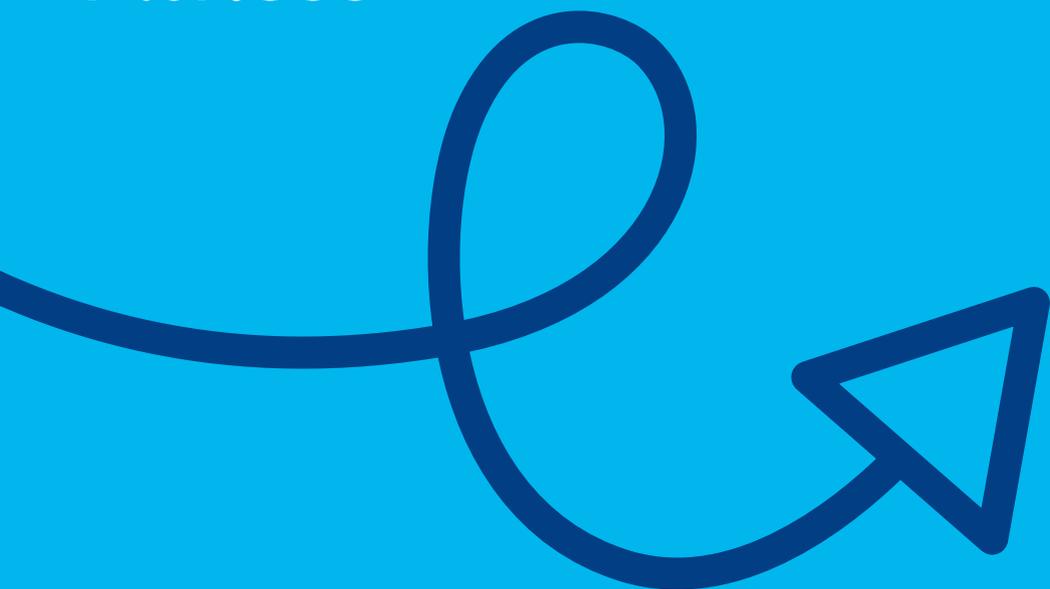


buzz

Manchester
Health & Wellbeing
Service



Exercises to help your Cardiovascular Fitness



An exercise program including cardiovascular and resistance exercises to improve your heart health, strength, mobility and endurance.

Helping more people, stay more active, more often.

Exercises to help your Cardiovascular Fitness.

A cardiovascular and strength conditioning programme for prevention and rehabilitation of disease.

Remember it is important to always complete a minimum of a 15 minute warm up

1. Marching

Standing tall, introduce a gentle march on the spot.

Aim for 1-2 minutes.



2. Shoulder rolls

Roll your shoulders up towards your ears then sink them down your back.

Do this 10-15 times and keep marching.



3. Toe taps

Tap your toes ahead continuously.

Aim for 1-2 minutes.



PARS gentle warm up

4. Side bends

Draw your belly button towards your spine, exhale and drop down to one side.



Do this 10-14 times.

5. Heel digs

Dig your heels ahead continuously.

Aim for 1-2 minutes.



6. Torso twist

Standing tall, arms in front. Exhale, twist and hold. Hips stay still – work the waist.

Do this 10-14 times.



7. Toe taps and bicep curl

Return back to toe taps and now add a bicep curl.

Aim for 1-2 minutes.



8. Hamstring stretch

Start with your feet together. Bend knees, place one foot forward, dig your heel. Sit back and hold stretch

Hold 15-20 seconds each leg.



9. Heel digs and punches

Return to heel digs, now punch ahead one arm at a time.

Aim for 1-2 minutes.



10. Calf stretch

Place one foot in front of the other, feet forward. Heels stay flat on the floor. Push on the wall and hold.

Hold 15-20 seconds each leg.



11. Side taps and side raise

Tap legs to the side and add an arm raise, take hands to shoulder height.

Aim for 1-2 minutes.



12. Quadricep stretch

Grab your ankle, try to keep your knees close together. If you can't reach your foot, grab your trousers. Stand tall.

Hold 15-20 seconds each leg.



Main session

Exercises can be done in any order but 1–5 take priority. Carry out each exercise for a set time of 1 minute.

1. Bicep curl

Tuck elbows into your waist, curl your hands towards your shoulders, lower slowly.



This is improving arm strength and endurance.

