Type of	Level		- 1	-	1	r	-			ATE		r	- 1		[T	r	1		
exercise	A, B, C																			
CV																				
Bike																				
Marching																				
Sit to stand																				
Step ups																				
Arm punches																				
MOBILITY																				
Spinal flexion					 <u> </u>		<u> </u>													
Spinal extension				_																
Spinal twist																				
Spinal release																				<u> </u>
STRENGTH																				
squats																				L
Heel raise																				
Core – balance																				<u> </u>
Core – bridge																				
Weighted arms																				
Theraband																				
RELAXATION																				
Abdo Breathing																				
Shibashi Tai chi																				
PMR progressive muscular relaxation																				

EXERCISE AND RECORD – fill in each square to mark completion of each exercise