

STABLE ANGINA

General notes for Stable Angina – Medication MUST be nearby or taken with you to an exercise class otherwise you are unable to exercise.

EXERCISE	TIME/LEVEL	NOTES
<p>Warm Up:</p> <ul style="list-style-type: none"> • Shoulder Rolls • Arm Swings (Figure of 8) • Marching • Side Steps • Marching • High Knees • Heel Flicks • Jog on the Spot 	<p>30 seconds each exercise. Repeat twice.</p>	<p>The warm-up should be gradual and slowly increase the intensity throughout. At the end you want the whole body to feel warm, so you are ready to exercise.</p>
<p>Main Section:</p> <p>Circuit One:</p> <ul style="list-style-type: none"> • Side Crunch • Squat Pulse • Side Shuffles • Truck Driver • Plank • Calf Raise • Jog on the Spot 	<p>Choose either of the circuits and perform the exercises for 30 seconds. Make sure you have a 30 second break in between each exercise.</p> <p>Then repeat the circuit again but perform the exercises for 30 seconds and again take a 30 second break in between each exercise.</p>	<p>Side Bend - Can be done seated or standing, arms by your side, bend upper body to the side and try to reach as close to the knee as possible.</p> <p>Squat Pulse - Chest up, back straight, bend the knees and push hips back, hold squat position and do tiny pulses.</p> <p>Side Shuffles – Take two side steps/skips and reach for the floor, repeat other way.</p>



- Speedball
- Torso Twist

Circuit Two:

- Wall Sit
- Front Raise
- Lateral Jumps
- Russian Twist
- Goblet Squat
- Tricep Dips
- High Knee March/Jog
- Punches Forward
- Leg Raises

Truck Driver – Place arms straight out in front, shoulder height, rotate hands/weight.

Plank – Can be done on the knees or tip toes, keep your whole body straight.

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

Speedball – Place the arms up in front of your face, rotate hands as fast as possible.

Torso Twist – Twist your upper body to the left and right but keep the lower body still.

Wall Sit - Lean against a wall, bend knees to 90 degrees and hold that position.

Front Raise - Raise both arms in front of the body to shoulder height then lower back down.

Lateral Jumps - Feet together, imagine a line is on the floor, jump to the side over the line then jump back to the start position.

Russian Twist - Feet on or off the floor, knees bent, twist the upper body left and right in seated position.

Goblet Squat - Feet hip width apart, arms straight down in front, bend the knees, push the hips back and keep your chest up, lower the bodyweight as close to the floor as comfortable then return to standing.



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.

Tricep Dips – Place hands on a chair, gently push the hips away from the chair, bend the elbows, lowering the hips down until the arm creates 90-degree angle and then straighten the arm.

Leg Raises - Lie on the floor, hold the feet 6 inches off the floor for the time given.

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.