

SESSION SHEET S30 / REGULAR-ACTIVITY PRACTICE

30-minute light-weight strength

Standing and chair-supported movement | 30 minutes INCLUDING breaks

For adults who can move independently and have no unresolved exercise concerns. Recent falls, pain, illness, surgery, pregnancy, symptoms, medication concerns or an exercise restriction need an individual starting plan. Complete the readiness check before using a sheet; it is not medical clearance.

Stop for chest pain, dizziness, faintness, unusual breathlessness or pain. Severe or persistent symptoms need urgent medical help. Breathe normally; do not strain or hold your breath.

Equipment: stable chair, clear wall, level space and light hand weights.

The clock is a guide, not a deadline. Finish early or take more rest when needed. Do not add this sheet on top of another session in your weekly plan.

0-5 min | Ease in

Walk slowly on a level, clear surface or march gently beside a stable support. Start slower than your main session; pause as needed.

[] Completed, adapted or skipped. My note: _____

5-9 min | Chair sit-to-stand

2 sets of 8 slow repetitions

Sit on a steady chair, feet planted. Lean forward slightly, stand, then lower slowly.

Rest: Rest 45-60 seconds after each set. Use unused slot time for rest or setup. Never rush to finish; take longer rest if needed.

Easier: Use your hands to help; use a comfortable higher seat.

Avoid: Do not drop into the seat or force painful knees.

[] Completed, adapted or skipped. My note: _____

9-13 min | Wall press-up

2 sets of 8 slow repetitions

Face a wall with palms at chest height. Bend your elbows to approach it, then press away.

Rest: Rest 45-60 seconds after each set. Use unused slot time for rest or setup. Never rush to finish; take longer rest if needed.

Easier: Stand closer to the wall.

Avoid: Do not hold your breath or let your trunk sag.

[] Completed, adapted or skipped. My note: _____

13-17 min | Supported calf raise

2 sets of 8 slow repetitions

Hold a stable support. Lift both heels gently, then lower with control.

Rest: Rest 45-60 seconds after each set. Use unused slot time for rest or setup. Never rush to finish; take longer rest if needed.

Easier: Make a smaller lift.

Avoid: Do not bounce or remove the support.

[] Completed, adapted or skipped. My note: _____

17-21 min | Seated alternating march

2 sets of 8 repetitions per side

Sit tall, holding the chair sides. Lift one bent knee slightly, lower it, then change legs.

Rest: Rest 45-60 seconds after each set. Use unused slot time for rest or setup. Never rush to finish; take longer rest if needed.

Easier: Lift the foot only a little.

Avoid: Do not lean back or force the lift.

[] Completed, adapted or skipped. My note: _____

21-25 min | Light seated biceps curl

2 sets of 8 slow repetitions

Sit upright, holding light weights at your sides. Bend your elbows, then lower slowly.

Rest: Rest 45-60 seconds after each set. Use unused slot time for rest or setup. Never rush to finish; take longer rest if needed.

Easier: Use lighter weights or practise without weight.

Avoid: Do not swing the weights.

[] Completed, adapted or skipped. My note: _____

25-30 min | Finish gently

Slow to a very easy walk, then pause comfortably. Let your breathing settle; do not add a hard final effort.

[] Completed, adapted or skipped. My note: _____

After this session

How did it feel? Easy / manageable / too much. Note any symptoms or next-day difficulty. Repeat a comfortable dose before adding a small change; seek advice about pain or unusual symptoms.

Source-linked education, not a clinical prescription. These are KYH template combinations, not NHS- or CDC-approved programmes. They do not train every major muscle group or necessarily meet weekly activity targets. AI-assisted; not independently clinically reviewed. Sources checked 31 October 2026.

Sources & illustrated movement guidance

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

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

My current weekly plan: <https://knowledgeyourhealth.com/planner/>

Sheet page and related KYH videos: <https://knowledgeyourhealth.com/routine-sheets/light-weight-strength-30-min-s30/>