

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
programme for diabetes	Brisk Walk 30min	Gym: WARM-UP Cross Trainer 15min	Brisk Walk 30min	Brisk Walk 30min	Gym: WARM-UP Cross Trainer 15min		Brisk Walk 30min
		STRENGTH TRAIN - MACHINES Leg press Lat pull-down Knee extension Overhead press Knee flexion Seated row Calf raises Chest press COOL-DOWN: See pictures below Calf stretch Glute stretch Hamstring stretch Pec stretch Hand behind head stretch			STRENGTH TRAIN - MACHINES Leg press Lat pull-down Knee extension Overhead press Knee flexion Seated row Calf raises Chest press COOL-DOWN: See pictures below Calf stretch Glute stretch Hamstring stretch Pec stretch		
ise		Bicep stretch			Hand behind head stretch Bicep stretch		
Basic exercise	Week 1-6 Week 7-12	Do 15 repetitions (reps) of each exercise Do 15 reps Rest 2minutes Do another 15 reps of the same exercise		Use a weight that allows you to complete 15 repetitions (reps) before you get tired. You should increase the weight as you get stronger. Increase the weight once you are able to easily to 17 reps. Increase the time you walk for and/or the speed you walk at as you get fitter.		Please show this programme to your healthcare professional BEFORE you start it.	
	Week 13 to 6 months	Do 15 reps Rest 2 minutes Do another 15 reps of the same exercise Rest 2 minutes Do another 15 reps of the same exercise Do another 15 reps of the same exercise					
	After 6 months	Do 10 reps Rest 2 minutes Do 10 reps Rest 2 minutes Do 10 reps		Start using heavier weights that only allow you to do 10 reps.		Created by: sports-injury-physio.com	



Post-Gym Stretches

Sports Injury Physio
https://sports-injury-physio.com

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Notes: You should not experience any pain or discomfort during or after doing these exercises. Please contact your physiotherapist if you do experience any symptoms.

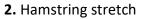
1. Calf stretching



Stand and place both hands on a wall, with the leg to be stretched at the back.

Place one leg behind the other and lean your body forward without bending the back knee until you feel a stretch in your back calf. Make sure that your foot points straight forward. Maintain the stretch and relax.

Repetition: 3





Hold: 30sec sec.

Start seated with one leg extended in front and with the other foot resting on your inner upper thigh.

If your hamstrings are very tight your may find sitting on a pillow that lifts you up a bit helps.

Reach for your foot with both hands and hold the position.

Your body should be aligned nicely with the leg straight forward and the hips and shoulders squared.

Breathe normally when in position.

Repeat on the other side.

Repetition: 3 Hold: 30sec sec.



3. Stretching glutes



Lie on your back with your knees bent, place one foot over the opposite knee.

Grab behind the leg that is on the floor with your hands and pull it toward you until you feel a gentle stretch.

Push on your knee to increase the stretch.

As an alternative, lie in front of a wall and use the wall to push your foot if you have trouble reaching the back of your leg.

Repetition: 3

4. Pec stretch





Hold: 30sec sec.

Place your forearm against a wall with elbow bent to 90 degrees. Slowly move forward and turn body away from the arm until a

stretch is felt in the chest or the front of the shoulder.

Hold the stretch.

Repeat on other side.

Repetition: 3

5. Bicep + Pec stretch





Hold: 30sec sec.

Stand up straight with your shoulders back and your back straight.

Place both hands behind your back and cross your fingers.

Turn your palms around to face the floor and raise your hands away from your back until you feel a gentle stretch across your chest and in front of your shoulders and in your upper arms.

Maintain the position and relax.

Do not lean your body forward. Keep your back straight.

Repetition: 3

Hold: 30sec sec.



6. Hand behind head stretch





Stand straight and bring one arm overhead with your elbow bent and your hand behind your back.

Use the opposite arm to lightly pull on your elbow to accentuate the stretch.

Hold the position when you feel a comfortable stretch under your arm.

Repetition: 3 Hold: 30sec sec.