



**Cork
Sports Partnership
Comhpháirtíocht
Spóirt Chorcaí**

— SPORT IRELAND —

Cork Sports Partnership

Adult's Exercise Programme

General Movement & Strength exercises
to help you keep active at home



Thank you for downloading your 'Cork Sports Partnerships Adult's Exercise Programme'.

Daily physical exercise is imperative to improve and maintain your health! The following guidelines provides you with some recommendations regarding how much physical activity is advised.

Adult's are recommend to partake in moderate activity lasting 30 minutes 5 days per week consisting of aerobic activity and muscle strengthening exercises.

This exercise programme will help you build your aerobic fitness and strength through simple bodyweight exercises and some effort!

Recommendations

- 150 minutes moderate activity per week;
- Aerobic and strength based exercises.
- Eat well!

For all ages,physical exercise reduces the risk of:

- Excessive Weight Gain
- Coronary heart disease
- Hypertension
- Some cancers
- Type II diabetes
- Many other chronic diseases

The general movement circuits and strength session in this exercise programme aim to assist you achieve the listed recommendations in an enjoyable , safe manner. Included with your exercise programme is a Timetable & Checklist which will help you to plan and track your goals as you progress through the programme. Feel free to print off these pages and mark them off as you go.

If you have any questions or queries then we would love to hear from you! Please see our contact information below.

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Adult's Exercise Programme Timetable

With Cork Sports Partnership



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Day	Session	Total Time
Monday	Movement & Strength	30 mins
Tuesday	Movement	15 mins
Wednesday	Movement & Strength	30 mins
Thursday	Movement	15 mins
Friday	Movement & Strength	30 mins
Weekend	Walk	30-60 mins per day

Adult's Exercise Programme Checklist

With Cork Sports Partnership



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Movement

Strength

Run/Walk

Monday

Tuesday

Wednesday

Thursday

Friday

WEEK

1

2

3

4

5

6

General Movement

There are 3 levels of 'General Movement Circuits' included in this programme. Please see the table below to help you decide where to start.

Level	Currently exercising
1	1-2 x per week
2	2-3 x per week
3	4-6 x per week

Movement sessions will work through your entire body from the ground up. Your ankles, hips, spine and shoulders will all be targeted leaving you feeling less 'tight' and more energised. We recommend you work through the circuit at your own pace. Each circuit should take from 10-15 minutes.

Please ensure that you do not 'force' any exercise that may result in injury. You should ease yourself into the movement circuits.

Please take note there is a prescribed number of repetitions to complete for each exercise to act as a guide. **E.g *6-10 reps E/S , **6-10 E/L**

*** Each Side = E/S**

****Each Leg = E/L**

General Movement

Level 1



General Movement Circuit Level 1

Complete 1-2 Rounds of

1. Seated Ankle Rolls E/S
2. Seated Knee Raise E/L
3. Hip Flexor Stretch
4. Hamstring Stretch E/S
5. Quad Stretch
6. Pec Stretch E/S

[Click here: Level 1 movement video demo](#)

The instructions below can be used to further guide you.

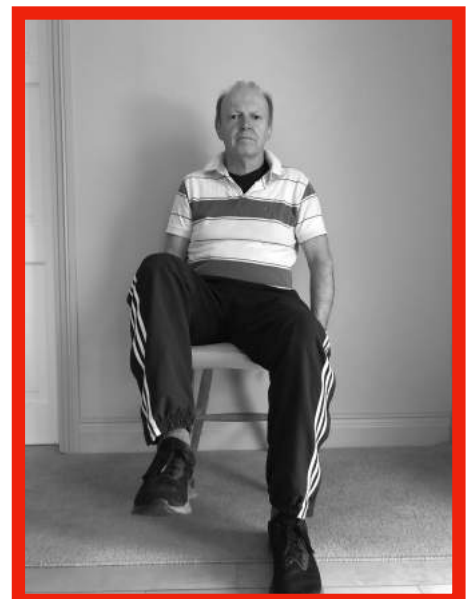
1. Ankle Rolls (5-10 E/S)

- Sit on a chair
- Raise foot off floor
- 'Roll' ankle 5-10 times in each direction
- Lower leg slowly
- Switch legs & repeat



2. Seated Knee Raise (6-10 E/S)

- Sit tall on chair with feet flat on floor
- Raise 1 foot off the floor attempting staying tall, pause for 2 secs
- Return foot to floor, repeat until you complete 6-10 repetitions
- Repeat on other leg



3. Hip Flexor Stretch (20-30sec E/S)

- Using chair as a balance, gently assume position shown
- Slightly engage the glute on the side of which your knee is on ground
- Prevent over extending from back by ensuring pelvis is 'tucked under'
- Hold for 20-30seconds



