



Exercise Diary

Welcome

This exercise diary has been created to guide and support you through your journey with Active Against Cancer, and to help keep you active when you are not with us. Exercise should be safe, effective and fun. Whether you are exercising at home, in class, or both, everything you need to know is contained within these pages. Please give it a good read and speak to a member of the team if you have any questions.

The Active Against Cancer Team :)



WARNING: EXERCISE HAS BEEN KNOWN TO CAUSE HEALTH AND HAPPINESS



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01 The benefits of exercise

Exercise is good for everyone...

- ✓ Improves physical wellbeing
- ✓ Improves mental wellbeing
- ✓ Improves sleep
- ✓ Improves fitness

... but also has lots of specific benefits for those living with or beyond cancer:

- ✓ Builds physical resilience
- ✓ Reduces the chance of surgical complications
- ✓ Reduces the impact of the side effects of treatment
- ✓ Supports recovery
- ✓ Reduces the chances of recurrence



02

Physical activity or exercise can help break the cycle of tiredness or fatigue.

You feel unmotivated
and fatigued

You get more
breathless
and unfit



You do less
physical activity

Your muscles
weaken

Your fitness level
decreases

**Break the cycle
with EXERCISE**



03

How often should I exercise?

Healthcare professionals recommend that all adults, including those over 65, should do this much exercise **every single week**.

at least

150mins

**Moderate Intensity
per week**



SWIM



BRISK WALK



CYCLE



at least

75mins

**Vigorous Intensity
per week**



RUN



STAIRS



SPORT



**MUSCLE
STRENGTHENING
EXERCISES**



2 DAYS a week



YOGA



GYM



CARRY HEAVY BAGS



**MOBILITY
STRENGTHENING
EXERCISES**



2+ DAYS a week

BOWLS



DANCE

TAI CHI



04

How should exercising make me feel?

It is completely normal to experience your heart rate, breathing and temperature changing whilst exercising or being physically active. Use this page to help you assess how hard you are working!

MEASURE	LIGHT EXERCISE OR PHYSICAL	MODERATE EXERCISE OR PHYSICAL	VIGOROUS EXERCISE OR PHYSICAL
Will feel...	... easy	... Somewhat hard	... Very hard
Your breathing...	... May not change	... May begin to quicken and deepen	... May become deep and rapid and you may feel breathless
Talk test...	Possible to talk or sing	Possible to talk but not sing	Only possible to say a few words
Sweating...	Not unless it is hot or humid	... May begin after 10 minutes	... May begin after 2 minutes
For example...	<ul style="list-style-type: none"> • Casual walking • Hanging laundry • Yoga 	<ul style="list-style-type: none"> • Brisk walking • Gardening • Cycling 	<ul style="list-style-type: none"> • Football • Running • Dancing

Try the talk test yourself. Can you say or sing...

“This exercise programme is going to do me good!”

Exercising safely...



**Always warm up
before and cool down
after exercising**



**Wear loose and
comfortable clothing**



**Eat lightly and drink
plenty of water**

STOP

**If you suddenly
experience:**

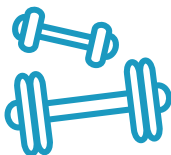
- Chest pains or tightness
- Dizziness or nausea
- Clamminess or cold
- Increasing wheeziness/
shortness of breath
- Joint or muscle pain over and above
the level of exercise you are doing.
All little muscle ache is good.
- Feeling overly tired

What equipment do I need?

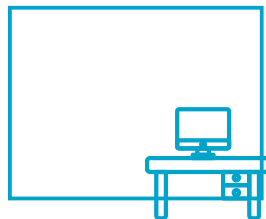
You have everything you need to complete these exercises already within your home...



A dining room chair



Some arm weights (water filled plastic bottles, tin cans)



A clear wall



A clock or watch



A clear area to exercise in and clutter free



A Step or stairs



Resistance band (provided by AAC)



Remember that **any exercise** is better than no exercise

Creating An Effective Work-Out

You can use the exercises in this diary to put together your own sessions. Every session should follow the same structure...

1 Warm Up

You need to warm up at the start of every session. The longer or harder the session you are planning, the longer your warm up should be.

 **5 - 15 minutes**



2 Main Session

The main body of your session should include a mix of resistance, aerobic and balance exercises - pick a couple of exercises from each category. You can complete these in any order, but try to alternate between upper body and lower body exercises to give your muscles enough rest.

