

STRETCH AND EXERCISE CIRCUIT

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Beating Blood Cancers

BASIC STRETCH PROGRAMME

1 – CALVES

Stand approximately 1 metre away from wall with legs straight and heels on floor. Step and lean forward and slowly push hips towards wall. Should feel a slow pull in the calf muscle behind. Hold for 10 seconds, swap legs, repeat 3 times. Should feel pull but no pain.

2 – HAMSTRINGS

Stand with feet 1 metre apart. With legs straight and hands behind back slowly bend forward at the hips keeping back straight and head up. Should feel a slow pull in muscles at the back of legs. Hold for 10 seconds, stand up and lean slightly backwards, repeat 3 times. Should feel pull but no pain.

3 – QUADS

Standing with feet together, bring left foot up and put left hand on lower shin by ankle and pull behind bottom. Keep back straight and head up. May need to balance with right hand on wall. Should feel slow pull down front of leg. Hold for 10 seconds, swap legs, repeat 3 times. Should feel pull but no pain.

4 – GROIN

Stand with feet 1 metre apart and both feet pointing forward. Keeping back straight and head up slowly, lunge down to right side feeling pull on inside of left leg. Hold for 10 seconds, swap legs, repeat 3 times. Should feel pull but no pain.

5 – HIPS

Stand with feet shoulder width apart and hands on hips. Keeping head still rotate hips round clockwise 10 times and anti clockwise 10 times. Repeat three times.

6 – TORSO

Stand with feet shoulder width apart and hands on head. Keep feet pointing forward but twist body as far as is comfortable, hold for 1 second, face forward, twist body in other direction, hold for 1 second, face forward. Repeat 10 times.

7 – SHOULDER

Stand with feet shoulder width apart. Start with hands by hips and keeping arms straight slowly swing arms round backwards 10 times, change direction swinging arms forwards 10 times. Repeat 3 times.

8 – Standing stretch

Stand with feet together. Place hands together and reach as high as you can, hold for 10 seconds, relax. Repeat 3 times.

N.B.

You should only stretch warmed up muscles. Don't stretch too far, all you should feel is a slow pull, never any pain. Never bounce, always stretch slowly. People with old injuries or bad backs should be especially careful whilst exercising and stretching.

EXERCISE CIRCUIT

The exercises are designed to strengthen specific muscle groups. It is important to just use your own body weight in the early weeks. In the latter weeks, small weights can be added to the ankles or putting on your rucksack can also help build strength. The idea of the circuit is to complete each exercise then move onto the next.

Once all exercises are completed, (i.e. one circuit), you then go round the circuit again 3, 4, or 5 times as shown in the programme. You can also increase the number of repetitions for each exercise from 20 to 30/40 or 50 depending on how strong you're feeling. It is essential you stretch before and after the session to keep the muscle loose and long, not tight and short.

1 – CALF RAISES

Stand with feet together, arm length away from wall. Have fingers just touching wall for balance. Raise yourself slowly onto tip toes and then slowly lower. Repeat 20 times.

2 – SQUATS

Stand with feet shoulder width apart. Hands on hips. Keep back straight and head up whilst you slowly lower yourself so knees are bent 90 degrees. Then stand up so knees are locked straight. Repeat 20 times.

3 – STEP UPS

Using bottom step of staircase or low bench, start with left foot on step and right foot on floor. Stand up straight on left leg bringing right foot up to next step above and then lower back down to floor. Repeat 20 times. Change leg and repeat.

4 – LEG EXTENSIONS

Sit on high sofa/bed/bench with backs of knees just on the edge and feet hanging down. Lean back with hands behind you for support. Keeping back of knee on seat, slowly lift left foot up so leg becomes straight and lower down again. Repeat 20 times. Change leg and repeat.

5 – LEG RAISES

Lie front down on mat or soft floor with hands under chin. Keeping left leg straight slowly raise six inches off the floor and then slowly lower. Repeat 20 times. Change leg and repeat.