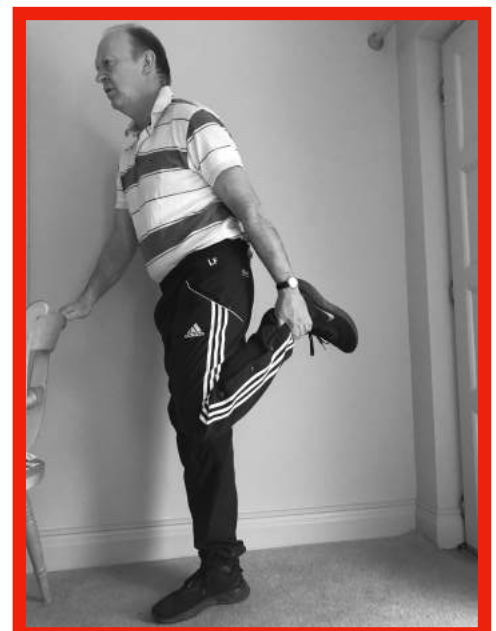
4. Hamstring Stretch (20-30sec)

- Sit on chair or on firm surface
- Straighten your legs
- Reach down towards feet
- Hold a comfortable stretch for 20-30 seconds



5. Quad Stretch (20-30sec E/S)

- Use the back of a chair as balance
- Raise your heel to your glute on the same side
- Hold for 20-30 seconds
- Repeat on opposite side



6. Pec Stretch (20-30sec E/S)

- Place hand on the back of head
- Ensure shoulder blade is 'packed down'
- Gently apply stretch against door way
- Elbow remains above shoulder height
- Hold for 20-30 seconds
- Repeat on opposite side



General Movement

Level 2



General Movement Circuit Level 2

This circuit is a step up in difficulty and requires you to move from the floor and back up to standing as you progress through. Please focus on the quality of each repetition.

Each side = E/S

Complete 2-3 Rounds

1. Seated Hip Flow E/S
2. Cat Camels
3. T-Spine Openers E/S
4. Boxed Scapula Push Ups E/S
5. Knee to Wall Ankle E/S
6. Neck Rolls

[Click here: Level 2 movement video demo](#)

The instructions below can be used to further guide you.

1. Seated Hip Flow (3-5 E/S)

- Sit on Floor with your hands behind as support
- Heels on ground, toes pointing up just outside your hips
- Slowly rotate knees to one side
- Return to the centre and repeat the opposite side



2. Cat Camels (5-10 reps)

- Start with hands under shoulders, knees under your hips, back is flat.
- Relax your head by allowing it to drop whilst rounding your back by reaching through the floor until you feel a comfortable stretch
- Repeat in the opposite direction by lifting buttocks towards ceiling gently overextending by dropping your stomach to the floor



3. T-Spine Opener (4-6 E/S)

- Start in a side lying position as show
- Your hips should be 'stacked' over your hips
- Reach out your arms,placing upper palm on opposite palm
- Slowly reach open rotating in the opposite direction
- Maintain your hips stacked as your breathe throughout this movement
- Repeat on opposite side



4. Boxed Scapula Push Ups (6-10 reps)

- Start on all fours on the floor in a 'boxed up' position
- Palms directly under shoulder,knees under your hips,back is flat
- Reach through the floor bringing shoulder blades forward + return to start position
- Hips stay straight with core braced as your reach
- Pull shoulder blades back together



5. Knee to Wall (6-10 E/S)

- Place hands against wall in a 'split stance'
- Front foot starts flat on floor
- Gently push knee forwards,feeling stretch in back of lower limb
- Return to start position
- Repeat on opposite side



6. Neck Series (5 Each Way)

- Sit tall on a chair with a straight back
- Turn head to the left and back to the right 5 times each way
- Look up,look down 5 times each way
- Slowly 'roll' neck in circles 5 times each way to finish



General Movement

Level 3



General Movement Circuit Level 3

Although a couple of the same exercises are utilised, general movement circuit level 3 is a slight step up in difficulty from Level 2 and has the addition of more dynamic movements. Please do not force yourself into any position. **Each side = E/S.**

Complete 1-2 Rounds

1. 20-30sec Hip Flexor Stretch E/S
2. 6-10 Ankle Walk Outs E/S
3. 6-10 Lying Straight Leg Raises E/L
4. 5-8 Boxed Hip Rotations E/S
5. 4-6 T-Spine Openers E/S
6. 4-6 World Best Stretch E/S
7. 3-5 Seated Hip Flow E/S

[Click here: Level 3 movement video demo](#)

The instructions below can be used to further guide you.

