

DIABETES WORKOUT

WITH REECE STIMPSON

ABOUT

This session is designed for people with Diabetes Type 1 or 2. For this reason we suggest individuals find the best time of day to perform this routine based around their sugar levels and how they feel. The session will work the whole body and will take 6 minutes to complete 1 round. The workout has been split into 3, carrying out 3 exercises at a time 30 seconds each before having a 30 second rest and then moving onto the next 3. We recommend completing this workout 3-5 times a week, 1-2 rounds per session for beginners and 3 rounds for intermediate trainees.

DISCLAIMER

Not all exercise programs are suitable for everyone, if unsure please consult your physician before beginning this program. Any action in response to the instructions provided in this program is at the users discretion. Never exercise beyond the level at which you feel comfortable. The user assumes all risk of injury in the use of this program and the equipment used to perform its workouts.

1) HIGH KNEE MARCH

Raise one knee up in front of you until it reaches hip height. Return your foot to the ground and change legs. Repeat these same actions continuously.



1) TOE TOUCHES

Stand with feet slightly wider than shoulder width and arms stretched out both sides of your body. From here, lean forward maintaining the same arm position. Then rotate your body, reaching for one of your feet with the opposite hand. Return to the start position and do the same with the other arm. Repeat this action for 30 seconds.



3) SQUATS

Stand with your feet shoulder width apart or slightly wider, with your chest lifted and shoulders pulled back. From here, whilst maintaining this upright position with your feet flat on the ground, bend your knees whilst at the same time pushing your bum back and down towards the ground. Slowly lower your body as low as you feel comfortable. Once at your maximum depth begin to push away from the floor with your legs until you are back to the start position. Repeat this action for 30 seconds.



4) LUNGE TOKNEE DRIVE

First take a big stride forward so that your feet are far apart. From here bend the front knee and drop the back knee down towards the floor. Then push off with your back foot, driving that knee up and out in front of you. Whilst doing this you will extend your other leg and come up on to your toes. You will then take a big stride back with the leg that you lifted and repeat the motion. You will spend 30 seconds on one side and then swap legs for a further 30 seconds.



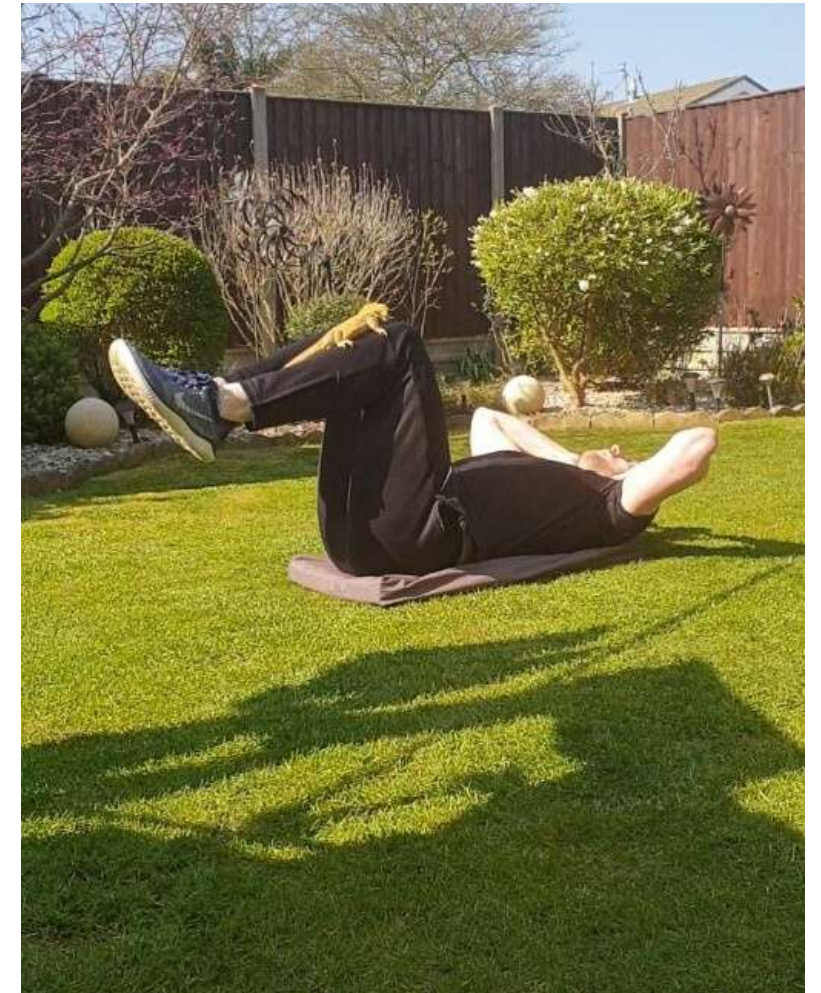
5) MOUNTAIN CLIMBERS

Place both hands on the ground. Keep your chest in line with your hands. Walk your feet as far back as you can whilst keeping a flat back. Tense/tighten your stomach muscles and hold this throughout the exercise. Drive one knee forward towards your chest then bring that leg back down and change legs.



7) KNEES UP CRUNCH

Lay on the ground with knees elevated to 90 degrees with your torso. Place hands either across your chest or finger tips on the side of your head. Tense your stomach muscles and flex the spine rolling your body up towards your knees. From here slowly lower your torso back down and repeat for the full 30 seconds.



8) BICYCLE CRUNCH

Lay on the ground with your legs out in front of you. Place finger tips on the side of your head. Start the motion by bringing one knee towards your torso. Tense your stomach muscles, whilst rolling your body up towards your knee and rotate your torso so that your opposite elbow meets the knee. From here slowly lower your torso back down and repeat with the other knee and elbow; do this for the full 30 seconds.



7) LAYING LEG RAISES

Start by laying on the floor with your legs out straight in front of you and your hands either by your side or under your bum for extra support. Tense your stomach muscles and bring your leg up to a 90 degree position whilst keeping your legs nice and straight. Slowly lower your legs down and repeat for 30 seconds.



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