



Australian
Taekwondo



AGELESS
TAEKWONDO

HOME EXERCISE GUIDELINES FOR OLDER AUSTRALIANS DURING COVID 19

Exercise is important for your mental health, immune system and ability to deal with these tough times – please keep it going in some form.

This virus has the greatest risk in people over 60 in terms of mortality so we need to support them in maintaining their health.

Aerobic exercise, strength training and good sleep combined with a healthy whole foods diet are the best approach to maintaining a strong immune system.

Everyday

1. 30-60 minute walk alone or with partner. If you cannot go out then walk in the yard or some stairs.
2. Joint mobility – go through each joint from neck to ankle and rotate it each way 10 times
3. Stretching – yoga or basic stretching routines
4. Box Breathing 5-10 minutes – sit or lie down and do some breath work e.g. breathe in for 4 seconds, hold for 4 seconds, breath out for 4 seconds, hold for 4 seconds then repeat the sequence. Use a timer or your phone for this.
5. Something little and often everyday is the key.

2-3 times per week

1. Walk some hills (if you are safe to go outside) or stairs (3-5 hills aiming for 50 metres)
2. If you cannot get outside combine the exercises in the attached document into a circuit that you complete 3-5 times.
3. Strength training guidelines:
 - see attached program for some examples. **The sets, reps and times are a guide – please err on the side of caution and do less if it feels too much.**
 - if it hurts stop doing the exercise
 - try to increase the reps or time by a little each week.

Other

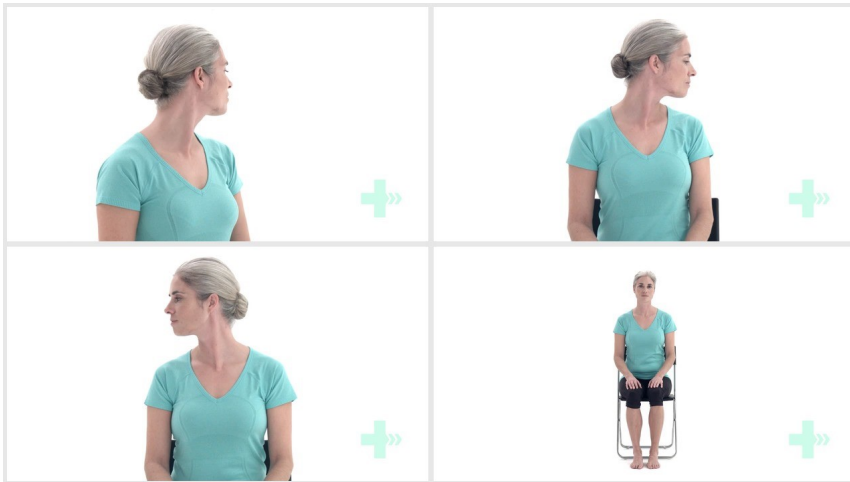
- If you have questions please email Ben on participation@austkd.com.au
- If you have other equipment at home let Ben know and he can provide some guidance on home programming for older Australians using their home equipment.

Ben is the participation Manager for Australian Taekwondo as well as an Accredited Exercise Physiologist and Exercise Scientist with ESSA.

Home Exercises

1. AROM neck rotation

2 Sets / 10 Reps / 0 s hold



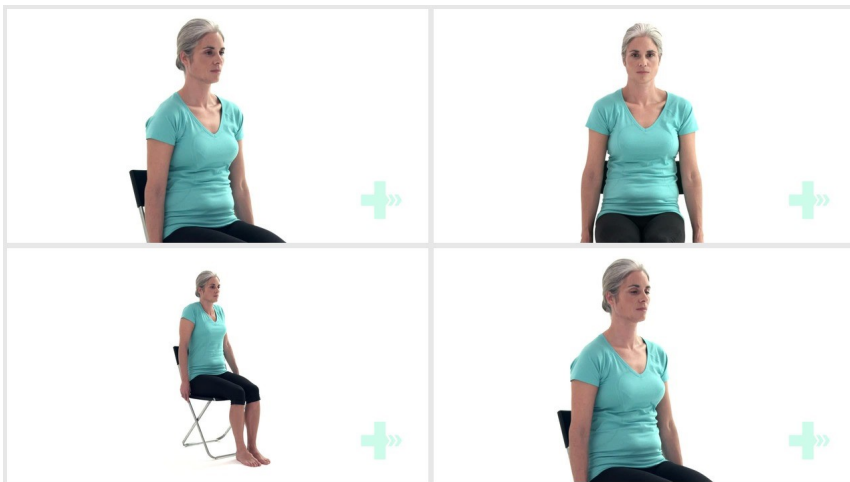
Sit upright in a chair looking straight ahead.