 **10 - 30 minutes**



3 Cool Down

You need to cool down at the end of every session. The longer or harder the session you've done, the longer your cool down should be.

 **5 - 15 minutes**

LEVELS explained:



Level 1
Beginner

Level 2
Intermediate

Level 3
Difficult

REPS explained:

Reps or repetitions describes the number of times you are doing an exercise without stopping. For each exercise we have suggested a range of reps. Aim for somewhere within the range that starts to make your working muscle ache.



Low		High
6 reps	9 reps	12 reps

SETS explained:

Once you have completed your reps, take a short break and then go again. The number of times you complete the reps-rest cycle is the number of sets completed. For each exercise we have suggested a range of sets. Aim for somewhere within the range.



Low		High
1 set	2 sets	3 sets

How often should I do a session?

If you build your session in this way, you will incorporate all of the recommended elements of exercise. You should aim to do this often enough to meet the time targets shown on page 2. We would suggest building up to 3 - 4 sessions a week, including the ones you do with us. Enjoy!

Warm Up

Ok, let's get you moving. The warm-up does exactly what it says, warms your muscles and cardiovascular system. It is important to warm up gradually, every time you exercise.

The benefits of warming up:

- ✓ Reduces the chances of getting injured
- ✓ Can improve your range of movement
- ✓ Counts towards your physical activity totals (see page 3)

How much?

You must warm-up every time you exercise. For light to moderate exercise, run through each of the warm-up exercises once. For moderate to vigorous exercise, you can run through the warm-up up to three times.



Shoulder shrugs

6

REPS

x2

SETS

—

EQUIPMENT

- ✓ PREPARES BODY FOR EXERCISE
- ✓ WARMS JOINTS AND MUSCLES
- ✓ GENTLY RAISES HEART RATE



EXERCISE



Slowly lift your shoulders backwards and upwards towards your ears, then forwards and downwards, in small circles.

Change direction.

PROGRESSION



Hands on shoulders and circle the elbows.



Extend the arms and circle the full arm.

Tip: Stand with your back against a wall to learn the movement



Knee lifts

6

REPS



SETS



EQUIPMENT

- ✓ PREPARES BODY FOR EXERCISE
- ✓ WARMS JOINTS AND MUSCLES
- ✓ GENTLY RAISES HEART RATE



EXERCISE



STARTING POSITION: Sit, engaging your core and with your back off the backrest.

Slowly lift one knee up to hip level, then lower again. Repeat with the other leg.

PROGRESSION



Start in a standing position.

Tip: Always make sure you have a chair, counter top or perhaps a wall to help keep you steady



Toe taps

6-8

REPS



SETS



EQUIPMENT

- ✓ PREPARES BODY FOR EXERCISE
- ✓ WARMS JOINTS AND MUSCLES
- ✓ GENTLY RAISES HEART RATE



EXERCISE



Sit towards the front of your seat and engage your core.

Put your right leg out to the side and tap your toe on the ground. Bring this leg back to the centre and then repeat with your left.

Try to avoid leaning with your upper body.

PROGRESSION



Start in a standing position.

Tip: Draw in your stomach to create a stable base



Marching on the spot

1 min

REPS



SETS



EQUIPMENT

- ✓ PREPARES BODY FOR EXERCISE
- ✓ WARMS JOINTS AND MUSCLES
- ✓ GENTLY RAISES HEART RATE



EXERCISE



Sit with your feet hip width apart, your back off the backrest and engage your core.

Keep elbows and knees bent to 90°, and march on the spot for 1 minute without stopping.

Repeat for up to 1 minute without stopping.

You can do this every day.

PROGRESSION



Start in a standing position.



Only if you have done so in class, take it into a run.



Tip: If you feel yourself getting out of breath really quickly, build up 10 seconds at a time

Resistance Exercises

(Main Session)

Resistance exercises use some form of resistance, this could be a band, body weight or a weighted object, to build muscle. In this diary there are a combination of exercises designed to work all of the major muscle groups in the body.

Building strength means:

- ✓ It is easier to carry out daily tasks such as carrying the shopping or garden!
- ✓ Increasing muscle or lean mass which is often lost with chemo or radiotherapy

How much?

You should aim to perform resistance exercises a minimum of twice a week (see page 2). When performing resistance exercises it is normal to feel a burning or aching sensation in the working muscle, and it may feel stiff or sore one to two days after exercising. Build up the number of reps and sets gradually and take rests if your muscles are overly sore. You can also increase the resistance or weight to make them harder.

