

Physiotherapy

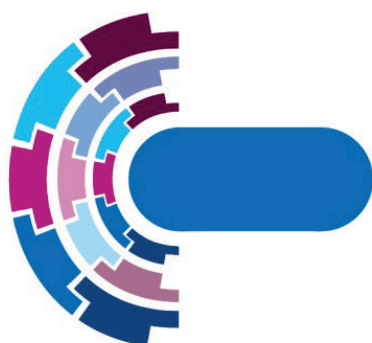
Cardio workout

This programme offers exercises to aid your fitness and wellbeing. It is provided by KMPT Physiotherapists. As we have not met you or assessed your personal fitness level and risk factors, please ensure that you check with your doctor or medical professional to complete the 'fitness to exercise' assessment form prior to starting this exercise routine.

If you feel dizzy, experience pain or any new symptom during exercise, please stop immediately and seek advice from your Doctor.

These exercises are designed to increase your heart rate and get you out of breath and sweating! How hard you work is up to **you**. Ideally you should be a bit out of breath (you should still be able to talk but not sing!).

With special thank to Anna Hargrave, Anna Verdeuzeldonk and Kathryn Harris for putting together this document.



Brilliant care through brilliant people

Start with a three to five minute warm up

March on the spot, gradually speeding up to a jog. Do some big arm circles and upper body twists to warm up your back, arms and chest.

Now do the workout

Do each exercise for 30 seconds, followed by a 30 second rest, then move onto the next one.

If it feels too easy – go faster!

Repeat the whole routine two to three times, then cool down with some stretches (see Stretching Advice sheet).

**Please only do the exercises
you can comfortably manage.**

Star jumps



Jump as high as you can into a big star shape.

Land with your feet and arms out, then jump again and return to starting position.

Butt kicks



Bring one foot up to kick your bum, then the other.

You can do this slowly at a walking speed or challenge yourself and speed up to a running speed!

High knees marching or running



Lift one leg up as high as you can in front, then the other.

You can do this slowly at a walking speed or challenge yourself and speed up to a running speed!

Mountain climbers



Keep your tummy pulled in and eyes down looking at the floor.

Bring one leg to your tummy -> swap to bring the other one up.

To make it more challenging, speed up!

Punches

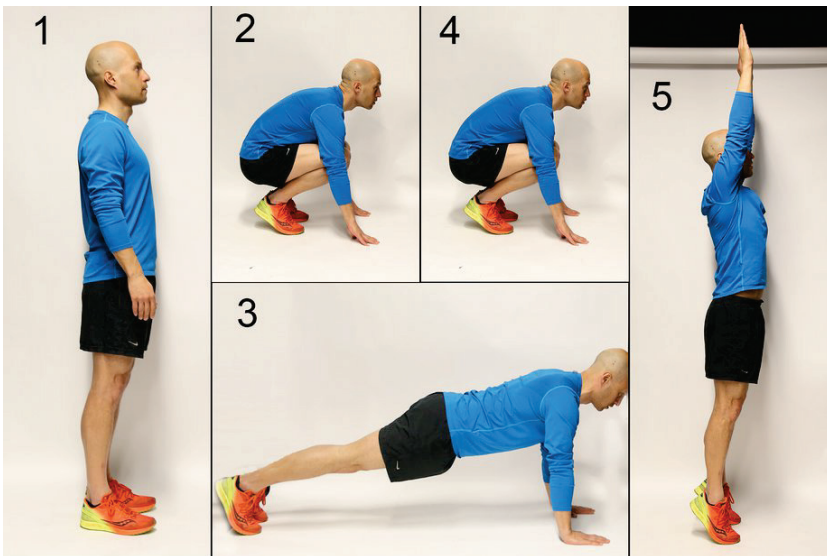


Keep your knees soft,
pull in your tummy.

Punch left hand then right.

As fast as you can!

Burpees



1. Stand tall

2. Hands to the floor

3. Legs out straight
behind you

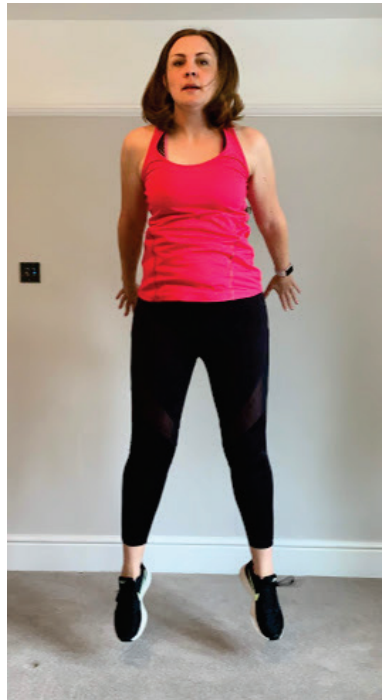
4. Legs back to
hands.

5. Stand up again.

3 and 4 – you can walk legs out and back one at a time **or for more challenge** jump both together!

5 – either stand up **or for more challenge** jump up!

Squat / squat jumps



Start by doing a squat – keep your back straight.

Then come back up and lift up onto tip toes.

For a more challenging exercise you can squat down then jump up.

High leg kicks



Stand up tall with your back straight.

Kick one leg forward as high as you can keeping your knee straight if you can.

Reach for your foot with your opposite hand.

Repeat, alternating legs.