

HYPERCHOLESTEROLAEMIA

General notes for Hypercholesterolaemia - Work at your own level throughout the plan. If you get to the point where you are wanting to advance it then you can increase how many times a week you do the plan.

EXERCISE	TIME/LEVEL	NOTES
<p>Warm Up:</p> <ul style="list-style-type: none"> • Marching on the spot • Shoulder Rolls • Side Steps • Forward Punches • High Knee March • Bodyweight Squats • Point and flex the foot • Ankle Rotations • High Knee March 	<p>1 minute 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>Main Section:</p> <p>Circuit One:</p> <ul style="list-style-type: none"> • Quick Feet • Squat • Bunny Steps or Hops 	<p>1 minute total – 10 seconds quick then 10 seconds slow.</p> <p>14 reps. 10 reps.</p> <p>12 reps. 10 reps (5 each leg). 40 seconds.</p>	<p>Quick Feet – Start off by jogging or running on the spot as quickly as you can for 10 seconds, then take 10 seconds at a slower pace (a march). Repeat this until you reach 1 minute.</p> <p>Squat – Stand with your shoulders back and feet hip width apart. Squat down as far as you feel comfortable with and then come back to standing.</p>



Circuit Two:

- Side Raises
- Lunges
- Forward Punches

Cool Down:

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

Repeat the circuits once all the way through. As time goes on if you wish to progress then you can increase how many times a week you do the plan.

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.

Bunny Steps or Hops – Pretend there is a marker on the floor that you have to hop or step over. Go side to side at your own pace.

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.

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.

Forward Punches – Stand feet hip width apart with a slight bend at the knees. Shoulders back and punch out directly in front. Punches should be long and choose a speed that feels right for you.

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.