

## Sport Canterbury's Green Prescription Home Exercise resources: Huff & Puff Circuit

This circuit is to get you huffing and puffing!!

Spend 10 minutes doing these exercises and even make up some of your own

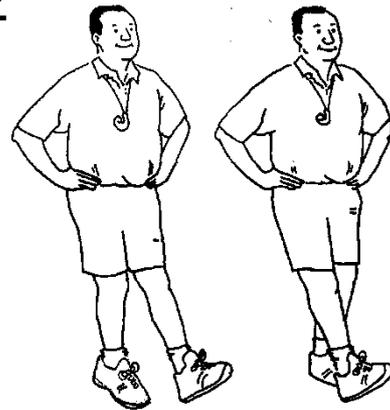
1



### Walking or marching to music

Try lifting legs higher  
Swing arms  
Move legs faster

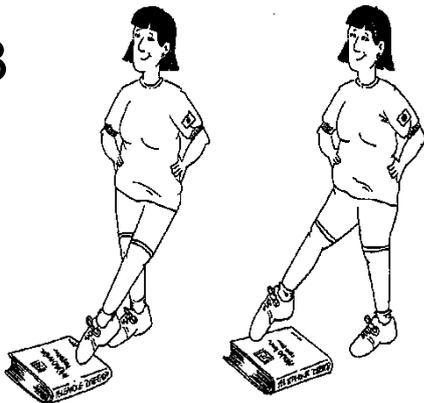
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### Heel Digs

'Heel - Toe - Heel - Together'  
Alternate feet  
Can be done seated as well

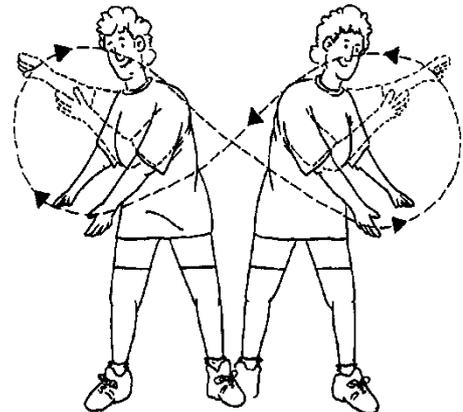
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### Toe Points

'Point - together  
point - together'  
Alternate feet  
Try lifting foot higher  
before placing toe on ground

4



### Figure 8 sweeps

Do circles in sets of 6 or 8 then rest  
and repeat  
Use big arm actions  
March around to add more  
energy

5



### Foot Pumps

Lift one heel off the floor and press the ball of the foot into the floor.  
Repeat with other foot.  
This gives a slow motion 'walking' or pumping action

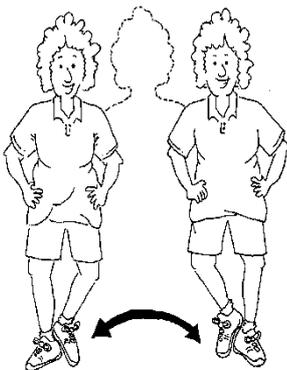
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### Step ups

Do the same number with each leg leading  
Can be done on one or two steps

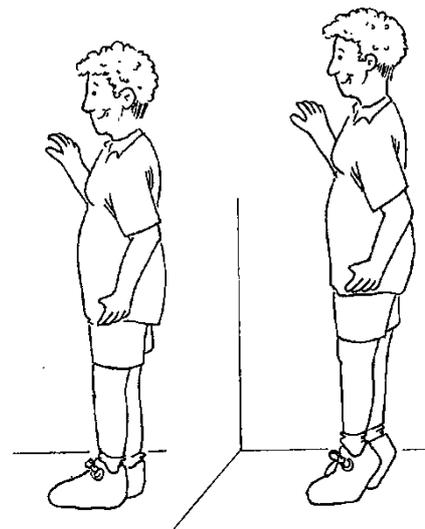
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### Side steps

Move to music!  
Take a step to the left and tap the right foot beside the left foot  
Take a step back to the right and tap the left foot beside the right  
Repeat

8



### Heel raises

Hold onto wall and rise onto toes  
Hold for 1 to 2 seconds then lower heels