Look over one shoulder as far as you can, moving only your head, not your body.

Return back to the starting position and then relax and repeat.

2. Shoulder rolls seated

2 Set / 10 Reps

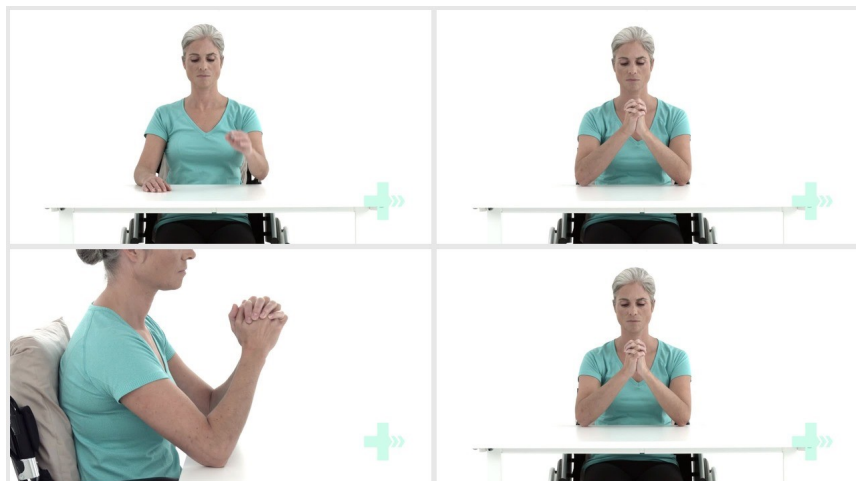


Sit upright in a chair and shrug your shoulders up to your ears, then roll them back and downwards, squeezing your shoulder blades together.

This exercise is very important for maintaining good posture, and mobility in your shoulders and upper back.

3. AROM wrist and finger flexor stretch with flexed fingers

2 Sets / 10 Reps / 0 s hold



Sit upright on a stable chair or wheelchair with your back supported and a table close in front at elbow height.

Ensure both feet are placed flat.

Place your elbows onto the table.

Interlink your fingers, placing your palms together to make a pyramid with your forearms.

Ensure your wrists are as straight as possible

Push your right hand over to the left.

Push your left hand over to the right.

Ensure your wrists to not twist or move towards or away from you.

Move only as far as is comfortable.

Do not force your wrists.

4. Side bending (beach arms)

2 Sets / 10 Reps / 0 s hold



Sit up straight in a chair and lift your hands to touch the side of your head, just behind your ears.

Point your elbows forwards.

Keeping your posture directly upright, move your elbows out to the sides.

Holding this position with your arms, lean your upper body to one side, and then round to the other. You should feel the movement in your sides and upper back.

5. Side rotations (beach arms)

2 Sets / 10 Reps / 0 s hold



Sit up straight in a chair and lift your hands to touch the side of your head, just behind your ears.

Point your elbows forwards.

Keeping your posture directly upright, move your elbows out to the sides.

Holding this position with your arms, rotate your upper body round to one side, and then round to the other.

You should feel the movement in your upper back.

6. Standing hip abduction

2 Sets / 10 Reps



Stand straight, holding a chair or table for balance.

Keeping your affected leg straight, slowly move it out to the side.

Control the leg as you bring it back in to the starting position, and then repeat the movement.

