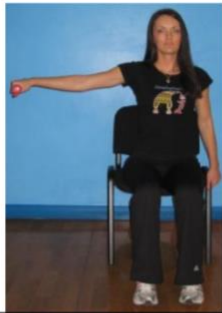
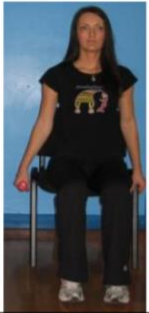


Example ONLY of seated exercise programme



1. Lateral raises  
AR



2. Knee lifts  
CV



3. Arm curls  
AR



4. March  
CV

5. Chest press  
AR



10. Heel digs  
CV

**Class Management**  
 Patient spends 1 minute on the CV stations  
 Patient performs 10-15 repetitions on AR stations

**Progressions**  
 The ratio between CV and AR are progressed i.e. 2 CV stations to 1 AR station, 3 CV to 1 AR station etc.



6. Side toe taps  
CV



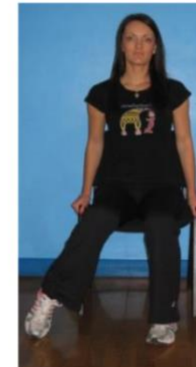
9. Tricep kick backs  
AR



8. Toe points  
CV



7. Upright row  
AR



Adapted from  
 Westminster MyAction  
 Programme Imperial  
 College NHS  
 Healthcare Trust