Heel Raises/Calf Raises

8-12

REPS



SETS



EQUIPMENT



STRENGTHENS LEGS



IMPROVES BALANCE



ASSISTS WITH DYNAMIC STABILITY



EXERCISE



Use the back of a chair or wall for balance. Place your feet hip width apart with your toes facing forwards and legs straight.

Brace your stomach and raise slowly up on to your toes, pause and lower back to the floor.

PROGRESSION



Rise up on both feet, take one foot off the floor and lower on one leg. Complete on one leg, repeat on the other side.

Tip: Use a chair or wall for stability until you become more confident

Seated Leg Extensions

6-12

REPS



SETS



EQUIPMENT



STRENGTHENS LEGS



IMPROVES BALANCE



GENTLY WORKS CORE MUSCLES



EXERCISE



Place your chair on a non-slip floor or with the back legs pressed against a wall. Start seated with a straight back towards the edge of your chair, holding the handles adjacent to your hips.

With one leg at a time, lift your foot off the floor by bending at the knee and straighten your leg out in front of you..

Squeeze your thigh for a moment and then lower back to down.

Repeat with the other leg.

PROGRESSION



Hold each leg and squeeze at the top of the movement for 3 seconds.



Try lifting both legs at the same time.

Tip: Draw the stomach in to stabilise to avoid leaning back

Shoulder Rotations/Upper back

6-12

REPS



SETS



EQUIPMENT



STRENGTHENS UPPER BACK AND SHOULDERS



IMPROVES POSTURE AND SHOULDER MOBILITY



WORKS ABS & CORE



EXERCISE



In a seated or standing position hold your resistance band in both hands with your palms turned upwards and your arms straight out in front of you. Pull your shoulders down towards the floor.

Keeping your arms straight and pinching your shoulder blades together, pull the ends of the band apart.

Pause out wide and then slowly return your hands back to the starting position whilst resisting the tension of the band.

PROGRESSION



Pull the band tighter for more resistance.



Slow it down – 3 seconds out and 3 seconds in.

Tip: Brace your stomach at all times to stop yourself swaying backwards. Try and stop your shoulders rising up towards your ears

Front Arm Raise

8-12

REPS



SETS



EQUIPMENT



STRENGTHENS ARMS & SHOULDERS



IMPROVES POSTURE



WORKS ABS & CORE



EXERCISE



Sit towards the front of your seat, with the resistance band under one foot.

Grip the band tightly at each end with your hands just in front of your hips. Keeping your arms straight, raise them to shoulder height, pause and then lower back down slowly resisting the tension on the band.

PROGRESSION



Start the exercise in standing to create more resistance.



Create even more resistance by placing both feet in the band shoulder width apart.

Tip: 3 seconds up, 3 seconds down



Shoulder Press

6-12

REPS



SETS



EQUIPMENT

- ✓ STRENGTHENS SHOULDERS
- ✓ IMPROVES POSTURE AND SHOULDER MOBILITY
- ✓ WORKS ABS AND CORE



EXERCISE



STARTING POSITION: In a seated position place your resistance band under one foot, holding on to the ends with each hand. Bring your hand up to your shoulders with your elbows bent and pointing forwards.

From this point lift your arms above your head until your arms are straight, pause, and then lower your hands back towards your shoulders whilst resisting the band.

PROGRESSION



Perform the exercise in a standing position to increase the resistance.



Slow it down – 3 seconds up and 3 seconds down.



Tip: Brace your stomach at all times to stop yourself swaying backwards

Bicep Curl

6-12

REPS



SETS



EQUIPMENT

- ✓ STRENGTHENS ARMS
- ✓ IMPROVES POSTURE
- ✓ WORKS ABS & CORE



EXERCISE



Start seated towards the edge of your chair with your feet under your knees hip width apart. Place your resistance band under both feet and grip the band tightly at each end.

Bend your elbows and bring your hands towards your shoulders, keeping your elbow tucked in as you move. Pause at the top and then slowly lower your hands back down, resisting the tension of the band

Pause, and then lower your hands back to your starting position.

PROGRESSION



Pull the band tighter for more resistance.



Complete in standing.



