

WEIGHT MANAGEMENT

General notes for Weight Management – Wear light and loose fitting clothing. Ensure you have a drink of water nearby throughout the session. Focus on correct breathing throughout the exercises. Breathe in through the nose and breathe out through pursed lips. Ensure body is supported with appropriate supportive footwear.

EXERCISE	TIME/LEVEL	NOTES
<p>Warm Up:</p> <ul style="list-style-type: none"> • High Knees • Heel Flicks • Marching • Heel Flicks, High Knees • Toe Taps • Heel Taps • Toe Taps, Heel Taps • Marching 	<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> <ul style="list-style-type: none"> • Jog on Spot/Marching • Squats • Jog on Spot/Marching • Forward Punches • Jog on Spot/Marching • Lunges • Jog on Spot/Marching • Upward Punches 	<p>40 seconds each exercise. 20 seconds rest in between.</p> <p>Rest for 2 minutes after each circuit. Repeat circuit 3 times.</p>	<p>Jog on Spot – Light touches with the ball of the feet, jog on the spot.</p> <p>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.</p> <p>Forward Punches – One hand extending in line with shoulder and alternate quickly.</p>



- Jog on Spot/Marching
- Standing Climbers

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.

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.

Standing Climber – One knee raises up as the opposite hand reaches up then repeat on the opposite side.

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.