




Proactive Care Fitness Cards

- The purpose of this material is to give you insight into how to recover correctly, benefiting your health, fitness and performance levels.
- A lot people will ask what does an “active” rest day look like? What do I do? How do I keep injury free? How can I improve that little bit further?
- All these exercises in the tables are evidenced and research based, where they demonstrate easy to follow homebased activities for all abilities.
- The advice would be to perform any of these exercises on a regular basis – atleast x2 per week. It is important to note that all these stretches and exercises should be performed to ‘points of discomfort’.
- Exercise stresses the body and puts a lot of pressure on the joints, muscles and the mind therefore it is imperative to consider ways of recovery to enhance and maintain exercise and health achievements.
- Not only that but these exercises will add variation to your routines helping you to sustain your exercise journey, but also assistance with body posture and overall health benefits.




Active Recovery Exercise Strategies

| Exercises | Sets/ Reps Rest Periods | Advice & Teaching Points |
|---|--|--|
| <p>Single Leg Body Weight Romanian Deadlift (RDL)</p>  | <p>4x 12 reps (6 reps per leg) 20 second rest between sets</p> | <p>Start by standing shoulders width apart, knees slightly bent and lift one foot off of the ground. Without changing the knee position, raise one leg horizontal off the ground and bend forwards with the upper body. You should feel a hamstring stretch.</p> |
| <p>Alternate Lateral Step Lunge</p>  | <p>4x 12 reps (6 reps per leg) 20 second rest between sets</p> | <p>Take a shoulder-width stance, keeping back upright and straight try and touch the inside of the foot and bend into the movement. Go from opposite hand to opposite foot. Perform for desire number of reps and sets.</p> |
| <p>Step Lunges to High Knee</p>  | <p>4x 16 reps (8 reps per leg) 20 second rest between sets</p> | <p>Perform standard backwards lunge, with that leading leg that has gone backwards, from the lunge position 'power through' and make knee raise. Return the leading leg back to lunge position and repeat.</p> |

Top Tips

- ✓ Do the single leg Romanian Deadlift barefoot to improve balance and coordination throughout the movement.
- ✓ Avoid performing the RDL movement with high-arched shoes which will make balance difficult. This goes for any squat based movements.
- ✓ Before doing the alternate step lunges make sure to warm-up hip flexors – a great exercise for this is to perform window-wiper movements.
- ✓ If the Step Lunge is too challenging, use small household step apparatus to aid movement pattern (Step Power Lunge).

Muscle Fatigue Recovery Exercise Strategies




| Exercises | Sets/ Reps Rest Periods | Advice & Teaching Points |
|--|---|---|
| Bridge Movements  | 3x 8-12 reps 10 second rest between each set | Lay on back with knees at right angles and hands flat on the floor. From here push from the hips and make upwards movements, bracing the core and slowly lower torso and hips to resting position. Try and hover glutes off the ground. |
| Hurdle Stretch (for hamstrings)  | 3x 20 second stretch holds 5 second rest between each stretch Perform on both legs | Whilst sitting with both legs out, take one leg and bend this at right angles to the opposing knee. Then using the upper body slowly stretch down the straight leg and hold for the desired time. Swap legs and repeat for desired sets and reps per leg. |
| Active Leg Raise (with T-towel)  | 3x 20 second stretch holds 5 second rest between each stretch Perform on both legs | Lay on the back, and place t-towel under one of your feet. Then raise this foot, keeping the other flat on the ground and back straight, and create stretch and tension. Brace the core and hold this stretch, then slowly lower down. |

Top Tips

- ✓ To challenge yourself during the bridge movements perform slowly on the downward phase (eccentrically) and power through on the upward phase.
- ✓ Apply a pulse movement for 3 counts on the upward phase of the bridge movement. This will activate greater glute control and improve core engagement.
- ✓ To make the Active Leg Raise more effective and to feel a greater stretch – get a partner to apply resistance by pushing against the leg which is straight. This is known as Proprioceptive Neuromuscular Facilitation (PNF) stretching which has been shown to improve hamstring flexibility and thus improve recovery.