Tip: Brace your stomach at all times to stop yourself swaying backwards

Chair Dips

6-10

REPS



SETS



EQUIPMENT

- ✓ STRENGTHENS ARMS & CHEST
- ✓ IMPROVES POSTURE
- ✓ WORKS ABS & CORE



EXERCISE



Place your chair on a non-slip floor or with the back legs pressed against a wall. Start seated towards the edge of your chair. Hold the handles of the chair, with your hands adjacent to your hips.

Draw your stomach in and push against the arms of the chair lifting your body off the seat. Attempt to straighten your arms and then slowly lower yourself back into the chair.

PROGRESSION



Hover on the seat between reps



Bring your feet forwards and lower in front of the chair seat



Tip: Keep your stomach braced at all times

Wall Press

6-10

REPS



SETS



EQUIPMENT

- ✓ STRENGTHENS ARMS & CHEST
- ✓ IMPROVES POSTURE
- ✓ WORKS ABS AND CORE



EXERCISE



Start stood roughly two steps away from a clear wall, with your palms on the wall at roughly shoulder height and width.

Slowly lower yourself towards the wall by bending your elbows until your forehead reaches the wall.

Pause and slowly push yourself back to your starting position.

PROGRESSION



Stand a little further away from the wall and slow it down.



Stand further away from the wall, place your hands closer together, and keep your elbows pointing downwards.

Tip: Keep your stomach braced at all times

Sit to Stand/Squats

6-12

REPS



SETS



EQUIPMENT

- ✓ STRENGTHENS' LEGS & BUM
- ✓ IMPROVES BALANCE, STRENGTH & MOBILITY
- ✓ WORKS ABS & CORE



EXERCISE



Place your feet just behind your knees, flat on the floor around hip width apart. Point your toes out ever so slightly.

Lean forwards and with your nose over your toes stand up slowly.

When standing, lower yourself slowly back to the chair to the starting position.

PROGRESSION



Hover on the seat between reps.



Loose the chair completely, start standing and squat.



Tip: When starting this exercise hold your arms out in front of you to act as a counter balance. Try and rely less on this when you become more confident

Lunge

4-8

Both Legs

REPS

x3

SETS

—

EQUIPMENT

- ✓ STRENGTHENS LEGS AND BUM
- ✓ IMPROVES BALANCE AND STABILITY
- ✓ IMPROVES SINGLE LEG STRENGTH



EXERCISE



Stand up straight with your feet hip width apart and your toes pointing forwards.

Take a large step backwards with one leg and gently lower your knee to the floor. Making sure you front knee doesn't extend forwards beyond your toes.

Pause at the bottom and then push off with you back leg to return to standing.

PROGRESSION



Drop your trailing knee closer to the floor.



Pull yourself back to the starting position using your front leg rather than pushing off with your back leg.

WARNING – THESE ARE A MORE ADVANCED EXERCISE AND SHOULD ONLY BE ATTEMPTED WHEN INSTRUCTED BY YOUR AAC PHYSICAL TRAINER

Tip: Use a wall or chair for balance

Shoulder/Back/Rotator Cuff

6-12

REPS



SETS



EQUIPMENT

✓ STRENGTHENS ARMS

✓ IMPROVES POSTURE

✓ WORKS ABS & CORE



EXERCISE



In a seated or standing position hold your resistance band in the palms of your hands approximately shoulder width apart. Your palms should be facing upwards and your elbows bent to 90 degrees just in front of your ribs. From this point, rotate your hands out to the side, keeping your elbows bent and tucked into your side.

Pause, and then return to the starting position whilst resisting the band.

PROGRESSION



Hold for 15-30 seconds.

Brace your stomach at all times to stop yourself swaying backwards. Try and stop your shoulders rising up towards your ears

Balance Exercises

(Main Session)

Balance comes more naturally to some of us but these exercises are designed to help everyone improve their core strength and balance.

Building strength means:

- ✓ Reduced risk of falling
- ✓ More control when performing daily activities such as cleaning or carrying shopping
- ✓ More control when completing the other exercises in this diary!

How much?

We would recommend doing some balance exercises 3 days per week, especially if you are over the age of 65.



Side Walks

3-5

REPS



SETS



EQUIPMENT

✓ IMPROVES BALANCE

✓ WORKS ABS & CORE

✓ IMPROVES KNEE & HIP MOBILITY



EXERCISE



Stand with your feet together, knees slightly bent.

Step sideways in a slow and controlled manner, moving one foot to the side first.