Make sure you do not lean your body or hitch your hip up as you move your leg.

7. AROM hip extension

2 Sets / 10 Reps



Hold on to a table or work surface and stand straight.

Keep your affected leg straight as you lift it out behind you, then slowly return it to the start position.

Make sure you keep your body upright throughout this exercise.

8. AROM hip flexion (standing)

2 Sets / 10 Reps



Stand up straight holding onto a chair or supportive surface.

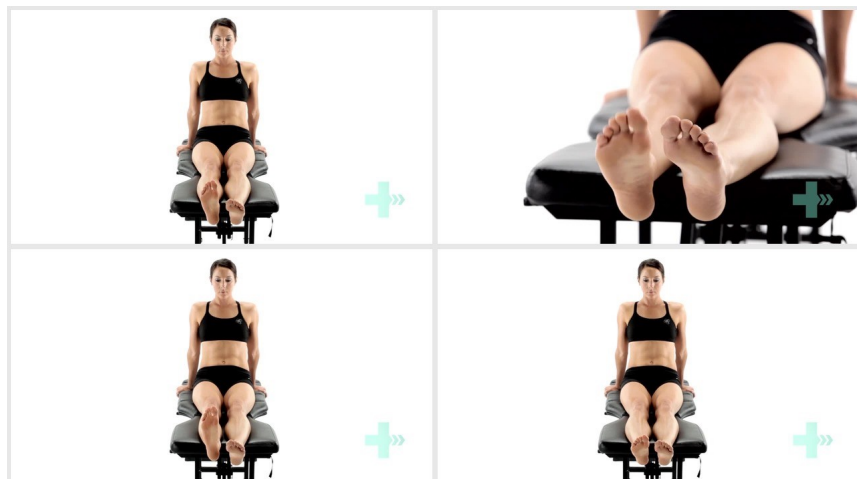
Lift your leg up in front of you with you knee bent.

Slowly lower your leg back down.

Make sure you keep your back straight throughout.

9. AROM ankle dorsiflexion

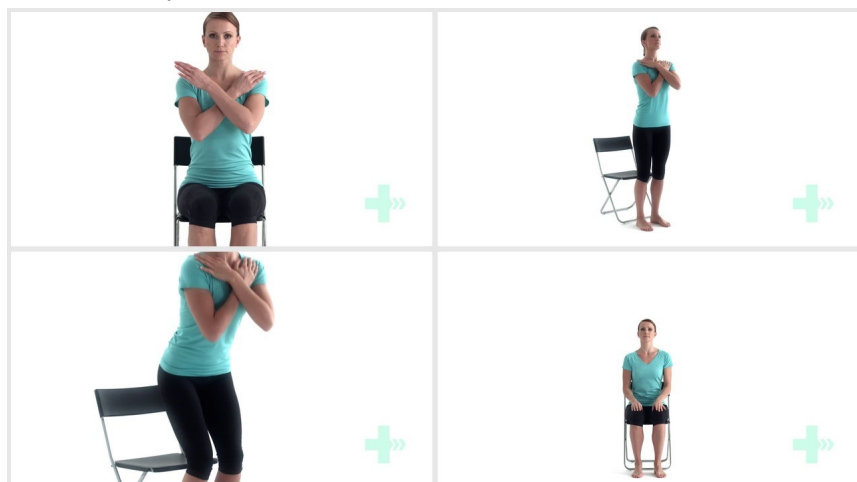
2 Sets / 10 Reps



Start in a seated position with your legs out straight.
Pull your toes up towards your head, keeping the leg straight.
The knee stays flat on the table as your move the foot up and down.

10. Sit to stand no arms

2 Sets / 10 Reps



Sit in a chair with your feet flat on the floor.
Cross your arms in front of your chest so you are not tempted to push off of your thighs for momentum.
Stand up, then slowly sit back down and repeat a number of times.

11. Sideways step up

2 Sets / 10 Reps



Stand up straight, sideways to a step.

Your affected leg should be closest to the step, and your feet close together.

You may use a handrail or chair for support if required.

