

# Kitchen fitness: Exercises to do while the spuds are boiling!

27 July 2020



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Hi All,

After being poorly last week, I am back firing on all cylinders! It is so easy to forget that we had other bugs before Coronavirus which are still circulating as normal and laying us low for a day or two.

Because of that there is nothing much to report. I hope you are all keeping well.

Has the kettle-boiling challenge gone off the boil in my absence? If you fancy keeping it going, here's the record sheet, below. Choose one of the exercises on this sheet, or maybe one of the past sheets, and do it while you are waiting for the kettle to boil. Of course, you need to use a similar amount of water in the kettle each time!

## Kettle boiling challenge daily record

Make a note of how many exercises you do each day and see where you get to by the end of the week. You will surprise yourself!

Name of exercise \_\_\_\_\_

Day	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Number of reps							

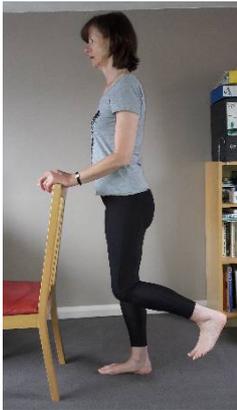
*As for any fitness routine, please make sure that you feel well enough to participate in the exercise. Ensure:*

- *There is sufficient space to perform the exercises safely and move freely and there are no hazards that may increase your risk of slips, trips or falls*
- *Any equipment you use eg leg weights are in a suitable condition for the activity*
- *There are no distractions while you do your exercises*
- *There is enough heating, lighting, ventilation and water to drink.*
- *You work within your comfort zone and don't push yourself too hard.*

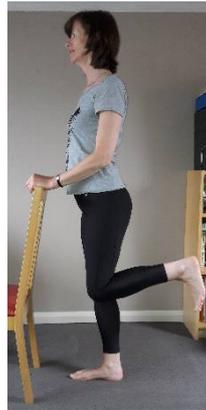
*Don't exercise if you are in pain or discomfort from an injury or condition. ALWAYS stop an exercise if it causes you pain. If you get dizziness, chest pain or are unable to speak because of shortness of breath, contact your doctor. Don't exercise if you are taking painkillers as it can mask the warning signs of an injury. If you are in any doubt, consult your doctor. Finally, don't exercise if you have been drinking alcohol or have eaten a heavy meal within the last 2 hours.*

*By performing these exercises without supervision, you are performing them at your own risk.*

### Exercise 1 – Hamstring curls



Stand behind the chair with good posture, holding on if you need to. Keeping the knees level, but not touching, slowly curl one leg behind you, bringing it as close as you can to your bum.



Hold your leg there for 1-2 seconds. Slowly lower your leg to the start position. Control the motion in both directions. Do 12 on each leg.

### Exercise 2 – Forearms – top and bottom



Rest the whole of your forearm onto your thigh. Holding a weight with an underhand grip slowly bend your wrist to pull the weight up towards your elbow. Control the descent. That is one rep. Do 12 on each arm.

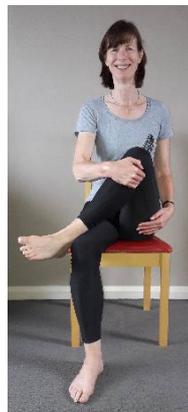


Turn your arm over and use an overhand grip this time. Raise the weight as high as you can by bending your wrist only and then lower it with control. That is one rep. Do 12 on each arm.

### Exercise 3 – seated piriformis stretch



Sit with tall posture on the chair. Bring your left leg up so that you can put the ankle on the opposite knee.



Take hold of your left knee with your right hand and pull it toward your right shoulder. Hold it until you feel a gentle stretch in your bum, around 5 seconds. Repeat with the other leg. Do each leg two or three times.

Well done! Have a good week!

Anne

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