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Exercise plan:
The Big 5

Patient:
Mrs Toni Stanton

Date:
14th Dec 2021

Please stop any exercise that causes pain, discomfort is normal. If you have any questions with an exercise, just call or txt 07853190846 or email us on [!EMAIL!].

The idea is to incorporate more movement into you day without being a burden on your routine, or even giving you an excuse to take time out of it.

Your daily routine can be enhanced whilst climbing stairs walking through door ways or even brushing your teeth!

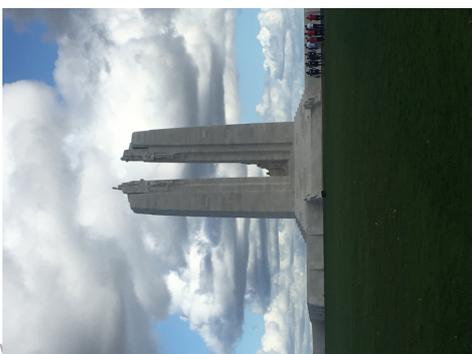
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Good luck and keep moving! Think SMART Look SMART See SMART! TLS SMART



Information Point To Note

1. *ROUTINE *ROUTINE *ROUTINE - we are often put off by exercise. I discussed with you the best thing is to move. Get it into every day life use your Dots! Go Dotty! Dot on you bathroom mirror will remind you to stand on one leg. On your computer will remind you to stretch your neck etc.
2. *Use the most appropriate level for you - I normally give you a variety of the same exercise with different difficulty use the one most appropriate for you. Mark the ones you want and or cut them out and put them where you will be able to do them. i.e by the kettle, beside your desk, by a mirror, in the car etc.
3. *Pain. We will feel pain if we start exercising and haven't done for a while. 3 weeks it will get easier. it should be more discomfort rather than pain it is learning to tell the difference. Keep pushing don't take it to easy! Keep increasing pragmatically. Every 3 days increase a few repetitions.
4. Don't be afraid. Fear is a challenge that needs to be used to help you get further. GO for it! You have got this!



Nasal Breathing

Slouch. Not pushing back. Nice and relaxed. Let the arms come forward through the legs. Just slouch. Find your inner stropky teenager. You want your Ribs to come to the pelvis.
Tuck tongue to back of front top teeth and relax jaw and forehead.
Breath through the nose. Slow it down and slow it down again. you shouldn't hear it. Let the breath all the way out and try not to snatch it back in control the in breath too and slow it down again.

You can also do this side lying with knees up and top shoulder forward. Get comfortable

Video: <https://youtu.be/oiDGaHcaAP8>



Full Squat

Open your legs slightly wider than shoulder width, and bend your knees to the full squat (90 degrees) position. Your feet can be pointing directly forwards, or turned out slightly. Make sure you keep the middle of your knee-cap in line with the middle toes of your foot. Always keep your feet flat on the ground. Try not to let knee go to forward of the toe. Adapt to 1/4 Squat if necessary, build up pragmatically.

Complete twice a day. If the amount is too much to begin with reduce the number of reps by how many you can do in one go and reduce the number of set by two but maintain the number of reps for each set. Hold Form in between if you need to rest. As this gets easier increase reps and then sets. If you find it hard to complete get out of bed 10 mins earlier or add to your evening routine as soon as you get home from work.

Repeat 15 times | Perform 5 times daily

Video: http://youtu.be/d_xB-41ieqw



Lunge

Take a step forwards, and bend the front knee past the vertical. The back knee drops towards the floor. Always keep good alignment: your knee should stay over the 2nd ray of your foot, and never let your knee drop inwards. Adapt to 1/4 Lunge if necessary build up pragmatically.

Complete twice a day. If the amount is too much to begin with reduce the number of reps by how many you can do in one go and reduce the number of set by two but maintain the number of reps for each set. Hold Form in between if you need to rest. As this gets easier increase reps and then sets. If you find it hard to complete get out of bed 10 mins earlier or add to your evening routine as soon as you get home from work.

