

## Home Exercise Links

If you are self-isolating or just struggling to get out of the house, it can be difficult to keep fit. We have compiled a list of links to exercises you can do in your own home. All these exercises are from reliable sources, such as the NHS, and are completely free. Most are suitable for beginners and require no equipment. At the end of this document there is a section for seated exercises suitable for those with limited mobility – [click here](#) to go straight to it.



### 10-minute Living Room Workout

A simple workout video from the British Heart Foundation.

<https://www.youtube.com/watch?v=O5YX5xg8Seg>

### 10-minute Workouts

Six 10-minute workouts from the NHS, plus a 6-minute warm-up. Text instructions with photos.

<https://www.nhs.uk/live-well/exercise/10-minute-workouts/>

### Balance Exercises

Gentle exercises from the NHS, with text instructions and photos.

<https://www.nhs.uk/live-well/exercise/balance-exercises/>

### Fitness Studio Exercise Videos

Twenty-four exercise videos from the NHS, covering aerobic fitness, strength and resistance, and Pilates and yoga. Beginner and intermediate level.

<https://www.nhs.uk/conditions/nhs-fitness-studio/>

### Flexibility Exercises

Gentle exercises from the NHS, with text instructions and photos.

<https://www.nhs.uk/live-well/exercise/flexibility-exercises/>

## **Gym-free Workouts**

Fourteen illustrated guides from the NHS.

<https://www.nhs.uk/live-well/exercise/gym-free-workouts/>

## **Strength Exercises**

Gentle exercises from the NHS, with text instructions and photos.

<https://www.nhs.uk/live-well/exercise/strength-exercises/>

## **Strength and Flex Exercise Plan**

An exercise plan from the NHS, to improve strength and flexibility with full body workouts. Set of mp3 audio files with “how to” video clips.

<https://www.nhs.uk/live-well/exercise/strength-and-flex-exercise-plan/>

## **Chair Based Exercises**

Twelve chair based exercises from Hertfordshire Care Providers Association (HCPA) to improve mobility, strength and balance.

**Videos for all exercises:**

<https://www.youtube.com/playlist?list=PLQ5LeP1RLF8yCTMHRpwEX8TuYGCIWEfRy>

**Mobility illustrated guide:** [https://usercontent.one/wp/www.hcpastopfalls.info/wp-content/uploads/2019/03/CBE\\_carehome.pdf](https://usercontent.one/wp/www.hcpastopfalls.info/wp-content/uploads/2019/03/CBE_carehome.pdf)

**Strength and balance illustrated guide:**

[https://usercontent.one/wp/www.hcpastopfalls.info/wp-content/uploads/2019/03/strengthbalance\\_carehome.pdf](https://usercontent.one/wp/www.hcpastopfalls.info/wp-content/uploads/2019/03/strengthbalance_carehome.pdf)

## **Exercises to Ease Pain**

Videos from CSP (Chartered Society of Physiotherapy) to alleviate back pain, carpal tunnel syndrome, foot pain, knee pain, neck pain, shoulder pain and tennis elbow.

<https://www.csp.org.uk/public-patient/keeping-active-healthy/exercise-advice-videos>

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Carers in Hertfordshire Home Exercise Links List (last updated 31 March 2020).

To contact us call 01992 58 69 69, email [learning@carersinherts.org.uk](mailto:learning@carersinherts.org.uk) or visit [www.carersinherts.org.uk](http://www.carersinherts.org.uk)

## Seated Exercises

### 3-minute Seated Yoga Routine

An illustrated guide from the NHS.

<https://www.nhs.uk/Livewell/fitness/Documents/seated-yoga-workout.jpg>

## Chair Based Exercises

Six chair based exercises from HCPA to improve mobility.

**Videos (first six seated):**

<https://www.youtube.com/playlist?list=PLQ5LeP1RLF8yCTMHRpwEX8TuYGCIWEfRy>

**Illustrated guide:** [https://usercontent.one/wp/www.hcpastopfalls.info/wp-content/uploads/2019/03/CBE\\_carehome.pdf](https://usercontent.one/wp/www.hcpastopfalls.info/wp-content/uploads/2019/03/CBE_carehome.pdf)

## Chair Exercises

An illustrated guide from the NHS.

<https://www.nhs.uk/Livewell/fitness/Documents/chair-workout.jpg>

## Neck Pain and Tension Relief Exercises

An illustrated guide from the NHS.

<https://www.nhs.uk/Livewell/fitness/Documents/neck-workout.jpg>

## Sitting Exercises

Gentle exercises to improve mobility and prevent falls. Text instructions and photographs.

<https://www.nhs.uk/live-well/exercise/sitting-exercises/>

## 20-minute Exercise Routine

Video from HASfit.

<https://www.youtube.com/watch?v=8CE4jjWIQ18>

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