

STROKE WORKOUT

WITH REECE STIMPSON

ABOUT

Each exercise should be done with either 5 or 10 repetitions and repeated for a total of 3 sets before moving on to the next exercise. For best results for function we recommend doing this session 4 times a week as it will only take you around 10-15 minutes to complete.

DISCLAIMER

Not all exercise programs are suitable for everyone, if unsure please consult your physician before beginning this program. Any action in response to the instructions provided in this program is at the users discretion. Never exercise beyond the level at which you feel comfortable. The user assumes all risk of injury in the use of this program and the equipment used to perform its workouts.

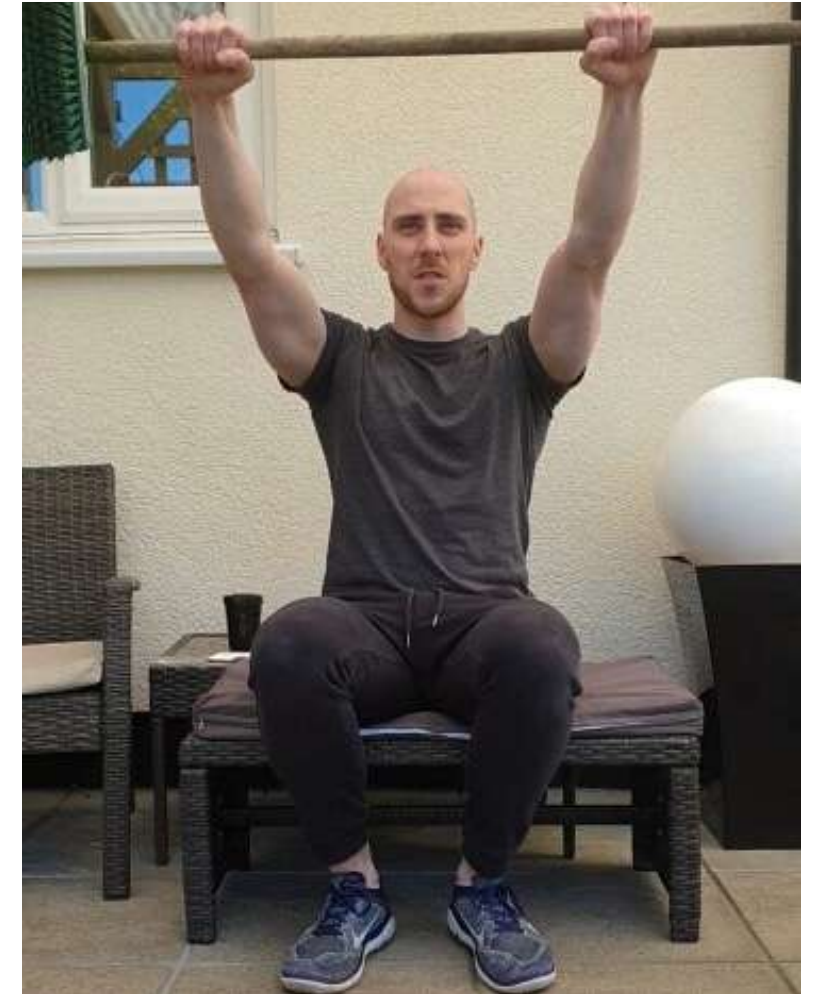
1) STICK SQUEEZE

Rest a stick of some kind on your lap. From here wrap your fingers and thumbs around the stick and squeeze the stick as hard as possible and hold for two seconds then release; this is one repetition.



2) STICK FRONT RAISE

From the same position as the last exercise extend your arms so they are completely straight. From here raise your arms up and out in front of you, as high as possible whilst holding the stick. Once reaching maximum height slowly lower the stick back to the starting position. This is one repetition.



3) KNEE ABDUCTORS

Start by sitting down on a chair with feet planted on the ground roughly shoulder width apart. From here push your knees apart and out to the side, whilst keeping feet on the ground. Once you have reached your maximum width return knees to their starting position. This is one repetition.



4) LEG EXTENSION

Start by sitting down on a chair with your legs out in front of you. From here extend one leg out so it is nice and straight whilst keeping your thigh parallel with the ground. Once the leg is fully extended the whole leg should be parallel with the ground and you should feel the muscles of the thigh contract. Slowly return the leg to the starting position. This is one repetition.



5) SIT TO STAND

Start by sitting on the edge of a chair in an upright position. From here push away from the floor with your feet, transferring body weight up and forward out of the chair. Keep knees apart throughout the exercise to get more assistance from the glutes. Once at the top keep your chest up whilst, slowly sit your bum back and lower yourself down into the chair. This is one repetition.



8) STANDING ON ONE LEG

You can do this exercise free standing, assisted by a wall or kitchen sink. Once you have positioned yourself standing (assisted or unassisted) take one leg off the ground and balance on the other leg for one minute. After a minute change legs and repeat. Don't worry if you can't do the full minute just keep balancing for as long as possible. You will only do one minute on each leg and only do this once.



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