



Welcome to Free Zoom live classes during Steptember 2021

Tuesday	Class	Time	Zoom Link
7 th Sep until 27 th Sep 21	Express Body Max	16.00 – 16.30	Join Zoom Meeting https://zoom.us/j/96552714782 Meeting ID: 965 5271 4782
<p>Teacher Gail– If you have any issues please contact the teacher</p> <p>gail.heathcote- milner@manchester.ac.uk</p>			<p>Description: A dumbbell session to strengthen and tone. The session will give a quick full body workout with a combo of burst of cardio with resistance work. Equipment Dumbbells or small bottle of water. Weights can vary from 1kg to 6kg depending how hard you want to work. **</p>

Before you start please make sure read the safety checks and disclaimer.

Please e-mail the teacher if you have any medical issues or are finding some of the exercises difficult – email above Please read the safety protocols before you start your session.

Your space

- Make sure you have a space where you can stand legs a stride and arms wide
- You can lie down fully stretch out with arms stretch above your head
- Try and position your camera where you can see the instructor and your head and shoulders are resquare on to the screen. Be mindful that you are not putting your neck into awkward positions.
- Keep your space ventilated and have water to hand.
- Be mindful of animals and kids getting under your feet
- Any protruding furniture to be made safe and the floor is even and non -slip
- If you start to feel unwell and have to leave the session please inform the teacher via the chat or unmute to let her know you are leaving.

During your workout if you experience dizziness, chest pains or any severe sharp pain during your exercise session please stop immediately and seek medical advice.

By using our fitness content/live platforms you do so at your own risk, your participation in these sessions are entirely voluntary and you may opt out at any given time.

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