

HIGH BLOOD PRESSURE WORKOUT

WITH REECE STIMPSON

ABOUT

The workout is designed for people who have high blood pressure. On an effort scale from 1-10 you should look to work at no more than 6 out of 10. This workout is designed to gradually build up in intensity and then maintain that intensity. 1 round will take about 5 minutes. If you chose to do multiple rounds take a small break between but keep tapping your feet to keep heart rate and blood pressure at a consistent level. We recommend doing this session 4 times a week for the best result.

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) TORSO TWISTS

Stand with your feet at least shoulder width apart. From this position rotate your upper body from one side to the other and back in a controlled manner. Repeat this action for 30 seconds.



2) 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, alternating legs.



3) ELBOW TO KNEE

From the high knee march rotate your torso so that your opposite elbow comes down and meets the opposite knee at its maximum height. From there bring the elbow back up and the leg back down and change sides. Do this repeatedly for 30 seconds.



4) ALTERNATING KICKS

Whilst standing extend one of your legs and swing that leg out in front of you in a kicking motion and maintain a constant rhythm. Change legs after each kick and repeat this for the full 30 seconds.



5) HEEL FLICKS

One at a time, kick your heels behind you as high as possible, bending from the knee before returning your foot to the ground and changing leg.



6) TIN SIDE RAISE

Whilst maintaining a light march and holding a tin of some form in each hand by your side, slowly raise your arms out to the side until they reach shoulder height. Slowly control your arms back down to your side and repeat for the full 30 seconds. Control your breathing, ensuring you do not hold your breath.



7) TIN PUNCHES

Whilst maintaining a light march extend one arm at a time out in front of your body at chest height. Return the arm to the start position and repeat with the other arm. Repeat this action for a full 30 seconds.



8) TIN BICEP CURL

Whilst maintaining a light march, hold a tin in each hand with arms by your side and palms facing forward. Flex both arms so the tins and your forearms come up to your chest whilst your elbow stay tucked in by your side. Once at the top slowly lower your arms back down to your side. Repeat this for 30 seconds.



9) REVERSE FLY

Start with both arms extended out in front of you at shoulder height. From here spread arms apart from one another aiming to bring the back of your hands as far back as possible. When reaching your full range motion squeeze your shoulder blades together and lift your chest up. Bring arms back to the start and repeat for 30 seconds.