Repeat 15 times | Perform 5 times daily | Perform both sides

Video: <http://youtu.be/xASFze7P-Fs>



Press-Up

Position yourself in a press-up position, with your arms straight. Keep your body in a straight line, with your bottom tucked under and your back flat. Drop your chest towards the floor by bending the elbows. Return to the start position. This is a chest, core, back and shoulder strengthening exercise. You may wish to start on the knees.

Start with one. If you do 2 the following day you have improved 100%. Keep head and body straight.



Complete twice a day. If the amount is too much to begin with reduce the number of reps by how many you can do in one go and reduce the number of set by two but maintain the number of reps for each set. Hold Form in between if you need to rest. As this gets easier increase

reps and then sets. If you find it hard to complete get out of bed 10 mins earlier or add to your evening routine as soon as you get home from work.

Repeat 15 times | Perform 5 times daily

Video: <http://youtu.be/XRL8J3cprDY>

Plank

Rest on your forearms and your toes. Hold this position. Keep good straight posture, and do not let your back arch too much. This is a core strengthening exercise.

*Start with 20 seconds and every 3 days increase by 10 seconds until you can hold plank for 2 mins. If this is too difficult move back to Knees.

Complete twice a day. If the amount is too much to begin with reduce the number of reps by how many you can do in one go and reduce the number of set by two but maintain the number of reps for each set. Hold Form in between if you need to rest. As this gets easier increase reps and then sets. If you find it hard to complete get out of bed 10 mins earlier or add to your evening routine as soon as you get home from work.

Hold for 2 Mins | Perform 3 times daily

Video: <http://youtu.be/noeBz0JoW-4>



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Side Plank

Lie on your side, and form a bridge between your feet and forearms (by lifting your pelvis). This exercise works the abdominal and Oblique muscles.

*Start with 20 seconds and every 3 days increase by 10 seconds until you can hold plank for 2 mins. If this is too difficult to start bend the Knees and start on the knees.

Complete twice a day. If the amount is too much to begin with reduce the number of reps by how many you can do in one go and reduce the number of set by two but maintain the number of reps for each set. Hold Form in between if you need to rest. As this gets easier increase reps and then sets. If you find it hard to complete get out of bed 10 mins earlier or add to your evening routine as soon as you get home from work.

Hold for 2 Mins | Perform 3 times daily | Perform both sides

Video: <http://youtu.be/vQKLvMTYA9Q>



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Plank Reverse

Lie face up, and rest on your forearms forming a bridge between your feet and your forearms (by lifting your pelvis). This is a good core and back strengthening exercise.



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*If its too difficult Start with 20 seconds and every 3 days increase by 10 seconds until you can hold plank for 2 mins. Aim to complete 5 days of the week.

Complete twice a day. If the amount is too much to begin with reduce the number of reps by how many you can do in one go and reduce the number of set by two but maintain the number of reps for each set. Hold Form in between if you need to rest. As this gets easier increase reps and then sets. If you find it hard to complete get out of bed 10 mins earlier or add to your evening routine as soon as you get home from work.

Hold for 2 mins | Perform 3 times daily

Video: <http://youtu.be/gxz8EKgOLXs>

Full Flexion Sit-Up

Lie on your back with your knees bent, and perform a full sit-up by lifting your torso off the floor and towards your knees. This exercise helps to strengthen the abdominal muscles. Can start with half sits and build up pragmatically



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Complete twice a day. If the amount is too much to begin with reduce the number of reps by how many you can do in one go and reduce the number of set by two but maintain the number of reps for each set. Hold Form in between if you need to rest. As this gets easier increase reps and then sets. If you find it hard to complete get out of bed 10 mins earlier or add to your evening routine as soon as you get home from work.

Repeat 15 times | Perform 3 times daily

Video: <http://youtu.be/dRXD6HeWnAc>

Warm Up

Warm up video

Video: <https://youtu.be/1RohdgbGRmE>





Cool Down

Cool Down Video

Video: <https://youtu.be/TcOVNaAyP0>



Point To Note

Exercise should be pragmatic. The more you do the more you will be able to do. But don't over do it.

For example. If you can do 1 press up with correct form you achieve your 100%. Stay with this for 3 days. Then add another Press up. This should be hard but achievable. This means you have improved by 200%. Your new 100%. Every 3rd day you should look to increase your Repetitions.

