Active Seniors

Remember it is important to warm up first,

there's a great video of another warm up on our facebook

Seated upper back stretch Supraspinatus stretch Duration: 30 sec Duration: 30 sec **Repetitions: 1 Repetitions: 1** Rest time: ---Rest time: ----**Triceps stretch** Lats and rear deltoid stretch Duration: 30 sec Duration: 30 sec **Repetitions: 1 Repetitions: 1** Rest time: ---Rest time: ----**Quadriceps stretch** Hamstring stretch Duration: 30 sec Duration: 30 sec **Repetitions: 1 Repetitions: 1** Rest time: ----Rest time: ----Alternating high knee Leg swings Duration: 30 sec Duration: 30 sec **Repetitions: 1 Repetitions: 3** Rest time: ----Rest time: 30 sec



Recreation Facilities

P 9359 1700 E recreation@kalamunda.wa.gov.au
www.kalamunda.wa.gov.au/recreation

Couch push ups		Couch squats	
	Duration: 45 sec		Duration: 45 sec
	Repetitions: 3		Repetitions: 3
	Rest time: 1 min		Rest time: 1 min
Water bottle single arm row		Water bottle triceps kick back	
	Duration: 45 sec		Duration: 45 sec
	Repetitions: 3		Repetitions: 3
	Rest time: 1 min		Rest time: 1 min
Single leg hip extension		Couch incline plank	
	Duration: 45 sec		Duration: 45 sec
	Repetitions: 3		Repetitions: 3
	Repetitions: 3 Rest time: 1 min		Repetitions: 3 Rest time: 1 min
Clam shell (start po	Rest time: 1 min	Clam shell (finish p	Rest time: 1 min
Clam shell (start po	Rest time: 1 min	Clam shell (finish p	Rest time: 1 min
Clam shell (start po	Rest time: 1 min	Clam shell (finish p	Rest time: 1 min
Clam shell (start po	Rest time: 1 min osition) Duration: 45 sec	Clam shell (finish p	Rest time: 1 min position) Duration: 45 sec

Cityof Kalamunda

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