



Jen's Warm Up



BEFORE ATTEMPTING THIS WARM UP PLEASE ENSURE:

- 1. You have no changes in your symptoms, health or medication & not eaten within the last hour.**
- 2. If you have any changes in symptoms, health or medication please do not exercise and speak to your GP or Phase 4 instructor (Jen/Ade) before attempting any exercise.**
- 3. STOP IF YOU HAVE ANY CHEST PAIN, SEVERE SHORTNESS OF BREATH, DIZZINESS OR MUSCLE CRAMP**

This warm up has been designed for those wishing to complete an example of one of our home based exercise programmes.

Please make sure you are pacing yourself during this warm up – if you are following on the video you do not need to keep up with your instructor.

Think about your RPE (how hard you are working – ideally we would like you to be at no more than a 9-11 during your warmup)

Please follow the list of exercises below and complete at your own pace.

Complete all exercises to ensure warm up targets have been met.

Rating of Perceived Exertion (RPE)

6	No Exertion at all	(Equivalent to sitting)
7	Extremely Light	(Equivalent to standing still)
8		
9	Very Light	
10		
11	Light	(You should be able to sing)
12		
13	Somewhat hard	(You should still be able to talk)
14		
15	Hard	(Talking will now be difficult)
16		
17	Very Hard	
18		
19	Extremely Hard	
20	Maximal Exertion	(Complete Fatigue)

Ref: Borg G.E (1985)

An introduction to Borg's RPE Scale, Ithca, New York





WARM UP:

- **March on the spot (1-2 minutes)**
- **Tap toes forward (pointing the toes down and stretching front of the ankle)**
- **Back to marching (30 secs)**
- **Heel digs (Dig the heel to the floor, toes pointing upwards)**
- **Back to marching (30 secs)**
- **March wide (take the legs into a wider stance slightly more than shoulder width apart – 20-30 secs)**
- **Hold it there - relax your arms by your side**
- **Bend down towards the right x 8 (hold on the 8th for 10 secs and bring yourself back up to the centre)**
- **Bend down towards the left x 8 (hold on the 8th for 10 secs and bring yourself back up to centre)**
- **Bring the arms across the body and rotate to the right x 8 (hold the 8th for 10 secs and return to centre stance)**
- **Rotate to the left x 8 (hold on the 8th for 10 secs and return to centre stance)**
- **Back to marching (1-2 minutes)**

YOU ARE NOW ENTERING THE SECOND PART OF THE WARM UP TO RAISE YOUR PULSE FURTHER AND INCREASE RPE SLIGHTLY MORE.....

- **Heel digs (exaggerate the heel digs and bring in the arms for a bicep curl – repeat 8-10 times)**
- **Check behind you and tap your toes behind you (pointing toes towards the floor and bring in the arms for a bicep curl – repeat 8-10 times)**
- **Back to marching (exaggerate the arms in a pumping motion (30 secs-1 min)**
- **Side steps (step to side and back to centre – arms relaxed by your side- 8-10 times)**
- **Side steps with a hamstring curl (bring heels to the bum as you step to the side – 8-10 times)**
- **Add in a bicep curl to your leg curls – 8-10 times)**



STRETCHES

- Right leg forwards – left leg back (back leg straight stretching the calf)
- Taking the arms out behind you to stretch the chest (hold for 15 secs)
- Transfer your weight to your back leg, straighten your front leg and lean down towards your toes with a nice straight back – head up (hold for 15 secs)
- Bend knees on way up and swap legs
- Left leg forwards, right leg back (back leg straight stretching calf)
- Taking arms out in front of you to stretch the upper back (hold 15 secs)
- Transfer your weight to your back leg, straighten your front leg and lean down towards your toes with a nice straight back – head up (hold for 15 secs)
- Find something to hold onto and bring right heel up behind you towards bottom, knees together and chest high, stretching the front of the thigh (quads) (hold for 15 seconds)
- Relax and swap legs – repeat stretch

YOU ARE NOW ENTERING THE FINAL PART OF YOUR WARM UP TO GET READY FOR THE MAIN COMPONENT

- Back to marching (all throughout the following exercises at your own pace)
- Shoulder rolls – 3 forwards and 3 back whilst marching
- Keep marching and punch forward (8 – 10 times)
- Keep marching and punch towards the ceiling (8-10 times)
- Keep marching and punch forwards again (8-10 times)
- Keep marching, take the arms out in front of you and speedball the arms around each other(10 secs)
- Speedball high whilst marching (10 secs)
- Speedball low whilst marching (10 secs)
- Return to centre speedball (8-10 secs)
- Stop in place – feet hip width apart



- You can either “twist” from side to side or “bob” from side to side (continue this movement throughout the next few steps)
- Add in a punch corner to corner (8-10 times, across the body extending the arms as you twist or bob)
- Now punch over head (8-10 times)
- Punch corner to corner again (as before, 8-10 times)
- Hold it there, feet hip width apart.
- Hands out in front and perform high knees (8-10 times) (bring knees up to hands if you can touch them)
- If you want to.....alternate your hands to knees (opposite knees to meet hands – 8-10 times)
- Hold it there – feet hip width apart
- Take 2 deep breaths in and out to finish.

WELL DONE EVERYONE 😊

YOU SHOULD NOW FEEL SUITABLY WARM IN ORDER TO CARRY OUT THE MAIN COMPONENT OF YOUR WORK OUT

ONCE YOU HAVE COMPLETED YOUR MAIN EXERCISE COMPONENT PLEASE FOLLOW THE COOL DOWN EXAMPLE BELOW. THESE EXERCISES ARE VERY SIMILAR TO YOUR WARM UP BUT PERFORMED AT A SLOWER RATE:

- Marching on the spot (30secs – 1 minute)
- Tap toes forward (pointing the toes down and stretching front of the ankle)
- Back to marching (30 secs)
- Heel digs (Dig the heel to the floor, toes pointing upwards)
- Back to marching (30 secs)
- Hold it there - relax your arms by your side
- Bend down towards the right x 8 (hold on the 8th take your left arm over head towards the right for 10 secs and bring yourself back up to the centre)
- Bend down towards the left x 8 (hold on the 8th take your right arm over head towards the left for 10 secs and bring yourself back up to centre)
- Bring the arms across the body and rotate to the right x 8 (hold the 8th for 10 secs and return to centre stance)



- Rotate to the left x 8 (hold on the 8th for 10 secs and return to centre stance)
- Back to marching (30 sec – 1 minute)

STRETCHES

- Right leg forwards – left leg back (back leg straight stretching the calf)
- Taking the arms out behind you to stretch the chest (hold for 15 secs)
- Transfer your weight to your back leg, straighten your front leg and lean down towards your toes with a nice straight back – head up (hold for 15 secs)
- Bend knees on way up and swap legs
- Left leg forwards, right leg back (back leg straight stretching calf)
- Taking arms out in front of you to stretch the upper back (hold 15 secs)
- Transfer your weight to your back leg, straighten your front leg and lean down towards your toes with a nice straight back – head up (hold for 15 secs)
- Find something to hold onto and bring right heel up behind you towards bottom, knees together and chest high, stretching the front of the thigh (quads) (hold for 15 seconds)
- Relax and swap legs – repeat stretch
- Back to marching (30 secs- 1 minute)
- Roll shoulders forward 3 times and back 3 times
- Hold it there, hands on hips, feet hip width apart
- Hands on hips, roll hips round 3 times one way and 3 times the opposite way
- 2 deep breaths in and out to finish.

WELL DONE EVERYONE ☺

