

STRESS



General notes for Stress – Consider doing the exercises with a friend or family member. They will help keep you motivated and support you. Try to create a regular exercise routine. Go with exercises you enjoy, you could always try swimming, yoga, Pilates, or tai-chi. These will all help with relaxation and minimising stress.

EXERCISE	TIME/LEVEL	NOTES
<p>Warm Up:</p> <ul style="list-style-type: none"> • Marching on the Spot • Shoulder Rolls • Shoulder Rolls (Shape of 8) • Side Steps • High Knees • Heel Flicks • Jog on the Spot • Side Steps • High Knees • Heel Flicks • Jog on the Spot 	<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>Main Section:</p> <p>Circuit One:</p> <ul style="list-style-type: none"> • Punches Forward • Side Bends • Marching • Calf Raise 	<p>Choose either of the circuits and perform the exercises for 45 seconds. Make sure you have a short break in between each exercise.</p> <p>Then repeat the circuit again but perform the exercises for 1 minute and again take break in between each exercise.</p>	<p>Punches Forward - 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 chose a speed that feels right for you.</p>



- Crunches
- Side-Step Shuffle
- High Knees

Circuit Two:

- Triceps Dips
- Heel Flicks
- Squats or Sit to Stand
- Truck Drivers
- Star Jumps
- Seated Pedalling
- Shoulder Press

Side Bends - 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.

Marching – Raise knees and swing the arms at the same time.

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

Crunches - Lay on your back, bend the knee, place hands on the thighs, raise the shoulders off the ground and reach the hands to the knees, lower the shoulders back and repeat.

Side-Step Shuffle - Take two side steps/skips and reach for the floor, repeat other way.

High knees – Raise each knee towards the hips and alternate the legs.

Triceps 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.

Heel Flicks - 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). Alternating bringing one foot up and behind to meet the hips/butt. This should be slow and controlled with the aim being to increase movement in the hips and knees.

Squats or Sit to Stand - 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.



Cool Down:

- Quadricep Stretch
- Hamstring Stretch
- 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.

Truck Drivers – Straighten the arms at shoulder height, maintain a slight bend of an elbow, twist the hands like you are driving a car.

Star Jumps - Jump the feet from neutral to each side, at the same time, raise the arms from the side to over the head, and repeat.

Seated Pedalling – Create a pedal/circular motion with both knees.

Shoulder Press - Start with the hands at the top of your shoulders, straighten the hands above the head, keep a slight bend in the elbows and repeat.

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 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.