

## Before you start

- Exercises in these plans are not suitable for everyone so please speak to your GP or healthcare professional about the exercises you plan to undertake, and ensure they are suitable for you.
  - If you are unsure of any of the exercises, speak to an instructor or health trainer in your local leisure centre.
- These exercise plans are meant only as a guide. Only complete what you feel comfortable to do.
  - Complete a warm up before beginning any exercise, and a cool down after exercising.
    - If you feel unwell, dizzy, or in pain at any time then please stop exercising.
    - Follow any manufacturers' instructions on the outdoor gym equipment, as it varies from site to site.
  - Ensure that your surroundings are safe.

## Suggested warm up and cool down

### Warm up

Any cardiovascular equipment, such as the treadmill, cross trainer, or bike.

Use the equipment for 3-5 minutes at a steady pace to get your heart rate up.

Alternatively you could do a brisk walk around the park for 3-5 minutes to increase your heart and breathing rates.



### Cool down

Any cardiovascular equipment, such as the treadmill, cross trainer, or bike.

Use the equipment for 3-5 minutes slowing down gradually to bring your heart rate down.

Alternatively you could start with a brisk walk for 2 minutes, slowing to a stroll for 2-3 minutes to cool down.