1. Hip Flexor Stretch (20-30sec E/S)

- Gently assume position with knee on ground
- Use chair as a balance
- Slightly engage glute on side of which knee is on ground
- Prevent over extending from back by ensuring pelvis is 'tucked under'
- Hold for recommended time



2. Ankle Walk Outs (6-10 E/S)

- Start in a push up position
- Raise hips up so you are slightly inverted
- Maintain reach through the floor with your upper body
- Gently start walking out the ankles in place
- Feel slight stretch in back of lower limb as heel move towards floor



3. Lying Straight Leg Raises (6-10 E/S)

- Start on the flat of your back
- Hands will be placed beside you
- Slowly raise leg whilst at the same time 'pulling' toes towards you
- Feel slight stretch in the back up the upper limb
- Return to starting position
- Repeat on opposite side



4. Boxed Up Hip Rotations (5-8 E/S)

- Start on all fours on the floor in a 'boxed up' position
- Palms directly under shoulder,
- Knees under your hips & keep back flat
- Raise one knee off floor and rotate hip
- Complete on opposite side



5. T-Spine Opener (4-6 E/S)

- Start in a side lying position as show
- Your hips should be 'stacked' over your hips
- Reach out your arms, placing upper palm on opposite palm
- Slowly reach open rotating in the opposite direction
- Maintain your hips stacked as your breathe throughout this movement



6. World Best Stretch E/S (4-6 E/S)

- Start on all fours on the floor in a 'boxed up' position
- Slowly bring one foot outside palm
- Opposite arm should keep you balance
- Slowly rotate inwards and touch your elbow off the inner lower limb
- Rotate open with arm reaching up
- Complete on opposite side



7. Seated Hip Flow (3-5 E/S)

- Sit on Floor with your hands behind as support
- Put heels on ground, toes pointing up just outside your hips
- Slowly turn towards your Left side letting both knee rotate towards floor
- Return to the centre and repeat the opposite side



Bodyweight Strength Session



Bodyweight Strength Sessions

The following strength circuit provides a total body workout. Please see the link below for a full video of the listed exercises. Following this are demonstrations of each exercise in picture format.

Please be reminded not to over exert throughout. Please start slowly and ease yourself into each exercise. Please focus on the quality of each exercise as opposed to the speed. The following strength session can be completed 2-3 x times per week.

[Click here: Bodyweight strength session video demo](#)

Complete 2-3 rounds of

1. 5-8 Squats
2. 8-10 Hip Hinges
3. 8-10 Shoulder Taps
4. 6-10 Split Squat E/L
5. 10-12 Glute Bridges
6. 10-15 Standing T'S

Please complete 1 round of the General Movement Circuit prior to your strength session. Please refer to the video link for guidance. If you are having any difficulty or have any questions please contact us

If you are unable to complete any of the above exercises, we have plenty of options available that you can do instead. Make sure you return to your checklist and tick the box once you have completed your session.

Strength Circuit

1. Tempo Squats (5-8 reps)

- Start with feet just outside hips in a squat stance
- Reach hands out in front of you
- Initiate the squat through the hips by sitting back and down into the squat.
- You will slow down the movement to a count of 3 seconds down
- Maintain a big chest, with the knees tracking the toes at all times
- Return to starting position by drive the feet through the floor



2. Hip Hinges (8-10 reps)

- Start with your feet under hips, with hands on chest
- Break knee slightly & push the hips back, keeping a flat back through the movement
- Feel the tension in the back of the legs
- Stand tall and engage glutes



3. Alternating Shoulder Taps (6-10 E/S)

- Start in a push up position
- Brace core, slowly removing one hand and placing it on the opposite shoulder
- Hold for a count of 3 seconds before switching sides
- Attempt to not let the hips 'shift'



4. Tempo Split Squat E/L (6-10 E/S)

- Start in a split stance position
- Place your hands on hips
- Slowly sink into your split squat maintaining a strong posture
- Stand back to the starting position using mainly the front leg
- Back heel of leg is off the floor



5. Glute Bridge (10-12 reps)

- Start on your back with you feet underneath your knees as seen in picture
- Ensure you tuck under your pelvis prior to starting the movement
- Engage glute's and raise your hips upwards
- Pause for 3 seconds at the top of each repetition
- Control back to the ground



6. Standing T'S (10-15 reps)

- Start with feet under hips,with hands on chest
- Break knee slightly & push the hips back,keep a flat back
- Hands start in a 'T' position
- Close up hands together,and return to the starting position
- Engage shoulder blades as you open up the chest



For more information including health & wellbeing tips,see the Health & Wellbeing section at www.activecork.ie