

HEALTH AND WELLBEING

COPD



General notes for COPD - Make sure to regulate your breathing throughout the exercises and not hold your breath.

EXERCISE	TIME/LEVEL	NOTES
<p>Warm Up:</p> <ul style="list-style-type: none"> • Marching on the Spot • Shoulder Rolls • Side Steps • Light Punches out in Front • High Knee March • Bodyweight Squats • Point and Flex the Foot • Ankle Rotations • High Knee March 	<p>1 minute of 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> <p>Forward Punches – Do not lock arms out.</p> <p>Squats – Feet hip width part, chest up and go as low down as you feel comfortable with.</p> <p>Make sure after the warm-up you take on some water and just keep gently moving on the spot until you start the main section.</p>
<p>Main Section:</p> <p>Circuit One:</p> <ul style="list-style-type: none"> • Step Ups • Wall Climbers • Squats 	<p>10 reps (5 leading with the left foot and then 5 with the right foot leading).</p> <p>10 reps.</p> <p>6 reps.</p> <p>Recovery period of 2 minutes minimum – time to have a drink of water.</p>	<p>Step Ups – Use the bottom step of the stairs in your house and step up and down. Go at your own pace with this.</p> <p>Wall Climbers – Face the wall, put your hands on the wall and do a high knee march/jog with your feet.</p>



Circuit Two:

- Calf Raises
- Lunges
- Bicep Curl

10 reps.
8 reps (4 each leg).
8 reps.

Recovery period of 2 minutes minimum – time to have a drink of water.

Repeat circuits twice all the way through however make sure you have the minimum recovery time before starting the next circuit.

Cool Down:

- Quadricep Stretch
- Hamstring Stretch
- Torso Twist
- Chest Stretch
- Shoulder Stretch

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.

Squat – 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.

Calf Raises – Start with feet hip width apart and shoulders back. Raise up on to the front of your toes and slowly lower back down. Just before your feet completely touches the floor, raise back up on to the toes and repeat. Don't let the heel drop down and keep the tension in the legs/calf.

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.

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.

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.



Torso Twist – Start with your hands down by your side and keep your head facing forward throughout the move. Swing your arms from side to side and wrap them around the hips. The aim here is to remove any tension that may be in the back.

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.