

Blue Banana Fitness Home Exercise Routine (gentle exercise)

Warm up: Start with some easy going moves to get the circulation going	
5 mins Marching on the spot Heel digs with arm curls Side steps Front taps with front raise Butt kicks Do 30 secs on each exercise, 2 rounds	

Main session: Keep going at a steady pace, slow down or take a break if you need to but don't stop suddenly	Variations for higher effort:	Rest interval: Do the red exercise then the blue one, then the next red one etc
40 secs steady pace Marching on the spot Sit to stand Side taps Squat and march Heel digs Do 2 or 3 rounds (10 or 15 mins)	Add arm swings Arms crossed Add arm raises 2 squats at a time Clapping hands	20 secs steady pace Arm curls Standing shoulder rolls Ankle pump Boxing arms Arm kickbacks

Cool down: Go easy for a few minutes to get circulation back to normal	
Marching on the spot Heel digs Front taps 20 secs each for 2 rounds Whole thing done in less than 20-25 mins Repeat the home routine as often as you like	Stretch: calf muscles step foot back, heel down upper body high reach, chest-hands behind the back upper back-reach forwards, chin down hamstrings-seated, leg out in front, lean in

After finishing up, relax for a few minutes and have a drink of water or juice.

Well Done!

