Start date: **End date:**

The Royal Bournemouth and Christchurch Hospitals NHS Foundation Trust

	Exercise		Date								
1a	Static bike Time: 6 mins	Load: Rest:									
1b	Rower/cross trainer Time: 6 mins	Load: Rest:									
2a	Leg press 3 sets, 8-12 reps	Load: Rest:									
2b	Leg extension 3 sets, 8-12	Load: Rest:									
3a	Rest Time: 6 mins	Load: Rest:									
3b	Hamstring curl (ankle weight or machine) 3 sets, 8-12 reps	Load: Rest:									
4a	Sidestep (TheraBand) 3 sets, 8-15 reps	Load: Rest:									
4b	Bridge/single leg bridge with mat or gym ball 3 sets, 10-15 reps	Load: Rest:									
5a	Balance exercises (BOSU ball, wobble board, balance in bars) Time: 6 mins	Load: *Bodyweight* Rest:									

Start date: **End date:**

5b	Calf raises (two or one leg, in bars) 3 sets, 10-25 reps	Load: *Bodyweight* Rest:									