



## Transcript: 10 minute low impact cardio workout video

Hello. My name is Lizzie, and today I'm joined by Anthea and Marion, who are both living with blood cancer, and we are going to take you through a roughly 10 minute cardio routine.

All right, there's going to be about six or seven exercises that we're going to do back-to-back for about 30 seconds each time, so it's important that you just rest when you need to. You can take either a slightly lower impact modification and follow Marion, or if you want to work a little bit harder, you can follow Anthea, but just stay safe. Make sure that you breathe consistently throughout. And I'll offer lots of different teaching points as well.

### March on the spot

So let's get going. Let's just bring it up to a nice march. So lifting the knees and swinging the arms by your sides and just find your breath here. Alright? Cardio means working your heart and your lungs as well as your muscles, so you might find you get a little bit puffed here, alright? So a nice, gentle march. Everyone all right?

As you can see, Anthea is using some water bottles, so she's going to work a little bit harder today, alright. So again, if fatigue levels are a little bit high, you might just do a couple of minutes of this and then try again next time by adding on a few more minutes. So don't feel like you've always got to get through the video.

### Step and tap

Alright, off we go to our first exercise. So we're going to step and tap, step and tap. You can bring the arms in as well. So squeeze the shoulder blades back, have the arms low. This is a bit easier. Brilliant, okay, off we go. Remember to breathe. You with me, guys. Brilliant, okay, off we go. Keep going. Nearly there. That's our first one. Nearly done. Okay, here we go in three, two and one.

### Step forward and back

Let's start at the back of the mat, and we're going to tap on and tap off, tap on, tap off, nice and quick. Okay, nice big breaths and tap back. Brilliant. How are we doing back there? Don't worry about your coordination. Just get your body moving great, and you will be rewarded for this. Every little effort helps. Good, okay, we're nearly there in three, in two, good and one.



Okay, opposite arm, opposite leg, up we come. There we go. And again, you don't need to lift super high. You can go a little bit lower. Brilliant. That's it, good, bending the knee. Nice, big breaths. So again, if this feels a little bit difficult, just a small bend in the knee or a little raise of the arm. Great, brilliant. Here we go. In three good and two and one.

### Arm and knee raise

Next exercise, we're going to row the arms again, and we're going to kick behind. So really squeeze the back of the thighs. Keep the knees nice and soft so that you bounce gently. Well done. Great, Marion. All good, Anthea.

Okay, keep the breath coming in and out. Okay, soft and squeeze, really squeeze the back of your thigh. We're nearly there. You're doing great. We've got three, we've got two, and we've got one. Brilliant.

### Step back and heel dig

Okay, bring yourself to standing. You're going to take a step back, and then you're going to dig the heel. You're going to take a step back, dig the heel if you want to go a bit more. Anthea is going to add in a kick. Breathe in. Breathe out. Well done. Breathe in and a kick, lovely. We're going to do a few more on this side, and then we're going to switch nearly there for two and one.

How are you doing Marion? Great. Other side. Take a step back and dig. Take a step back and dig. Good, lovely, and dig nearly there. Let's do another five, good, and four really straighten through the front leg. Two, how those kicks going? Great. Last one. Brilliant, okay, just have a little jog out while we're here. Brilliant. All good, excellent.

### Jacks

Let's go into our jacks. Okay, you ready? Half jack if you want to, just the arms, one tap and down, one tap and down. Otherwise, Anthea is going to take a little bit harder and keep the knees soft, righ, and arms, and stretch, nearly there. Brilliant. Oh, good. Not long to go. Five, four, three, two, and one. Good.

### Arm pull down and knee raise

Last exercise. You ready? Arms up, and pull, and pull. This time we're pulling down, pull, pull.

Again, you don't need to get the knees super high. Just reach the arms and pull. Good, excellent.

Okay, so you should be feeling quite a bit warmer. You might even be sweating a bit. Okay, it's all good. I think we're nearly there. Let's count it down for five, four, three, two and one, brilliant. Just keep the body moving either a little tap side to side, and then we're going to go into our second set. Okay, everyone?



All right. Okay, off we go again.

### Step and tap or bunny hops

Okay, straight to your step, tap. There we go. Pull the arms back and squeeze, breathe in. Now if you're Anthea, you might want to do it a bit harder. What about those bunny hops? Okay. Otherwise, Marion, just keep it nice and low key. That's it. Breathe in, breathe out.

So if you're bunny hopping like Anthea, you're going to be imagining you're just jumping over a little line in the middle of the mat or the floor. Good, we're nearly there for five, four, three, two, and one, good, off the mat again, Anthea you do your scissor kicks if you want to. Otherwise, we're just tapping on and tapping off. Good.

### Step forward and back

Keep breathing again, keep your chest lovely and open so that you can get lovely, big breaths into your belly and your chest.

Okay, everyone with me? How are you doing Anthea? Good stuff. Brilliant. Nearly there. Three, two and one.

### Arm and knee raise

Let's do opposite arm, opposite leg up. We come maybe a little quicker. Breathe in, breathe out. Good, really. Push the arm back behind you. Open up the chest and the shoulders. Super. Lovely. Okay, gosh, I'm getting warm. Everyone else? Okay, we're nearly there.

### Heel kicks and arm rows

Three, two, one, back into our heel kicks and row the arms, squeeze, squeeze. That's it. Soften your knees when you land. Well done Marion. Good going. Pull, pull. That's it. Super. Keep going. Nearly there. Nice, big, loud, audible breath. We're nearly done. Let's go for five, four, three, two, and one.

### Step back and heel dig

Let's take that step back and the heel. Dig, step back, heel. Dig.

Otherwise, Anthea is going to put in that little kick. Breathe in, breathe out. Otherwise, keep it a little bit more low impact. Down we go. Alright, you might get a little bit of a shake going on in that leg, you're working seriously hard.

Let's switch sides after this last one, back to center, take the step and dig the heel. Take the step, dig the heel. Remember to breathe. Your muscles need all that oxygen nearly there. Let's do another five and four and three, good, and two and one, good.

Give the legs a little shake out while you're here, and then into our jacks.



## Jacks

Marion, are you ready? Anthea? Off we go. So either the full or just small ones, okay, two arms, one leg at a time. Okay, well, done. Nice and warm.

So again, if you're feeling really tired, take a break. Come back and join us when you've had a little rest. Alright, we're nearly there for five, four, three, two, and one, last one.

## Arm pull down and knee raise

Guys, let's do this. Pull it down. Lift the knee. Pull it down, lift the knee. That's it. Squeeze your tummy muscles. Well done. Last little bit. Dig deep. Good, excellent. You've got another five. We've got another four. Brilliant, I'd say another two good last ones. Fantastic job, guys. Well done. Just slowly tap it out.

Congratulations! Just make sure that you do a proper cool down now by watching one of the other videos. But well done.