Step your affected leg onto the step.

Step up, pushing through your affected leg, and stand tall, hovering your other leg above the floor.

Return your other leg to the floor, whilst keeping your affected leg on the step.

12. Step up

2 Sets / 10 Reps

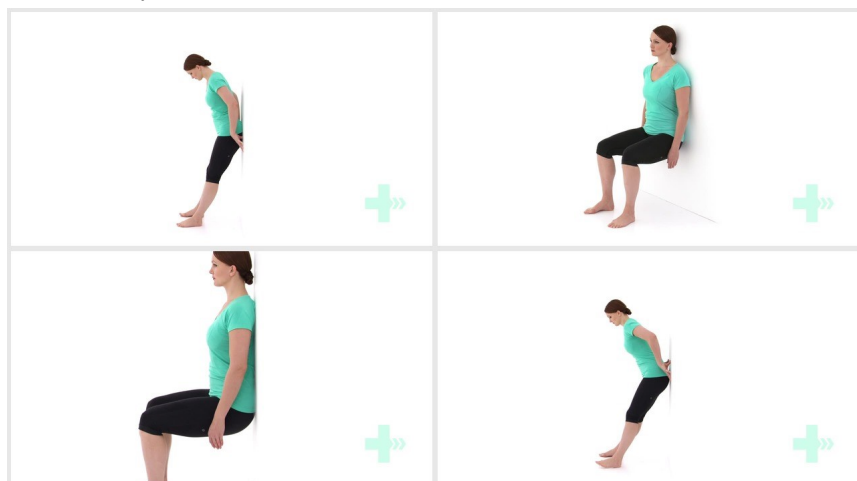


Stand in front of a stair or step. Place one foot up onto the step and when you are stable bring up the other foot.

Repeat, starting with the other leg.

13. Isometric wall sit

1 Set / 5 Reps / 5-15 s hold



Stand up straight with a wall positioned behind you.

Lean your back and buttocks against the wall, then walk your feet forward.

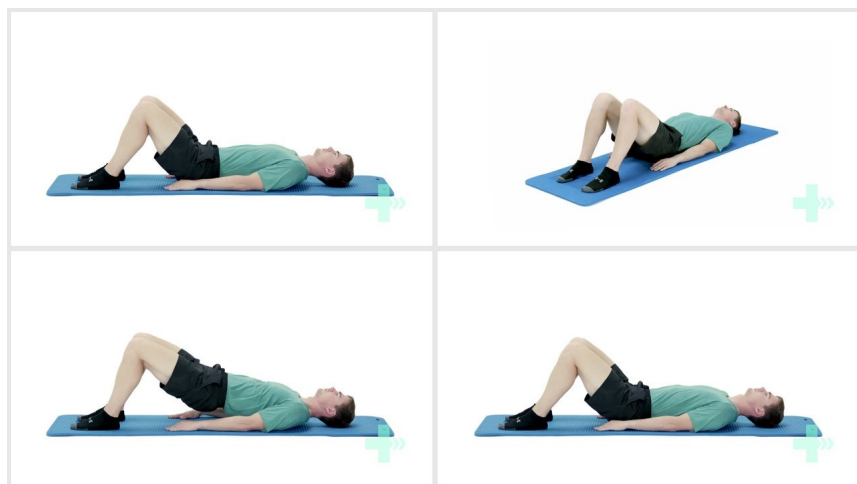
Slide down the wall until you reach a 90 degree angle at your hips and knees.

Ensure your back and buttocks remain in contact with the wall.

Hold this position.

14. Bridge on floor

2 Sets / 10 Reps



Lie on your back with your knees bent and feet flat on the floor.

Maintain a hips width distance between your knees and feet.

Tighten your buttock muscles and lift your hips towards the ceiling until you have a straight line from your shoulders to your knees.

Hold this position.

Control the movement as you lower back down to the floor and repeat.

