



Pound Arts

POUND ARTS PRESENTS

DANCING THROUGH TIME

EXERCISES BY KARA HERBERT

DESIGNED FOR YOU TO DO AT HOME



Toe Tapping Warm-Up
1-3 mins to your favourite song!

Tap your toes up and down.

Tap your hands onto your thighs to wake up the legs and feet and getting circulation going.

Take a few breaths to relax!



Seated Jogging for 30 Seconds
Repeat this 4 times.

Lift alternate legs up and down whilst swinging the arms forward and back, this will get the heart rate up and get you nice and warm.

Alternative options: slow march or just swing the arms.



Shoulders Rolls and Arm Circles

Roll the shoulders by lifting them up, back and down and repeat 4 times.

Reverse direction, rolling forward 4 times.

Repeat with arm circles, keeping elbows slightly bent. You don't have to take arms over head if shoulder mobility restricts, take smaller circles.



Cactus Pose

Bend the arms with palms facing toward your face.

Breathe in, breathe out and open the arms out into a cactus position with the palms facing outwards.

Gently squeeze the shoulder blades together and feel a stretch in the chest. Breathe in bringing arms back to starting position.

Repeat 4-8 times.



Spine Flex

Breathe in.

Tilt your torso forward from your hips, lift the chest and arch through the back extending your spine.

Breathe out.

Tilt back from the hips, pull your belly in and round into the back, tuck your chin to chest, flexing the spine.

Repeat 4-8 times.



Side Stretch

Tilt the body to the side, stretching the side of the waist. You can hold onto the chair or reach the bottom arm to the floor.

Move from right to left side alternatively a few times, then hold the stretch each side for a few breaths.

Optional: Reach the top arm overhead.



Torso Twist

Sit up tall. Gently twist from side to side, sweeping the hands from hip to hip.

Hold the twist and count to 4.

Repeat 8 times.

Don't forget to breath!



Opposite Arms and Legs

Extend the leg forward and point the foot. Reach the opposite arm forward.

Alternate your legs and arms.

Repeat 8 times.

Alternative option: Keep your arms by your side and just focus on your legs.



Leg Extensions

Extending the leg forward and lift the foot off the floor. Point and flex the ankle 4 times, then lower the foot and repeat on the other side.

Repeat up to 4 times on each leg.

Optional: Keep your foot on the floor and point and flex the ankle.



Back Stretch

Lean forwards and slide hands down the legs into a forward fold stretching the back.

Only go as far as is comfortable.

Hold the stretch for 4 counts, then slowly rolling up to seated.

Repeat 4 times.

If you have high or low blood pressure, glaucoma or epilepsy, avoid folding too low and keep your head lifted and eyes open.



Whole Body Stretch

Stretch the arms and legs out from the centre and lean back in your chair to stretch the tummy too.

Take a yawn or sigh then relax back to a comfortable seated position.

Repeat up to 4 times.



Time for a Cuppa!

Take a moment to check in with your body, how are you feeling now?

It is time for a well deserved cup of tea, and maybe even a biscuit or two.

Repeat as often as necessary!



Dancing Through Time is kindly supported by the Wiltshire Community Foundation



**To find out more about Dancing Through Time,
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