Exercise Diary:



Information Point To Note

14. Dec (Week 1)							21. Dec (Week 2)							28. Dec (Week 3)							04. Jan (Week 4)						
T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M

11. Jan (Week 5)							18. Jan (Week 6)							25. Jan (Week 7)							01. Feb (Week 8)						
T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M



Nasal Breathing

14. Dec (Week 1)							21. Dec (Week 2)							28. Dec (Week 3)							04. Jan (Week 4)						
T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M

11. Jan (Week 5)							18. Jan (Week 6)							25. Jan (Week 7)							01. Feb (Week 8)						
T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M



Full Squat

14. Dec (Week 1)							21. Dec (Week 2)							28. Dec (Week 3)							04. Jan (Week 4)						
T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M

11. Jan (Week 5)							18. Jan (Week 6)							25. Jan (Week 7)							01. Feb (Week 8)						
T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M



Lunge

14. Dec (Week 1)							21. Dec (Week 2)							28. Dec (Week 3)							04. Jan (Week 4)						
T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M

11. Jan (Week 5)							18. Jan (Week 6)							25. Jan (Week 7)							01. Feb (Week 8)						
T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M



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Press-Up

14. Dec (Week 1)							21. Dec (Week 2)							28. Dec (Week 3)							04. Jan (Week 4)						
T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M
<input type="checkbox"/>																											

11. Jan (Week 5)							18. Jan (Week 6)							25. Jan (Week 7)							01. Feb (Week 8)						
T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M
<input type="checkbox"/>																											



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Plank

14. Dec (Week 1)							21. Dec (Week 2)							28. Dec (Week 3)							04. Jan (Week 4)						
T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M
<input type="checkbox"/>																											

11. Jan (Week 5)							18. Jan (Week 6)							25. Jan (Week 7)							01. Feb (Week 8)						
T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M
<input type="checkbox"/>																											



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Side Plank

14. Dec (Week 1)							21. Dec (Week 2)							28. Dec (Week 3)							04. Jan (Week 4)						
T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M
<input type="checkbox"/>																											

11. Jan (Week 5)							18. Jan (Week 6)							25. Jan (Week 7)							01. Feb (Week 8)						
T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M
<input type="checkbox"/>																											



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Plank Reverse

14. Dec (Week 1)							21. Dec (Week 2)							28. Dec (Week 3)							04. Jan (Week 4)						
T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M
<input type="checkbox"/>																											

11. Jan (Week 5)							18. Jan (Week 6)							25. Jan (Week 7)							01. Feb (Week 8)						
T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M
<input type="checkbox"/>																											

Full Flexion Sit-Up



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14. Dec (Week 1)			21. Dec (Week 2)			28. Dec (Week 3)			04. Jan (Week 4)											
T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M
<input type="checkbox"/>																				

11. Jan (Week 5)			18. Jan (Week 6)			25. Jan (Week 7)			01. Feb (Week 8)											
T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M
<input type="checkbox"/>																				



Warm Up

14. Dec (Week 1)			21. Dec (Week 2)			28. Dec (Week 3)			04. Jan (Week 4)											
T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M
<input type="checkbox"/>																				

11. Jan (Week 5)			18. Jan (Week 6)			25. Jan (Week 7)			01. Feb (Week 8)											
T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M
<input type="checkbox"/>																				



Cool Down

14. Dec (Week 1)			21. Dec (Week 2)			28. Dec (Week 3)			04. Jan (Week 4)											
T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M
<input type="checkbox"/>																				

11. Jan (Week 5)			18. Jan (Week 6)			25. Jan (Week 7)			01. Feb (Week 8)											
T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M
<input type="checkbox"/>																				



Point To Note

14. Dec (Week 1)			21. Dec (Week 2)			28. Dec (Week 3)			04. Jan (Week 4)											
T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M
<input type="checkbox"/>																				

11. Jan (Week 5)			18. Jan (Week 6)			25. Jan (Week 7)			01. Feb (Week 8)											
T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M
<input type="checkbox"/>																				