**Active Ageing Circuits (45mins)**

10 min warm-up, 30min main component, 5 min cool down.

**Equipment**

Floor matt or towel, dumbbells or food cans, weighted plate or football, weighted body bar or broomstick.

**10 min warm up**

Pulse raising walk leading to upper/lower body mobility. Finish with brisk walk.

**30 min main component**

15 Exercises, all 1min long. After each single exercise complete a 1min walk/brisk walk.

1. Body weight Squat
2. Plank or wall plank
3. Dumbbell bicep curl (or food cans)
4. Weighted Sit to stand
5. Floor bridge or Straight arm wall plank
6. Front raise (weighted bar or broom stick)
7. Heel to toe (forward and backward 5-10meters)
8. Summo squat (wide feet, ‘10to2’ on clock)
9. Upright row (weighted bar or broom stick)
10. Elbow to knee (dumbbell or food cans)
11. Lateral raise (dumbbell or food cans)
12. Wide arm wall press ups (wall or window sill)
13. High Knee taps
14. Squat to press (weighted plate or ball)
15. Brisk walk or Dancing on the spot

**5 min cool down**

Pulse lowering slow walk followed by upper/lower body static stretches.