



LOW
INTENSITY
Exercise



together we
Cumbria

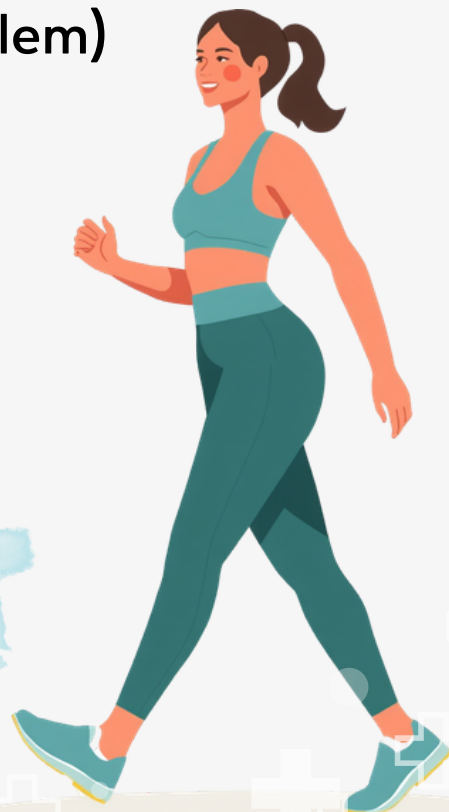
Part of Together We
The
Recovery
College

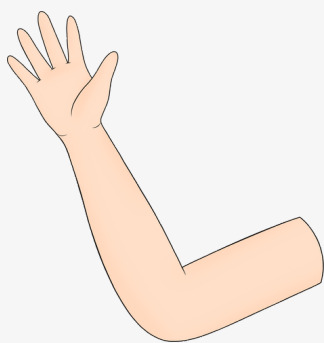
Allerdale | Copeland | Carlisle | Eden

Getting Started

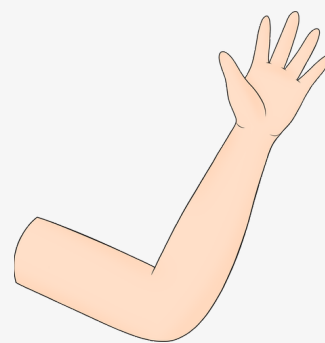
Before starting the low intensity exercise it is important that you first warm up, you could take some examples from what we have done within the class such as a slight jog, side steps, knees to elbows or you could make up your warm up. this should be very low intensity work which gets your heartrate to around 100BPM so that you don't hurt yourself during the session. Please refrain from doing any of the activities if you feel it may strain or reinjure something you have injured in the past or suffer with in the present (for example dont do twists if you have a back problem)

REMEMBER: every exercise would be done 6-12 reps (times) in a cycle of arms, legs and core . making sure that the same reps are kept for each activity





ARMS



Take both your arms and put them by your sides, we then curl your arms up at the elbows as shown in the first photo, squeezing as you do so. after this relax your arms and bring them back down to your sides, then open up your arms raising them into the position in the second photo, squeezing as you do this as well.

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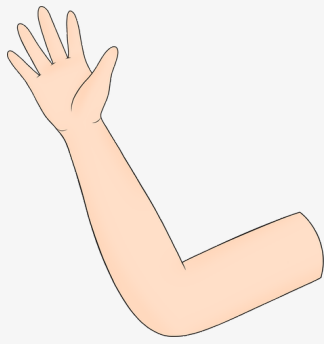


take your arms and put them into the first position shown then push your elbows together like shown in the second photo. make sure you are adding tension by squeezing your muscles as you do so

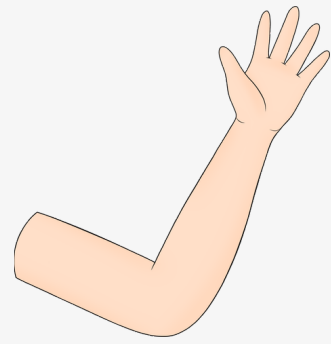
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lift your arms so that they go straight out. you will then do big circles forward. do this 6-12 times. after this, drop your arms and give a little shake. then raise your arms again, this time do the circles backwards for 6-12 reps



ARMS



lift your arms over your head. hold your hand and bend your arms at the elbow so that your arms go behind your head as shown in the second photo