Move the other foot to join it, go for 5 paces then back the other way.

PROGRESSION



The slower you do this exercise, the harder it will be.

Tip: Use your arms for balance and avoid dropping your hips as you step

Grape Vines

3-5

REPS



SETS



EQUIPMENT

- ✓ IMPROVES BALANCE
- ✓ WORKS ABS & CORE
- ✓ IMPROVES KNEE & HIP MOBILITY



EXERCISE



Stand with your feet hip width apart. Cross your right foot over your left so you are standing crossed legged, then uncross your legs by bringing your left leg behind your right so you return to the starting position.

Go for 5 paces, then back the other way by bringing your left leg over your right.

PROGRESSION



The slower you do this exercise, the harder it will be.

Tip: Put your finger tips against a wall for stability

Heel to toe Walk

3-10

REPS



SETS



EQUIPMENT

- ✓ IMPROVES BALANCE
- ✓ WORKS ABS & CORE
- ✓ IMPROVES KNEE & HIP MOBILITY



EXERCISE



Stand upright and place your right heel on the floor directly in front of your left toe.

Take a step forward and place your left heel directly in front of your right toe.

PROGRESSION



The slower you do this exercise, the harder it will be.

Tip: Use a wall for stability until you become more confident

One Leg Stand

3-6

REPS



SETS



EQUIPMENT

- ✓ IMPROVES BALANCE
- ✓ WORKS ABS & CORE
- ✓ IMPROVES KNEE & HIP MOBILITY



EXERCISE



Stand near a wall with your feet hip width apart. Try and only use your fingertips for support.

Lift your left leg, keeping your hips level and keep a slight bend in the supporting leg.

Pause with you left knee bent and then gently lower your foot back to the floor.

Repeat with the other leg.

PROGRESSION



Rely less on the wall for stability.



Hold the lift for longer, aiming for 10 seconds.

Tip: Use a chair or wall for stability until you become more confident

Aerobic Exercises

(Main Session)

These are exercises which increase your heart rate, breathing rate and may make you sweat!

Building aerobic fitness means:

- ✓ the body will become more efficient at delivering and using oxygen
- ✓ over time this reduces the likelihood of getting out of breath meaning you could walk further and do more

How Much?

You should aim to do 150 minutes a week moderate intensity or 75 minutes a week vigorous intensity aerobic exercise (see page 2). You can do this in as many small chunks as you like, whatever works for you and your schedule. If you become breathless very quickly, try building up the duration of your exercise gradually.



Walking

10-20

MINS



SETS

EQUIPMENT

- ✓ STRENGTHENS' LEGS
- ✓ IMPROVES BALANCE
- ✓ WORKS HEART AND LUNGS



EXERCISE



Walk on the flat at a rate that increases your breathing rate for 10-20 minutes. Gentle strolls don't count as a training walk.

PROGRESSION



Increase your speed, duration and incline.



Further increase your speed, duration and incline.

Tip: Take any inhalers or medical sprays with you

Get outside to improve your mood

Wear appropriate footwear and clothing

Wait 1 - 2 hours after a large meal

Have fun

Step-Ups

1 min

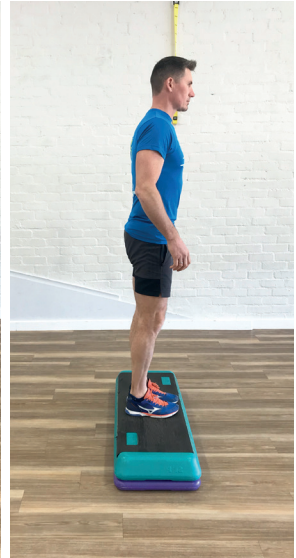


SETS



EQUIPMENT

REPS

**STRENGTHENS THE HEART AND LUNGS****IMPROVES BALANCE****IMPROVES KNEE AND HIP STABILITY**

EXERCISE



Using any step available to you, stand with your feet hip width apart in front of your step.

Lift one foot on the step and then bring the other foot to join it. Return the first foot to the starting position followed by the second foot.

