

PULMONARY CIRCUIT

WARM UP

AIMING TO WARM UP THE MUSCLES AND GET THE PULSE UP, YOU SHOULD FEEL WARM AND SLIGHTLY OUT OF BREATH. Lol xx

A WALK OR GOING UP AND DOWN STAIRS – for up to 15 MIN

CIRCUIT

ONE MINUTE ON EACH EXERCISE AND DO THEM IN ORDER

IF YOU CAN'T GET A BAND THEN DO THE EXERCISES HOLDING FOOD CANS OR MILK BOTTLES FILLED WITH WATER OR SAND??

COMPLETE THE CIRCUIT TWICE

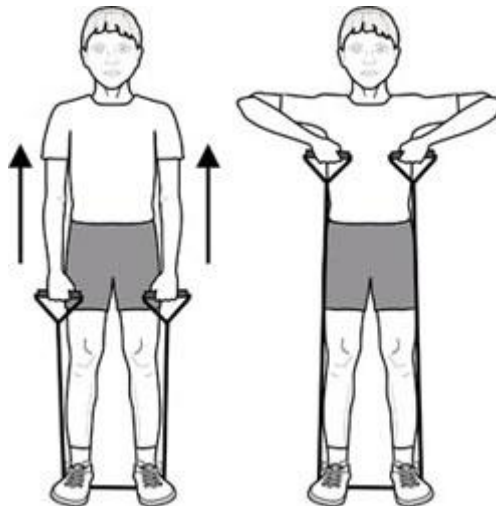
COOL DOWN

A WALK OR GENTLE HEEL DIGS OR LOW JACKS FOR 8 MIN – FOLLOWED BY STRETCHES HOLD FOR 15- 20 SECONDS EACH

SEATED - BREATHING IN THROUGH THE NOSE OUT THROUGH THE MOUTH BIG BREATHS X 6 TIMES

GOOD LUCK AND STAY SAFE XX

1 UPRIGHT ROW



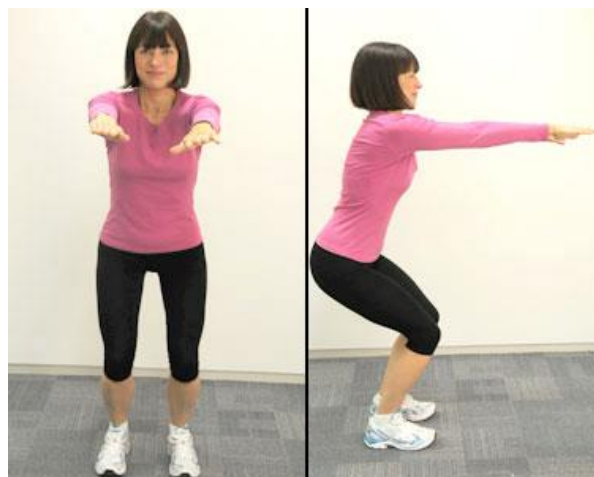
2. KNEE LIFT



3 WALL PRESS



4 KNEE BENDS



5 LAT RAISES



6 HEEL DIGS & FRONT RAISES



7 CHEST PRESS



8 SIT TO STAND



9 MARCHING



10 LOW JACKS



STRETCHES



CALF STRETCH



HAMSTRING STRETCH



UPPER BACK STRETCH



CHEST STRETCH