Shoulder Mobility Exercises

| Exercises | Sets/ Reps Rest Periods | Advice & Teaching Points |
|--|---|--|
| <p>Wall Extensions</p>  | <p>3x 15 reps 10 second rest between each set</p> | <p>Sit or stand against a wall with your hips and whole back flat against the wall. Raise your elbows to a 90-degree angle, keeping in contact with the wall as much as possible. Attempt to slide your arms up the wall while maintaining hip, back, and arm contract.</p> |
| <p>Sphinx Pose With Anterior Reach</p>  | <p>3x 15 reps 10 second rest between each set</p> | <p>Lie on your stomach and place your elbows and forearms on the ground to prop up your upper body. From this position push your chest away from the ground, pushing your shoulder blades away from each other, and stretching your head upward. Hold this position and reach one arm forward.</p> |
| <p>Child Pose</p>  | <p>3x 10 reps 10 second rest between each set</p> | <p>Kneel on an exercise mat. Make sure your body is upright. Slowly crawl your hands forward until your arms are extended in front of you. Lower your torso onto your thighs and your forehead on the ground. Hold this position while taking three deep breaths.</p> |

Top Tips

- ✓ To make the Wall Extensions more challenging and progressive grab a household item such as a mop or 'broomstick' and place hands at each end of the item. Then stretch up keep the same distance of hands away from each other. This will create a greater stretch and is ideal to perform prior to any heavy lifting or running based activity.
- ✓ Remember to breathe fluently when performing both the Child and Sphinx Pose, use your diaphragm to stretch further by inhaling for 5 counts and exhaling for 5 counts. This is known as Diaphragm Breathing which is great for relaxing the body.




Ankle and Knee Mobility Exercises

| Exercises | Sets/ Reps Rest Periods | Advice & Teaching Points |
|--|--|--|
| <p>Knee to Wall Ankle Mobilisation</p>  | <p>4x Mobilisations – try and touch the knee on the wall 5 second rest between stretches</p> | <p>Start by kneeling and make right angles position with leading knee. From here place hands on the wall, from this position you lean in, keeping your heel on the ground. Measure how far away from the wall you are with your leading knee. Keep the back and spine angle as straight as possible throughout the movement.</p> |
| <p>Calf Stretch (on wall)</p>  | <p>3x 10-15 second hold stretches (switch legs and feet) 5 second rest between stretches</p> | <p>Make lunge movement, with one leg backwards and one forwards and place both hands on the wall. Then lean gradually with leading knee, and you should feel stretch in back calf. Alternatively, place foot at right angles to the wall and lead with foot to feel stretch in the Achilles Tendon.</p> |
| <p>Back Quadricep Stretch</p>  | <p>4x 20 second holds (x2 stretches per leg) 10 second rest between stretches</p> | <p>Lay on your side, with leading elbow on your head. Then grab back leg and stretch outwards, keeping the opposing leg firm on the floor. Remember to breathe nice and slowly throughout.</p> |

Top Tips

- ✓ Perform Knee to Wall Mobility exercise x1 a week for a month period to see your progress and to see if your knee mobility has improved. This is also a good indicator to where you are 'tight' or 'sore' in your lower body.
- ✓ If you have a foam roller massage out the calf muscles before and after you perform the Calf Stretch on the wall. This will aid recovery and help the muscle relax correctly.
- ✓ To progress the back Quadricep Stretch perform for a longer time period (i.e. 30 seconds) and perform more frequently throughout the day (i.e. in the morning and evening).



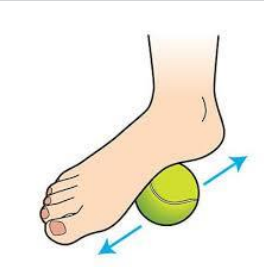
Hip Flexibility Exercises

| Exercises | Sets/ Reps Rest Periods | Advice & Teaching Points |
|---|---|---|
| <p>Tempo Air Squats</p>  | <p>3x 10 reps 5 second rest between each set</p> | <p>Performing a typical squat movement, a tempo air squat involves the same movement patterns just in a timely fashion. Concentrate on counting 5 seconds on the downward phase then speeding up to finish the exercise. Focus on the breath also, inhale on the downward phase and exhale coming up.</p> |
| <p>Window-Wipers</p>  | <p>3x 6 reps (each side) 5 second rest between each set</p> | <p>Lay with spine and back neutral on the floor, took arms and hands under the glutes and raise legs to a vertical angle. From here perform a controlled movement from side to side and brace the core. 1 rep is equal to legs reaching one side of the body.</p> |
| <p>Pigeon Stretches</p>  | <p>3x 20 second holds per leg 5 second rest between each hold</p> | <p>A great dynamic stretch, which helps the hips, IT Band and leg muscles stretch and relax. First get into the 'child pose' position. Then put one leg vertically across the opposing knee and lean forwards to create tension and the stretch. Repeat and hold on the other side of the body.</p> |

Top Tips

- ✓ The Window-Wiper is one of the more challenging of exercises to perform, so do not worry if you can't perform this straight away. An aid with this exercise is to start by **flexing the knees** when you take the legs from side to side. Eventually as you begin to gain confidence in the exercise then straighten your legs out when taking them from side to side.
- ✓ To progress the Tempo Squats either increase the count time from 5 seconds to 8 seconds or place some tins of beans or ingredients in a bag, wear the bag and perform the Tempo Squat. This will create greater resistance in the movement.

