

Repeat circuits once all the way through. As time goes on if you wish to progress then you can repeat the circuit a maximum of three times. It is important to work at your own level.

Side Raises – Have your 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.

Bicep Curl – Stand feet hip width apart and keep the elbows tucked into the body. Start with arms straight down and palms facing forward, then bend at the elbow to bring the hand towards the shoulder and slowly release back down.

Wall Climbers – Face the wall, put your hands on the wall and do a high knee march/jog with your feet.

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 shoulder 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.

Cool Down:

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

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

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.