

Kath's Summer Fitness Exercises

Enjoy your summer with a mixture of different exercises i.e. walking, swimming, cycling etc.

The following session can last for 15 – 30 minutes or longer if you do more repetitions. It is a basic session. And only covers a small selection of the muscle groups.

Firstly, the most important part is to warm up before you do any floor work etc. The warm up should ideally last for 5/10 minutes depending on how much time you have to exercise.

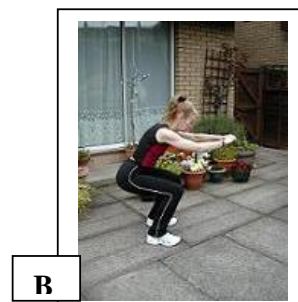
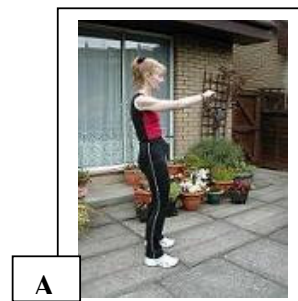
Choose between: -

- Marching on the spot, wide leg and/or narrow leg
- March or jog alternatively 10 of each – increase the number with each repetition
- Heel to the floor in front you, stretching your leg while marching or jogging, do 10 on each leg, stretch foot to the side for 10 each side and then foot to the back for 10 each leg.
- March with knee lifts, making sure that your back is straight
- Small side steps – or step tap, as we know it. You can do single steps or double steps. Perhaps doing 10 of each.

The best form of warm up is for you to do a mix and match of the above. Alternatively go for a brisk 10-minute walk making sure you swing your arms to warm yourself up.

After the warm up

Squats (1) – standing with your feet about hip width apart or closer **(A)**, start to lower your bot' to the floor i.e. pretend you are sitting down **(B)**. Keep your heels on the floor. Start to rise again. Repeat 10 times slowly. Make sure your knees do not jut out beyond your toes. Keep your back straight.



Forward lunges (2)

Start from standing position as in 1(A), feet slightly apart and hands on your hips, take a step forward with one foot with that heel hitting the floor first before the toe, keeping the toes of your back foot on the floor. Return to the start and repeat with the other leg. Do 10 alternatively on each leg. Watch your front knee doesn't jut out beyond your foot.



Side lunge (3)

Start as for forward lunge with feet together. Take big step to one side again keeping the other foot on the floor. Bend knees as you go and bring arms out with you. Return to start position. Repeat on the other side. Do 10 on each side.



Step back (4)

Starting from standing position 1(A), with hands on your hips. Step back with one leg again keeping the standing foot flat on the floor. Try not to lean forward but to bring your weight back with you – hence the reason it is called a step back. You can have your hands on your hips or stretch them out in front of you as your leg goes back. Do 10 on each leg. Repeat on the other leg. Then repeat the whole lot again!



For Mobility

Side bends (5). Standing tall with your feet about hip width apart, bottom tucked under and tummy pulled in and hands by your sides. Slowly bend to one side stretching out the arm on that side. Repeat on other side. Keep control at all times, with bot' under and tummy in. Straighten up once you have done 8/10 on each side. Keep your knees bent at all times.



Waist turns (6)

Standing with your feet apart, knees bent and toes turned outwards – keep your legs still. Hold your hands under your chin with elbows bent. Bot' in, tummy under, relax shoulders and keep head up.

Turn the top half of your body only to one side – back to the front and repeat on the other side. Do 10 on each side.



To finish rotate your pelvis 'round – i.e. pretend you have a very slow moving hula hoop and move your lower torso round in a big circle one way and back 'round the other way – slowly!

Wall roll-down (for spine) (7)

Standing with your back flat on a wall with your feet about 12" away from the wall – start to 'peel' your spine off the wall 1 vertebra at a time from the top of your spine. You **MUST** do this very slowly and control your back. It takes concentration to do this properly.

You can roll down a *little* bit further if you wish, until your head and shoulders are at a 90° angle to your body.



Floor work

Tums

Lying on your back on the floor with your knees bent and feet about hip width apart. **Positioning of your back** – *gently* arch your back up, then *slowly* press it into the floor – then relax your back and that is the position of your back. We are all different sizes so it is difficult to get a common ‘neutral spine’ position.

