



This list is just to provide some helpful extra information so you know what to expect and the benefits of each exercise, but **you should still always do the activity with the broadcasts. 10 Today is ONLY to be performed in association with a visual and/or audio recording.**

All the exercises can be done either standing or sitting down, so please do whatever feels good for you. If remaining seated (at least to begin with) it would be ideal if you can use a hard chair that you can sit upright in (which could be a dining chair) with your feet flat on the floor, preferably without arms which can get in the way of some exercises. If standing, just step your feet hip width apart, relax your shoulders and stand up nice and tall.

Broadcast 1 Exercises:



Supporting the sky

Raise both arms together straight up, palms up, and then push down, palms down.

Benefits

Great for working arms, shoulders, chest and wrists.



Dancing the rainbow

Wide stance, raise right arm straight up, palm up, then push down, palm down, repeat for left arm.

Benefits

Great for arms, shoulders and wrists.



Kick the ball

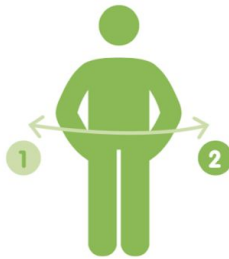
Swing straight right leg to front and rear, use arms and/or support for balance, repeat for left leg.

Chair based

Straighten out right leg and return to position, repeat for left leg.

Benefits

Good for thighs, bottom, lower trunk and strength.



The twister

Soft legs, hands on hips, twist comfortably to right, then to left, keep head straight.

Chair based

If you are on a chair with arms, you can hold your hands at chest height.

Benefits

Great for your hips, shoulders and balance.



Moving the legs

Raise right leg straight out and up to side, and return, repeat for left leg, use arms and/or support for balance.

Benefits

Great for thighs, calves, lower trunk and balance.



Circle the sky

Raise both arms together straight up, small circle them together from shoulders twice, then push arms down.

Benefits

Good for shoulder, arms and balance.

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Going low

Bending at knees, then go back up to straight legs. Remember to keep your feet facing forward, your back straight and try not to let your knees move in front of your toes.

Chair based

Straighten your left leg out in front of you, and return. Do the same on your right and continue to alternate.

Benefits

For strength, thighs, calves and bottom.



Butterfly wings

Bend your elbows, with your arms at chest height. Move your shoulders in large circles back.

Benefits

Great for shoulders, back and arms.



Charging the fists

Strong stance, bring fists to chest height, right hand punch straight out, pull back and repeat with left hand, then alternate hands, ten strikes each per hand.

Benefits

Great for arms, shoulders, chest and balance.



Hugging a tree

Put your arms in front of you like you are hugging a tree, pulling those shoulders apart, and you should feel that nice stretch in your back.

Benefits

Good for your upper body.



Hamstring stretch

Step forward on right leg and straighten leg with foot flat on floor, step back with your left leg and keep it soft and bent, then place your hands on your bent leg and gently roll forwards to feel the stretch.

Benefits

For rear of legs and balance.