Repeat up to 1 minute without stopping

PROGRESSION



Increase the length of time



Use a slightly higher step

Tip: Use a chair or wall for stability until you become more confident

Step-Up Modification

6

REPS

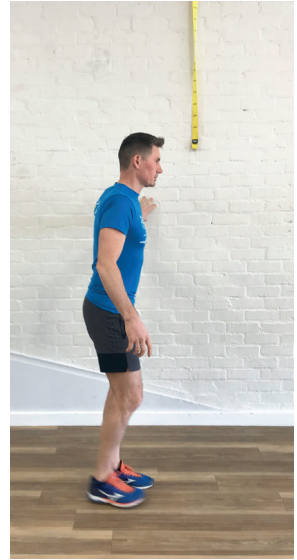


SETS



EQUIPMENT

- ✓ STRENGTHENS' LEGS
- ✓ IMPROVES BALANCE
- ✓ WORKS HEART AND LUNGS



EXERCISE



Stand tall with your feet hip width apart.

Take a step forwards and quickly bring your trailing foot to the same position.

Repeat in reverse.

PROGRESSION



Gradually speed up the exercise and take consistent large steps.

Tip: Start with small steps at first and gradually increase

Star Jacks

1 min



REPS

SETS

EQUIPMENT

**STRENGTHENS THE HEART
& LUNGS****IMPROVES BALANCE****IMPROVES KNEE & HIP STABILITY**

EXERCISE



Stand up straight with your feet hip width apart and your hands by your side

Simultaneously extend your left leg and arm out sideways, tapping your foot on the ground.

Return to your starting position and repeat the exercise on the opposite side.

PROGRESSION



Hold a light weight in each hand whilst doing the exercise.

Tip: Start slowly and work on coordination

Marching on the spot

1 min

REPS



SETS



EQUIPMENT

- ✓ PREPARES BODY FOR EXERCISE
- ✓ WARMS JOINTS AND MUSCLES
- ✓ GENTLY RAISES HEART RATE



EXERCISE



Sit with your feet hip width apart, your back off the backrest and engage your core.

Keep elbows and knees bent to 90°, and march on the spot for 1 minute without stopping.

Repeat for up to 1 minute without stopping.

You can do this every day.

PROGRESSION



Start in a standing position.



Only if you have done so in class, take it into a run.



Tip: If you feel yourself getting out of breath really quickly, build up 10 seconds at a time

Arm punches/shadow boxing

1 min

REPS



SETS



EQUIPMENT

- ✓ STRENGTHENS HEART & LUNGS
- ✓ IMPROVES BALANCE
- ✓ WORKS THE ABS AND CORE



EXERCISE



In a seated position sit towards the middle of the seat with your hands up and fists clenched like a boxer.

Then using alternate hands, simulate punching out in front at roughly shoulder height. Repeat up to 1 minute without stopping.

PROGRESSION



Hold a light weight in each hand whilst doing the exercise.

Tip: Brace your stomach at all times to avoid excessive swaying from side to side

Cool Down

These are exercises for the end of each session. Performing a cool down helps gradually lower your heart rate, breathing rate and body temperature back to normal.

Benefits of cooling down:

- ✓ Cooling down gradually gives your body chance to remove any acid that has built up in the muscles during the session
- ✓ It reduces the chance of being stiff and achy after exercising

How much?

You must cool down after every session. Complete every exercise at least once, and if you have had a hard session the whole cool down can be completed up to three times.



Shoulder/Tricep Stretch

3

REPS



SETS



EQUIPMENT



GENTLY LOWERS HEART RATE



HELPS MUSCLES RECOVER FASTER



HELPS PREVENT MUSCLE SORENESS



EXERCISE



Raise one arm out in front with your hand at shoulder height. Draw the arm across your body. Use the opposite arm to pull the other further towards your body.

You should feel the stretch across the outside of your shoulder and across the back of your upper arm.

PROGRESSION



Hold for 15 -30 seconds each side.

Tip: Relax your shoulders down towards the floor

Chest Stretch

6

REPS

x3

SETS

—

EQUIPMENT

- ✓ GENTLY LOWERS HEART RATE
- ✓ HELPS MUSCLES RECOVER FASTER
- ✓ HELPS PREVENT MUSCLE SORENESS



EXERCISE



Place your hands on your lower back with your finger tips on your belt line pointing to the floor. Squeeze your elbows towards each other behind your back.

You should feel the stretch across the front of your chest.

PROGRESSION



Hold for 15-30 seconds.