The Basic Crunch (8)

Hands placed just behind your ears on each side, keep the chin up slightly – pretend you have a Satsuma under your chin - taking a breath in before you start - slowly lift your head and shoulders off the floor, pull your tummy in and slowly breathe out. Slowly lower to the floor. Relaxing your tummy and taking a breath in. Repeat this lift 10 times keep moving while doing this. No jerking of your neck or head - smooth movements! You can do lifting to the count of 3/2 or 1! The choice is yours! Repeat once more.



Alternative Crunch (9)

Start in position (A) as above – checking your back position. This time keep your hands in front of you and keep your chin tucked down towards your chest. Then again start lifting your head and shoulders off the floor, but this time slide your hands up your thighs. Make sure you are breathing out and pulling that tummy right in. Then relax tummy and take a breath in on the way down. If you feel this on your neck, you may wish to keep one hand behind your head for support, changing hands after 5 lifts. Again repeat this 10 times – stop and repeat again.



Abs and waist (10)

Start again as basic crunch with hands behind your head. This time I want you to bring one elbow and shoulder over towards the opposite knee, keeping the other elbow on the floor.



As you lift your elbow over the floor pull in your tummy and breath out. Hold the tummy in until you start to lower to the floor. As before relax the tummy on the way down and take a breath in. Keep moving doing either 10 on each side, then changing sides or do 20 alternative sides. Stop and then repeat the whole exercise again.



Pull your knees into your chest and relax your tummy.

Spine Stretch (11)

Lying on your back on the floor, **keeping both shoulders on the floor at all times**, bring one knee towards your chest (A). Ease this across your body with the opposite hand (B) towards the floor as near as poss.) Pull in tummy and relax your leg (C) and hold for 30 seconds – return to start. Do with Other leg. Repeat each side once more.



Full body Stretch

Then do the full body stretch. Lower one foot to the floor at a time. Gently press the hollow of your back into the floor, and slowly straighten one leg at time. When both legs are straight, relax your back and bring both hands slowly over your head and enjoy the stretch. Hold for 15 seconds or longer.

Bliss!



Rolling over onto your stomach.

Are you ready for more?????

Shoulders

Lying flat on your tummy, stretch your arms out straight from your shoulders with your elbows at 90°. Keeping your head on the floor, lift your elbows and hands off the floor, making sure that they are in line with one another. You should feel this across your shoulders. Lower to the floor and repeat slowly 10 times. Stop and repeat again. To make this more difficult you can use small hand held weights.



Arms

Lying as in the previous exercise but this time have your arms down by your sides. Have your fists clenched and palms downwards to the floor. Keeping your arms straight slowly lift your arms off the floor, again keep your head on the floor— about 12/18” and then lower your arms to the floor. Repeat about 10 times – stop and do another 10.



Back

Lying flat on your tummy on the floor, with your arms straight out from your shoulders as in the shoulder exercise with your elbows at 90°. Gently press your pelvic bone into



the floor, keeping your neck straight and neck relaxed and your feet on the floor, slowly lift your head and shoulders, off the floor and then lower again. Do 10 lifts and then hold the last lift making sure that your neck is straight, then start to lower to the floor.

Repeat once more.

This exercise can be made more difficult by having your hands down by your sides (B) when doing the lift, or hands behind your back (C). Make sure when doing the lifts that you pull in your pelvic floor muscles – **DO NOT** push them away from you!

A



B



C



Back release (16)

Firstly, stretch both arms out in front of you. Gently stretch your arms and your legs. Hold for 15/20 seconds.

Then bring both hands in under your shoulders curl up your toes and slowly push yourself up on to your knees. Then go back to sit on your heels, while stretching both arms out in front of you. Once you are on your heels slowly lower your elbows on to the floor and tuck your chin under towards your chest.

Relax there for a few minutes!



Bring yourself back up on to all fours and do the cat stretch.

The Cat Stretch (17)

Kneeling on the floor, on all fours with hands under your shoulders. Gently and slowly start to arch your back up and tuck your chin under. Then slowly start to dip your back down bringing your head up. Keep it as a 'rolling' movement. Do this about 8 times. To finish tuck your bot' under, pull in your tummy and relax your back. Hold for the count of 30.



Well done!

Now go and enjoy a cuppa, on me!