Level:

1. Use your own body weight and march on the spot.
2. Add light dumbbells.
3. Increase resistance and time.

3. Upright row

Stand with feet hip-width apart, arms in front, relax shoulders. Action is like you are zipping up your coat. Keep elbows high.



This will improve strength in your arms and shoulders.

Level:

- 1: Use band.
2. Use dumbbells 2-3lb.
3. Increase dumbbells weight and repetitions.

5. Press ups

Hands on wall, chest height, feet hip-width apart. Take your nose to the wall. Back straight throughout.



Here we are increasing upper body strength and endurance.

Level:

1. Feet close to the wall.
2. Take feet further away to challenge your arm strength.
3. Grab some dumbbells and try a chest press: arms at chest height and push forward.

2. Squats

Place feet hip width apart. Bend knees, sit back rather than letting your knees go over your toes.



This will improve leg strength and fitness.

Level:

1. Feet hip-width apart, hold onto the back of a chair, bend the knees, push through heels to standing.
2. Sit to stand: lower yourself slowly down towards chair. Stand without using hands.
3. Add some weights to hold.

4. Knee lifts

Lift knees as high as you can. Alternate and continue.



This will improve your stamina and leg strength.

Level:

1. Low knee lift.
2. High knee lift.
3. 5-10 knee lifts on your right leg then swap over, testing your coordination, balance and strength.
4. Jog on the spot.

6. Steps

Using the stairs, place all the left foot onto the step, follow with the right, lower slowly and lead with the opposite leg.



This is helping to gain fitness and leg strength.

Level:

1. Step: slow and controlled
2. Lift up on your right leg 5 times then swap to your left leg 5 times, keep going continuously.
3. Hold some weights as you step up and down.

7. Side raises

Whilst marching, lift your arm out to shoulder height and lower, change arms. Have a slight bend at the elbow.



This exercise will improve your strength, fitness and mobility.

Level:

- 1: Arm action only-no weight.
- 2: Try to add a light weight.
3. Try to add both arms, together with your weight.

9. Punches

Whilst adding a toe tap, punch in front.



Here we are increasing the heart rate aiming to gain fitness/strength.

Level:

1. Arm action only.
2. Add some weight.
3. Try both arms together.

Keep all resistance work movements slow and controlled

Cool down

1. Marching and punches

Start to reduce heart rate by gentle marching on the spot.



Aim for 1-2 minutes.

3. Toe taps and bicep curl

Gentle toe taps now and a bicep curl. Ease down.



Aim for 1-2 minutes.

2. Upper back stretch

Clasp hands together, push out and take your chin towards your chest.



Hold 15-20 seconds.

4. Chest stretch

Place hands on lower part of your back, squeeze your shoulder blades together.



Hold 15-20 seconds.

5. Side bends

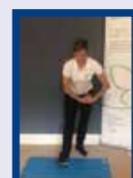
Draw your belly button towards your spine, exhale and drop down to one side.



Try to do this 10-14 times.

6. Hamstring stretch

Start with feet together, bend knees, dig heel and straighten that leg. Hold. Place weight on your bent leg.



Hold 15-20 seconds each leg.

9. Toe taps

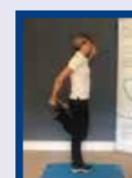
Gentle tap toes ahead, your heart rate should be returning back to normal now.



Aim for 1-2 minutes.

10. Quadricep stretch

Grab hold of your ankle, try to keep knees close and hold. If you can't reach your ankle, grab trousers or sock.



Hold 15-20 seconds each leg.

7. Side taps

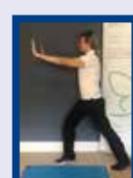
Tap feet side to side slowing the pace down now.



Aim for 1-2 minutes.

8. Calf stretch

Hands on the wall, one foot in front of the other, feet face forward, heels down, push on the wall.



Aim for 1-2 minutes.

11. Heel digs

Gentle heel digs in front.



Aim for 1-2 minutes.

12. Breath and relax

Breath in, reach arms up towards the ceiling in a circular motion. Breath out, push down and relax.



Try to do this 8-12 times.

Always ensure you complete a cool down to finish



When you
start to feel fitter,
try to increase your
cardio workout
gradually

For help and advice

buzz Health and Wellbeing service

Greater Manchester Mental Health NHS Foundation Trust
Fallowfield Library, 1st Floor, Platt Lane, Fallowfield, Manchester M14 7FB

Telephone – 0161 2710505. Email - physicalactivityteam@nhs.net

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