

# HYPERTENSION



**General notes for Hypertension** - Work at your own level throughout the plan. Ensure that all exercises are done using no weights, if you feel like you are ready to progress the plan then you can use light weights, no more than 1-2kg.

EXERCISE	TIME/LEVEL	NOTES
<p><b>Warm Up:</b></p> <ul style="list-style-type: none"> <li>• Marching on the spot</li> <li>• Shoulder Rolls</li> <li>• Side Steps</li> <li>• Forward Punches</li> <li>• High Knee March</li> <li>• Bodyweight Squats</li> <li>• Point and flex the foot</li> <li>• Ankle Rotations</li> <li>• High Knee March</li> </ul> <hr/> <p><b>Main Section:</b></p> <p><b>Circuit One:</b></p> <ul style="list-style-type: none"> <li>• Step Ups</li> <li>• Heel Toe Taps</li> <li>• Skipping on the Spot</li> </ul>	<p>1 minute each exercise.</p> <hr/> <p>16 reps (8 leading with the left foot and then 8 with the right foot leading). 40 Seconds. 40 Seconds.</p> <p>12 reps. 10 reps (5 each leg). 30 seconds.</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><b>Forward Punches</b> – Do not lock arms out.</p> <p><b>Squats</b> – Feet hip width part, chest up and go as low down as you feel comfortable with.</p> <hr/> <p><b>Step Ups</b> – Use the bottom step of the stairs in your house and step up and down. Go at your own pace with this.</p> <p><b>Heel Toe Taps</b> – Stand with feet slightly apart. Bring the left leg out to the side and tap your heel, then you toe out to the side. Return the left foot back to centre, then do the same with your right foot. Keep repeating this at your own pace.</p>



### Circuit Two:

- Side Raises
- Lunges
- Speedball

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### 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.

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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.

**Skipping** – Imagine you have a skipping rope in your hands. The skip should be light and not too intense throughout.

**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.

**Speedball** – Bring the hands in front of the face, then for 30 seconds rotate the hands around each other as quick as you can. If you want to make this slightly harder, then you can march on the spot at the same time.

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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.



**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.