15. Single leg balance

1 Set / 5 Reps / 5 s hold each side



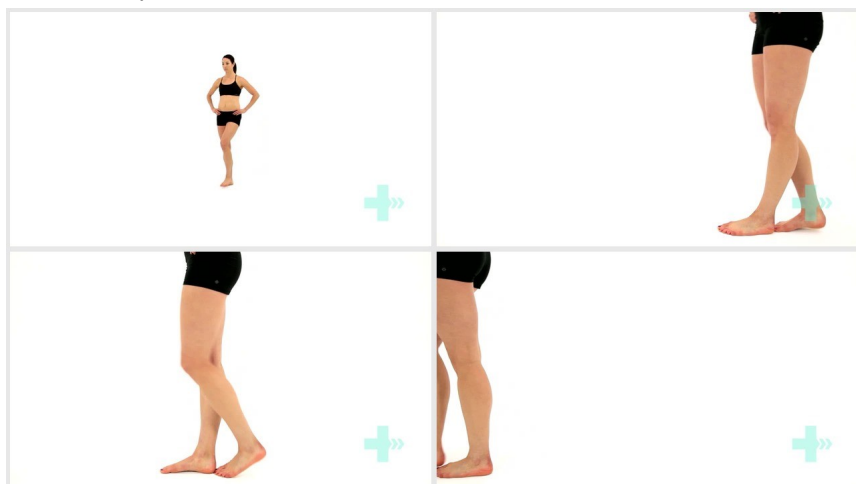
Stand with your legs straight at shoulder width apart.

Now lean slightly to the side and at the same time bend your opposite knee.

You can make this more difficult by bending further but only within the limits of your mobility.

16. Tandem walk

1 Set / 5 Reps



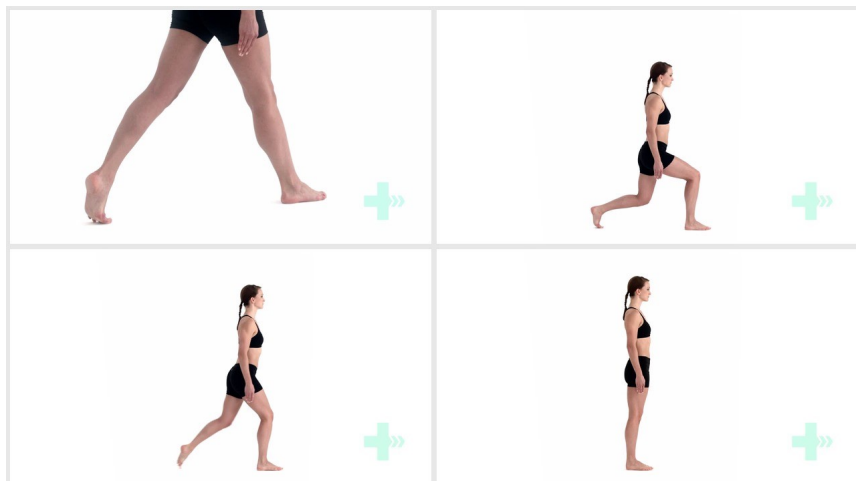
Walk with one foot in front of the other as though you are on a tightrope.

The heel of the front foot should touch the toes of the back foot.

Look straight ahead and control your balance as you do this.

17. Static lunges [09100]

1 Set / 5 Reps



Take a large step forwards on your affected leg.

Drop your hips directly down between your two feet.

Allow both legs and hips to bend, so that your knees are at 90 degrees, your back heel comes off the floor and the shin of your front leg is vertical.

Push back up to the starting position and repeat.

Make sure your knees travel directly forwards over your toes at all times.

18. Carioca

1 Set / 5 Reps / 10 sec duration



Stand with your feet shoulder-width apart and your arms out to your sides at shoulder level.

Cross your right leg in front of your left leg as you rotate your hips and arms in opposite directions and begin moving left.

Move your left leg and hips back to the base position while pushing off your right leg and rotating your arms in the opposite direction.

Bring your right leg behind your left leg, rotate your hips and arms opposite directions, and continue moving left.

Continue this pattern to complete the set on one side before repeating in the opposite direction.