

OFFICE EXERCISE AND STRETCHES ROUTINE

Try and stand to do these exercises, its more effective. Seek advice from your doctor before undergoing exercise for the first time.



NECK SHRUGS

3-5 seconds, 3 times



EAR TO SHOULDER

3-5 seconds, 3 times each side



ARM PULL OVER

3-5 seconds, 3 each side



FOREARM & WRIST FLEXES

15 seconds each way, both arms



SINGLE LEG BALANCE

10 plus seconds each foot, 3 times each side



NECK FORWARD

15 seconds hold, 3 times



CALF STRETCH

10 seconds each leg, 3 times



FULL STRETCH UP

15 seconds hold, 3 times



LEG LUNGES

10 each leg, 3 times



ROLL DOWN AND STRETCH

3 times



TRICEP DIPS

using chair or desk
knees bent or legs straight



STAND UP & SIT DOWN SQUATS

3 times



**COLEG
CAMBRIA**
Chwaraeon yng Ngholeg Cambria
Sports at Coleg Cambria

YMARFERION AC ARFERION YMESTYN YN Y SWYDDFA

Ceisiwch sefyll i wneud yr ymarferion hyn, mae hynny'n fwy effeithiol. Gofynnwch am gyngor gan eich meddyg cyn gwneud yr ymarferion am y tro cyntaf.



CODI EICH GWAR

3-5 eiliad, 3 gwaith



RHOI CLUST AT YR YSGWYDD

3-5 eiliad,
3 gwaith pob ochr



TYNNU'R FRAICH DROSODD

3-5 eiliad, 3 gwaith pob ochr



YSTWYTHO BLAEN Y FRAICH A'R ARDDWRN

15 eiliad bob ffordd,
y ddwy fraich



CYDBWYSO UN GOES AR Y TRO

10 eiliad a rhagor ar gyfer pob
troed, 3 gwaith yr un i bob ochr



YMESTYN EICH GWDDF YMLAEN

Ei ddal am 15 eiliad, 3 gwaith



YMESTYN Y COESAU

10 eiliad yr un, 3 gwaith



YMESTYN I FYNY

15 eiliad a'i ddal,
3 gwaith



RHAGWTHIO'R COESAU

10 yr un, 3 gwaith



RHOLIO I LAWR AC YMESTYN

3 gwaith



DIPIO'R CYHYRAU TRIPHEN

defnyddio cadair neu ddesg
plygu'r pengliniau neu gadw'r coesau'n syth



CYRCYDU I FYNY AC I LAWR

3 gwaith