



This is a warm up guide do not attempt anything you do not understand or feel comfortable to do.

WARM UP

March on spot	x8
Right & left alternate toe taps	x8
March on spot	x8
Right & left alternate heel digs	x8
March on spot	x8
March with feet wide	x4
March with feet together	x4
March with feet wide	x4
March with feet together	x4
March with feet wide	x4
Stand with feet apart.	
Side bends right	x8
Side bends left	x8
Stand with arms folded.	
Twist to right	x8
Twist to left	x8
March on the spot	x8
Right & left alt toe taps with bicep curls	x8
March on the spot	x8
Right & left alt heel digs with bicep curls	x8
March on spot	x8



STRETCHES all 12 seconds

- ◆ Right calf stretch – front knee bent, back leg straight. At the same time link hands behind back, elbows slightly bent & gently lift away. Relax arms.
- ◆ Take weight onto back leg for hamstring stretch. Back leg bent, front leg straight. Bend forwards from the hips. Lift the toes up & reach down towards them. Hold for 12 seconds then put foot back down, bend knees and stand up.
- ◆ Repeat the above for left leg. While doing left calf stretch link hands in front & reach forwards.
- ◆ Hold onto something for balance for quads stretch. Reach for right ankle & ease knee back to feel a stretch in front of thigh. Hold for 12 seconds then repeat for left.

March on spot	x8
Alt knee raises right & left to same hand	x8
March on spot with shoulder rotation	
Forward	x4
Backward	x4
Stand still.	
Reach up & take a deep breath in	x3



Complete the following exercises slowly to allow you heart rate and blood pressure to reduce.

COOL DOWN

March on spot	x8
Right & left alternate toe taps	x8
March on spot	x8
Right & left alternate heel digs	x8
March on spot, slowing down	x8
Stand with feet apart.	
Side bends right	x8
Side bends left	x8
Stand with arms folded.	
Twist to right	x8
Twist to left	x8

STRETCHES all 12 seconds

- ◆ Right calf stretch – front knee bent, back leg straight. At the same time link hands behind back, elbows slightly bent & gently lift away. Relax arms.
- ◆ Take weight onto back leg for hamstring stretch. Back leg bent, front leg straight. Bend forwards from the hips. Lift the toes up & reach down towards them. Hold for 12 seconds then put foot back down, bend knees and stand up.
- ◆ Repeat the above for left leg. While doing left calf stretch link hands in front & reach forwards.
- ◆ Hold onto something for balance for quads stretch. Reach for right ankle & ease knee back to feel a stretch in front of thigh. Hold for 12 seconds then repeat for left.

Reach up & take a deep breath in	x3
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