
**Seated****Standing**

3

## Overhead Press



Start by bringing your hands to shoulder level with your hands facing upwards. Keeping your elbows tucked into your sides raise both hands above your head at the same time ensuring you keep your hands facing upwards and elbows tucked in. Lower your hands to shoulder level and repeat the movement.

**Seated****Standing**

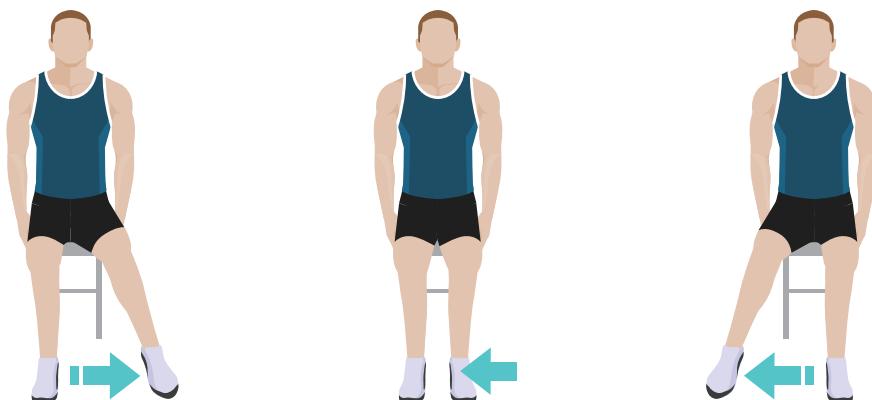
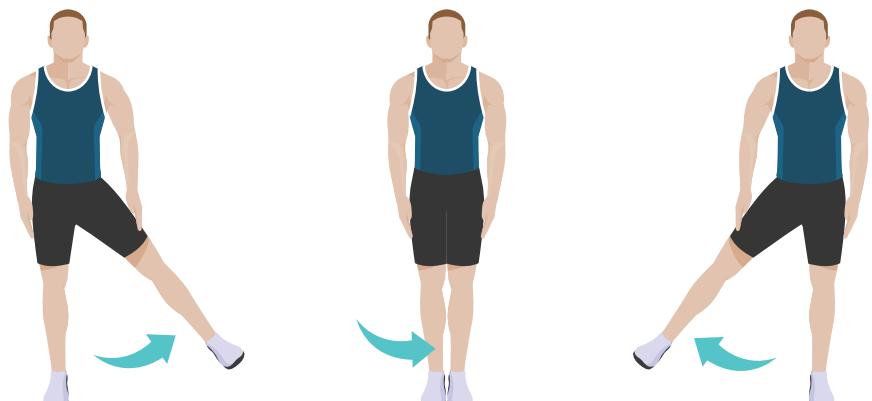
4



## Leg Raises / Side Steps

Start with your feet together. Lift your left leg out to the side of your body as far as is comfortable, keeping your chest up and back and hips straight. Bring your leg back to the starting position and repeat this movement 5 times with your left leg and then repeat with your right leg.

From seated, sit with back straight and legs together with feet flat on the floor. Side step your left leg out to the left and touch your toe to the floor and bring it back to the starting position. Repeat this movement 5 times with your left leg and then repeat with your right leg.

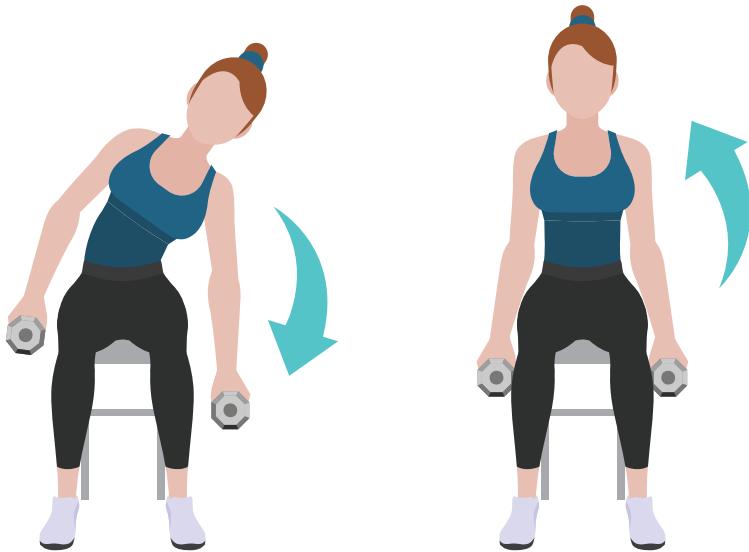
**Seated****Standing**

5

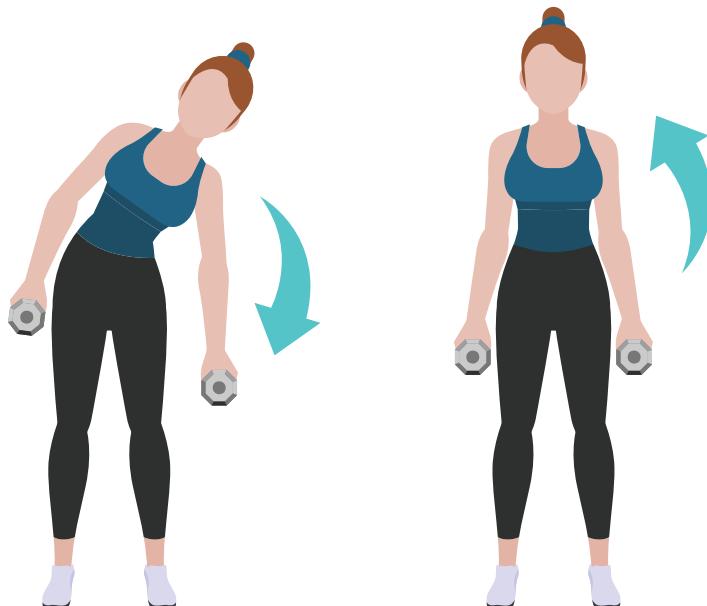
## Side Bends



Start with your arms straight down either side of your body. Slowly reach your left hand down towards your left knee and return back to a straight upright position. Repeat this movement on your other side reaching your right hand down towards your right knee and back to a straight upright position.



Seated



Standing