

# ASTHMA

**General notes for Asthma** – Focus on correct breathing throughout the exercises. Breathe in through the nose and breathe out through pursed lips. If weather is cold trying and keep mouth and nose covered during the exercise. Take note of what may potentially be triggering any difficulty breathing (eg – cold dry air). Then change or adapt the exercise to minimise the risk of this happening again.

EXERCISE	TIME/LEVEL	NOTES
<p><b>Warm Up:</b></p> <ul style="list-style-type: none"> <li>• Shoulder Rolls</li> <li>• Arm Swings (Figure of 8)</li> <li>• Side Steps</li> <li>• Marching</li> <li>• Heel Flicks</li> <li>• High Knees</li> <li>• Jog on the Spot</li> </ul> <hr/> <p><b>Main Section:</b></p> <p><b>Circuit One:</b></p> <ul style="list-style-type: none"> <li>• Squats</li> <li>• Side Raise</li> <li>• Crunches</li> <li>• Jog on the Spot</li> <li>• Lunge</li> <li>• Front Raise</li> <li>• Ankle Taps</li> </ul>	<p>1 minute of each exercise. Repeat all exercises twice.</p> <hr/> <p>Choose either of the circuits and perform the exercises for 30 seconds. Make sure you have a short break in between each exercise.</p> <p>Then repeat the circuit again but perform the exercises for 45 seconds and again take breaks in between each exercise.</p>	<p>The warm-up should be gradual and slowly increase the intensity throughout. At the end you want to the whole body to feel warm, so you are ready to exercise.</p> <hr/> <p><b>Squat</b> – Stand with your shoulders back and feet hip width apart. Squat down as far as you feel comfortable with and as you come back to standing.</p> <p><b>Side Raises</b> – Have you hands down by your side and feet hip width apart. Slowly raise both arms out to the side, lifting no higher than shoulders and then slowly bring the arms back down by your side. This should be a controlled move.</p>



- Side Shuffles/Side Steps
- Glute Bridge

#### **Circuit Two:**

- Truck Driver
- Star Jump
- Inchworm
- Lunge
- Press Ups
- Heel Flicks
- Leg Extension
- Calf Raise
- Arm Circles

**Crunches** - Lay on your back, bend the knee, place hands on the thighs, raise the shoulders off the ground and reach the hands to the knees, lower the shoulders back and repeat.

**Run on Spot** – Light touches with the ball of the feet, jog on the spot.

**Lunges** – Keep your upper body straight, with your shoulders back, (pick a point to focus on in front of you so you do not keep looking down). Step forward with one leg, lowering your hips until both knees are bent at about a 90-degree angle. Bring the legs back together and go again on the other side.

**Front Raises** – Have your hands down by your side and feet hip width apart. Slowly raise both arms out in front, lifting no higher than shoulders and then slowly bring the arms back down by your side. This should be a controlled move.

**Side-Step/Shuffle** - Take two side steps/skips and reach for the floor, repeat other way.

**Glute Bridge** – Lay on your back, bend the knee and raise the hips to create a line from hips to knee and then lower the hips down to the floor.

**Truck Driver** – Straighten the arms at shoulder height, maintain a slight bend of an elbow, twist the hands like you are driving a car.

**Star Jumps** – Jump the feet from neutral to each side, at the same time, raise the arms from the side to over the head, and repeat.



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**Cool Down:**

- Quadricep Stretch
- Hamstring Stretch
- Chest Stretch
- Shoulder Stretch

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**Hold all stretches for a minimum of 20 seconds on each side.**

**These stretches should be done lightly and not to the point of over stretching/causing discomfort.**

**Inchworm** – Stand tall, bend at the hips and reach hands to the floor, walk the hands so in push up position and then walk the hands back to start position.

**Press Ups** – you can perform this on the knees or full tip toes, lower the upper body by bending the elbows and then push by extending the elbow.

**Heel Flicks** – Keep your upper body straight, with your shoulders back, (pick a point to focus on in front of you so you do not keep looking down). Alternating bringing one foot up and behind to meet the hips/butt. This should be slow and controlled with the aim being to increase movement in the hips and knees.

**Leg Extension** – Sit on the floor, extend legs out in front keeping feet of the floor then bend them 90 degrees and repeat.

**Calf Raise** - Feet hip width apart, push up onto the balls of your feet then relax flat to the floor and repeat.

**Arm Circles** – Place the arms out to the side at shoulder height and create a circular shape with each arm.

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**Quadricep Stretch** - Stand up, lift your right foot, and grasp it with your right hand. If this is too much you can hold the lower leg or shoe. Pull the foot toward your butt, hold, and repeat with the left foot.



**Hamstring Stretch** – Take a big step forward, make sure the leg at the front has a slight bend and the back leg is straight. You should feel this stretch in the hamstring of the back leg, if you can't feel it, bend the front leg slightly more.

**Chest Stretch** – Place the palm of your hands on to the base of your back then look up, chest out and squeeze the shoulders blades together.

**Shoulder Stretch** – Bring the right arm straight out in front then bring it across the front of the body. Grab hold of the arm with your left arm so it doesn't move and pull the arm close, so you feel the stretch in your shoulder.

**Training Disclaimer:** As with any form of exercise there is a risk of injury that may and could occur. By following this exercise plan, you acknowledge that you are happy and fully agree to take part in this exercise routine. In addition, by following this exercise plan you agree to take part in any activities at your own risk and Derby County Community Trust will not be liable for any injuries that may occur during any session.