

Blue Banana Fitness Home Exercise Routine (gentle exercise) Routine 2

Warm up: Start with some easy going moves to get the circulation going	
5 mins Marching on the spot Front with arm curls Touch the inside foot Shoulder rolls forwards and backwards Heel digs with a hand clap 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 Front taps Sit to stand Back steps Heel digs Side steps  Do 2 or 3 rounds (10 or 15 mins)	Add arm curls Arms crossed Add front arm raises Clapping hands With a forward punch	20 secs steady pace Arm curls Boxing arms Twist and reach Arm pushbacks Arm side raises

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!