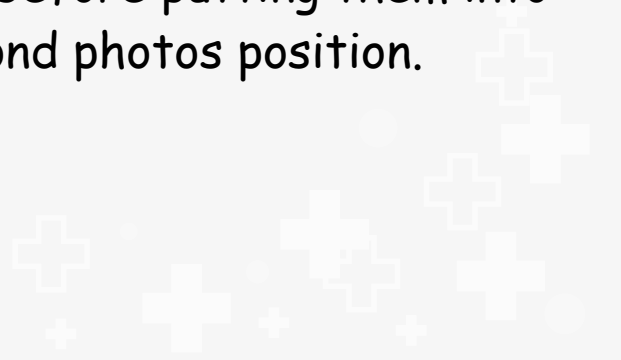
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take your arms and put them in a "strongman" pose (as shown in the first photo) then lift your arms so that they reach above your head with a bend still at the elbows. you can also do this with resistance bands if you want a more intense workout

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lift your arms to the front (as shown in the first photo) then drop your arms back to your sides before putting them into the second photos position.





LEGS



SKATER SQUATS: put one leg diagonally behind the other in a lunge (only go as far as you feel comfortable) while bringing your arms up towards your chest as shown in the photo. do this with both legs (12-24 times)

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lift your leg up so that you have bend in the knee, then try to touch your opposite elbow to the knee, twisting the torso as you do so. do this with both legs/arms (12-24 times)

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for this one take one of your legs and step forwards into a lunge as shown in the photo. after a few seconds, switch legs and do the same thing 1 set of reps for each leg (12-24 times)



LEGS



raise yourself onto your tiptoes, using a swinging force with your arms to push yourself up. come down off your tiptoes and repeat.

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put your arms out infront of you, lifting up your legs alternately 1 set for each leg (12-24 times)

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for this one take one of your legs and step backwards into a lunge as shown in the photo. after a few seconds, switch legs and do the same thing 1 set of reps for each leg (12-24 times)

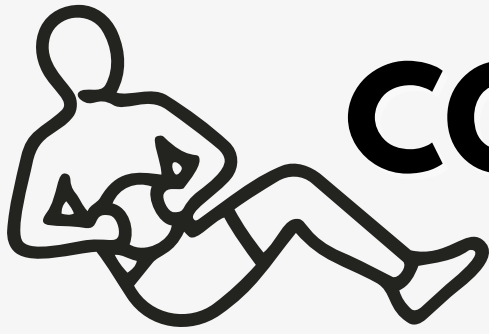


LEGS



put yourself into a squatting position (as low as you feel comfortable) whilst in this position raise one of your feet onto the toes. do this 1 set for each leg (12-24 times)





CORE



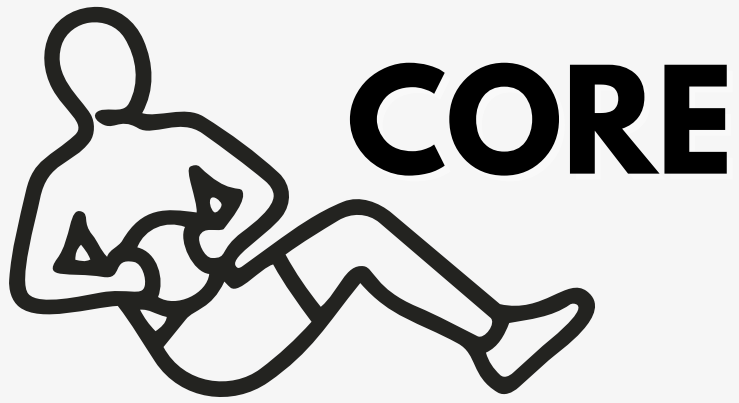
putting your feet shoulder width apart, lower yourself, pushing out your bum and slightly bending your knees. when coming up, squeeze your bum



put your hands on your head. crunch your body as if you were trying to push your belly button to your back .



putting your feet shoulder width apart, cross your arms and slowly twist yourself to the side, back to the middle and then to the other side. remember to control your movements.



start with your arms over your head, holding your hand as shown in the first photo, then swing your arms down, turning your torso slightly to end up in the second position shown. do one set for each direction (12-24 times)

finishing your session

After doing exercise it is really important to “cool down”. when you are finished with your low intensity exercise please do some stretches to ensure that you do not injure yourself. you could take examples from the class such as holding your ankle to your bum, one arm across your body with the other holding it up. alternatively you could look up a “cool down” session on youtube.



REMEMBER: every stretch should be held for 8-10 seconds and you should not be “overstretching” or feeling any pain during this

