

Safety

- Make sure participants are warmed up prior to starting circuit.
- Remind participants they should not feel pain and to stop if they do.



- Do 8 to 10 repetitions of each exercise.
- Do the exercises in the order they are listed – each of these circuit workouts are set to work different body parts successively as not to overly fatigue one body part at a time. Do one to two rounds of the circuit.
- The resistance of each move should be challenging, but not enough to cause joint pain.
- This routine is best for someone with aggressive arthritis or for the person who may have difficulty getting up and down off the floor.

Up and down arm pulls

- Sit on a chair and hold an exercise band in both hands with elbows at your side.
- Slowly straighten one elbow while bending the other.
- Keep wrists straight and upper body still as you alternate arms.

Leg press with exercise band

- Sit on a chair and loop an exercise band under one foot, holding the ends at waist level.
- Bend your knee and raise your thigh slightly, taking up the slack in the band.
- Straighten your leg by pushing on the band.
- Bend your knee and put your foot back on the floor.
- Repeat with other leg.

Horizontal arm pulls

- Sit in a chair and grip one end of an exercise band in each hand and extend arms forward, palms down.
- Squeeze shoulder blades together while pulling your arms out to the side.
- Slowly return to starting position.

Standing hip extension

- Stand by a counter or chair for support, keeping abs tight.
- Keeping your knee straight, raise one leg slightly backward until your foot is about 3 to 4 inches

- off the floor.
- Hold, then slowly lower.

Seated row

- Sit up straight and tall on the floor with legs extended in front of you, knees slightly bent, and an exercise band looped around your feet.
- Tighten your abs and squeeze your shoulder blades together.
- Pull on the band as you bring your elbows back slowly.
- Slowly return to the starting position.

Standing Heel Raises

- Stand or sit on a chair for support and rise up on your toes with your knees straight and your body tall.
- Slowly lower onto your heels and.

Biceps Curls

- Standing or seated, hold weights at your side, palms facing upward, bend your elbows, bringing your hands up together or alternating sides.
- Keeping your arms by your side, lower your hands slowly and repeat

Boxing with Exercise Band

- While seated or standing, put an exercise band across your shoulder blades, holding an end of the exercise band with each hand and rest your arms at your sides with elbows bent.
- Raise one arm out while straightening your elbow and turning the palm down.
- Rest that arm, then repeat with other arm in a boxing motion.

Clamshell

- Lying on your side with hips and knees bent and knees together, raise your top knee as far as comfortable, keeping your feet together.
- Hold, then slowly lower your knee.

Bridge with Leg Extension

- Get in bridge position: on your hands and knees with your hips shoulder width apart and palms directly under shoulders with fingers pointing forward.
- Squeeze buttocks tight, then straighten and extend one leg.
- Bring leg back to bent-knee position, then switch legs.

Straight Leg Raise

- Lying on your back with one knee bent, one leg straight, tighten your abs and quads (top of thigh) to raise the straight leg off the floor.
- Lower the leg and repeat on opposite leg.

Plank

- Lie on your stomach and raise yourself so you're resting on your forearms and knees with your elbows under your shoulders
- Pull abs tight for three deep breaths, then slowly return to lying on your stomach.

Oblique Crossover Crunch

- Lie on your back with knees bent. Cross your left foot over your right knee.
- Extend your left arm to the side and support your neck with your right hand.
- With your lower back pressed to the floor, lift both shoulder blades several inches, and then curl your right shoulder and elbow diagonally toward left knee.
- Switch sides.
- If you feel neck discomfort, support your head with both hands.

Superman Prone Trunk Raise

- Lie face down with your arms beside your body.
- Tighten your buttocks and shoulder blades.
- Slowly lift your head and shoulders, but your chest stays on the floor.
- Hold, then lower.



Modifications

- Encourage participants to hop, skip or jump around the playing area.