**Mr. Norton’s Social/Activity group Home Exercise Lesson 2**

**Warm up**

Squats, arm rotations(circles), toe touches, heel flicks, leg swings, knees to elbows (5-10 times on each exercise)

**Workout**

Squats 3 x 10

Push-ups (For beginners against a wall, on knees etc.) 3 x 10

Good Morning 3 x 10

Bench Dips 3 x 10

Superman 3 x 10

Front Plank (Hold for 30 seconds)

Notes: Try to perform 10 repetitions of each exercise using good technique. Try to complete 3-4 rounds. 2 mins rest between each round. Drink some water. Wash your hands properly after exercising.