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High Blood Pressure
Diabetes
Heart condition or any chest pain
Faintness or dizzy spells
Pregnancy
Pain or bone or joint problems
Other good reason for not doing physical activity
Over 65 and Not accustomed to vigorous exercises

GENERAL INSTRUCTIONS - 2
Endurance Intensity

OR

On this scale:

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You should exercise at the # 2 level.

OR

You should be able to talk or sing easily during your exercise.

GENERAL INSTRUCTIONS - 3
Fatigue

Signs of fatigue:
- Severe shortness of breath, breathlessness
- Vertigo, dizziness, or feeling faint
- Nausea or cold sweat
- Loss of sense of direction
- Flushed or red face
- Irregular or unusual heart rate
- Extreme weakness or sudden fatigue
- Pressure or pain in the arm, chest or throat

If you experience these feelings: Stop exercise, notify your GP.

Normal fatigue should only last 2-3 hours after exercise. If more than that, reduce the intensity of your next exercise session.
Routine For: Enriched Health Patients

Enriched Health
4/66 Lord St
Port Macquarie

Hours: 02 6583 6900
Phone: 02 6583 6900
Emergency: 0432781212

Light walk 10min
All exercises to be done lightly 11/20 RPE
Talk comfortable no shortness of breathe.
If you experience chest pain contact 000 immediately.
Where exercises say Right or Left do Both :)

Enriched Health Starter Exercises

SHOULDER - 11  ROM: External Rotation (Alternate)

Keep palm of left hand against door frame and elbow bent at 90°. Turn body from fixed hand until stretch is felt. Hold 30 seconds.

Repeat __2___ times per set.
Do __1___ sets per session.
Do __1___ sessions per day.

SHOULDER - 72  ROM: Posterior Capsule Stretch

Gently pull on left forward elbow with other hand until stretch is felt in shoulder. Hold 30 seconds.

Repeat __2___ times per set.
Do __1___ sets per session.
Do __1___ sessions per day.

HIP / KNEE - 37  Stretching: Quadriceps (Standing)

Pull right heel toward buttock until stretch is felt in front of thigh. Hold 30 seconds.

Repeat __2___ times per set.
Do __1___ sets per session.
Do __1___ sessions per day.

HIP / KNEE - 41  Stretching: Gastroc

Stand with right foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf. Hold 30 seconds.

Repeat __2___ times per set.
Do __1___ sets per session.
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HIP / KNEE - 39  Stretching: Hamstring (Standing)

Place right foot on stool. Slowly lean forward, keeping back straight, until stretch is felt in back of thigh. Hold 30 seconds.

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BACK: TRAPS - 1 Row: Upright (Dumbbell)

Knees slightly bent, lift weights to chin, leading with elbows, dumbbells close together.

Do 2 sets.
Complete 10 repetitions.

ARMS: BICEPS - 8 Curl: Standing (Dumbbell)

Knees slightly bent, hold weights at sides, palms in. Curl arms toward shoulders, rotating to palms up while beginning curl.

Do 2 sets.
Complete 12 repetitions.

SHOULDERS - 14 Lateral Deltoid Raise: Standing (Dumbbell)

Knees slightly bent, hold elbows at 90º angle. Raise hands and elbows level with shoulders, rotating to palms down at beginning of motion. Lead with elbows.

Do 2 sets.
Complete 10 repetitions.

HIP / KNEE - 77 Functional Quadriceps: Sit to Stand

Sit on edge of chair, feet flat on floor. Stand upright, extending knees fully.

Repeat 6 times per set.
Do 2 sets per session.
Do 1 sessions per day.

SHOULDER - 81 Strengthening: Wall Push-Up

With arms slightly wider apart than shoulder width, and feet 12 inches from wall, gently lean body toward wall.

Repeat 2 times per set.
Do 8 sets per session.
Do 1 sessions per day.

Light Walk 10min
HIP / KNEE - 37 Stretching: Quadriceps (Standing)

Pull right heel toward buttock until stretch is felt in front of thigh.
Hold 30 seconds.

Repeat 2 times per set.
Do 1 sets per session.
Do 1 sessions per day.

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Hold 30 seconds.

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Do 1 sets per session.
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Hold 30 seconds.

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### Enriched Health Starter Exercises

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**Created By: Simon Turnbull - Exercise Physiologist**

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