Tip: Breath deeply and the
Increase the intensity of your
stretch on your 'out' breaths

Calf stretch

3

REPS



SETS



EQUIPMENT

- ✓ GENTLY LOWERS HEART RATE
- ✓ HELPS MUSCLES RECOVER FASTER
- ✓ HELPS PREVENT MUSCLE SORENESS



EXERCISE



Stand facing a wall with one foot forwards and palm flat on the wall

Bend the knee on your front leg and move your weight forwards. Keep your back leg straight with the heel on the floor.

You should feel the stretch on the back of your straight leg below the knee.

Hold for 10-15 seconds then repeat with the other leg.

PROGRESSION



Try and keep your heel on the floor to get maximum benefit from the stretch.

Tip: Use a chair or wall for stability

Quad stretch

1-2

REPS



SETS



EQUIPMENT

- ✓ GENTLY LOWERS HEART RATE
- ✓ HELPS MUSCLES RECOVER FASTER
- ✓ HELPS PREVENT MUSCLE SORENESS



EXERCISE



In a seated position sit towards the edge of the seat and twist to the left. Take your right ankle with your right hand and pull the foot towards the seat whilst bending the knee.

Hold for 15-20 seconds then repeat on the other leg.

You should feel the stretch in your thigh.

PROGRESSION



Do this stretch in standing. Have a wall or chair to assist with balance.

Tip: When seated allow your bent knee to drop towards the floor to get maximum benefit from the stretch

Hamstring Stretch

3

REPS



SETS



EQUIPMENT

- ✓ GENTLY LOWERS HEART RATE
- ✓ HELPS MUSCLES RECOVER FASTER
- ✓ HELPS PREVENT MUSCLE SORENESS



EXERCISE



Start seated with a straight back towards the front of a chair with your knees bent.

Slide the heel of one leg out until the leg is straight.

Place both hands on the thigh of your straight leg and slowly slide your hands down your leg towards your toes.

Hold for 2-3 seconds then repeat with the other leg.

You should feel the stretch on the back of your straight leg.

PROGRESSION



Lift your toes on your straight leg up towards the ceiling to further increase the stretch.

Tip: Start gently, it can feel very painful if you stretch too far, too soon. Keep your head up when you lean forwards

Torso Stretch

3

REPS



SETS



EQUIPMENT

- ✓ GENTLY LOWERS HEART RATE
- ✓ HELPS MUSCLES RECOVER FASTER
- ✓ HELPS PREVENT MUSCLE SORENESS



EXERCISE



Start seated with your feet shoulder width apart.

Place your left hand on the outside of your right knee.

Gentle turn to look over your right shoulder.

Repeat on the other side.

PROGRESSION



Look further back and hold the stretch for longer

Tip: Use the back of the chair for support

Seated Glute Stretch

1-2

REPS



SETS



EQUIPMENT

- ✓ GENTLY LOWERS HEART RATE
- ✓ HELPS MUSCLES RECOVER FASTER
- ✓ HELPS PREVENT MUSCLE SORENESS



EXERCISE



Start seated with your feet shoulder width apart.

Allow you left foot to slide out in front.

Lift you right ankle onto your left knee.

Allow your right knee to gentle drop towards the floor.

PROGRESSION



Slide your left foot back to the starting position.

Tip: Sit with your back against a wall until you become more confident

Exercise Record

Use this table to record your daily exercise

Activity	Day : <i>Monday</i>	Day:	Day:	Day:	Day:
	Date : <i>24</i>	Date:	Date:	Date:	Date:
Warm –up	<i>10 mins</i>				
Main Session					
Sit To Stand/ Squats	<i>3 x 10</i>				
Chair Dips	<i>3 x 6</i>				
Wall Press	<i>3 x 8</i>				
Lunge	<i>-</i>				
Seated Leg Extension	<i>3 x 12</i>				
Arm Curls	<i>3 x 10</i>				
Calf Raises	<i>3 x 10</i>				
Cool Down	<i>5 minutes</i>				

Aerobic Exercise Record

Use this table to record your daily aerobic exercise

Aerobic Activity	Day: <i>Monday</i> Date: <i>01/01/20</i>	Day: Date:	Day: Date:	Day: Date:	Day: Date:
Walking (continuous)	<i>25 mins</i>				
Step ups	<i>2 mins</i>				
Star Jacks	<i>2 mins</i>				
Marching on the spot	<i>3 mins</i>				
Arm Punches/ Shadow Boxing	<i>1 mins</i>				
Total	<i>33 mins</i>				

This image shows a single sheet of white paper with horizontal blue lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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