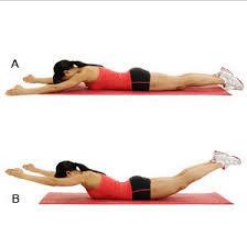
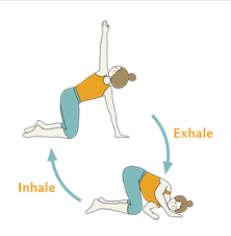

Exercises for Joints & Protecting Heels

| Exercises | Sets/ Reps Rest Periods | Advice & Teaching Points |
|--|--|---|
| <p>Walking on Toes</p>  <p>Walking on Toes</p> | <p>3x 30 second walks 10 second rest between sets and walks</p> | <p>In a standing position come onto your toes, with arms relaxed by the side of the body. From the 'on-toes' position walk forwards slowly and feel the stretch in your calves as you walk. Perform slowly and remember to rest adequately between sets.</p> |
| <p>Achilles Stretch</p>  | <p>4x 30 second holds (x2 holds on each leg) 5 second rest between stretches</p> | <p>Sitting down with both legs out in front, get yourself a theraband or t-towel and place around one of your feet. On the foot with the apparatus behind, point the toes forward and backwards, create tension by keeping the apparatus taut and reduce any slack.</p> |
| <p>Tennis Ball Roll Stretch</p>  | <p>3x 20 seconds roll stretches 5 second rest between roll stretches</p> | <p>Place the tennis ball onto the ball of your foot between your toes and arch with your heel elevated and weight on your other leg. Slowly shift your weight to your foot with tennis ball, slightly bend your knees and hold for five seconds. Shift your weight back to your other foot and repeat 5 times on each foot.</p> |

Top Tips

- ✓ To make Walking on Toes a greater challenge, pulse on the tip-toes as you're making the movement. This will help achieve a greater calf stretch and better positioning.
- ✓ Try rolling the bottom and arch of you foot on a ball which is firmer than a tennis ball. A lacrosse and golf ball are great training aids for this.
- ✓ If you have access to gym based equipment such as dumbbells, use these when performing the Walking on Toes movement. Alternatively wear a heavy loaded bag and perform the movement with some resistance.

Postural Exercises

| Exercises | Sets/ Reps Rest Periods | Advice & Teaching Points |
|---|---|--|
| <p>Bodyweight Back Extensions</p>  | <p>3x 8 reps 10 second rest between each set</p> | <p>Lie face down on the floor, with your body straight, and legs together. Cross your arms under your head, and rest your hands on your head. Lift your upper body off the ground, keeping your lower body and legs on the floor. Your head should come off with your arms. Lower to the starting position to repeat.</p> |
| <p>Thread the Needle Stretch</p>  | <p>3x 8 reps 10 second rest between each set</p> | <p>A thread the needle exercise opens the chest, arms, shoulders and spinal cord up which reduces any tension. Kneel on mat or the floor, with back at 90 degree angle, then rotate and take leading arm behind the spine inhale and exhale through the 'needle' created. Perform for desired number of reps and sets.</p> |
| <p>Dead Bug Exercise</p>  | <p>2x 12 reps (each side) 10 second rest between each set</p> | <p>This exercise targets mainly the core, however the core includes the lower back area. Begin by laying on your back, with knees in an upright 90 degree angle. With arms in the air, push one leg forwards with the opposing arm going forwards. 1 rep is equal to both sides achieving one full extension.</p> |

Top Tips

- ✓ Perform these exercises after a long day working at your computer or desk to aid spinal recovery and postural benefits.
- ✓ To feel stretch more, hold during contraction and perform with rhythm and smoothness.
- ✓ In the Back Extension exercise pulse at the top of the movement for 3 counts, this will create a greater stretch and contraction of the lower back (Erector Spinae muscle).
- ✓ You can perform the Dead Bug Exercise on the front of the body, and perform the same the movement patterns. Extend arm/hand to opposing leg and straighten.