



Jumping Jacks

1. From standing position, feet hip distance, arms by sides
2. Jump feet apart, bringing arms overhead
3. Jump back to start position, lowering arms to side and repeat

Time: 30 seconds
To: Elevate heart rate



Leg Swings

1. From standing, holding onto chair or wall.
2. Swing 1 leg forward and back, keeping your abs tight
3. Repeat on other side

Reps: 15 on each leg
To: Warm up hip and hamstrings



Side Lunges

1. Standing with feet shoulder width apart
2. Take a wide step to the right then lower towards the ground bringing the right knee to 90degrees, keeping left leg extended.
3. Pause, then return to the start position and repeat on other side

Reps: 8 on each side
To: Warm up inner leg

WARNING

If you have any health concerns, please consult your doctor before you begin this, or any, fitness program

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Arm Circles

1. Arms straight out from shoulders
2. Draw 5 small circles forward..then reverse it and draw 5 small circles back
3. Pause then, draw 5 big circles forward.. and 5 back

Reps: 1 of sequence
To: Warm up arms and shoulder joint



Kneeling Hip Flexor Stretch

1. Starting in kneeling position, step the right foot forward.
2. Gently send the hips forward feeling the stretch in your upper left leg.
3. Hold for 5 seconds.
4. Switch legs

Reps: 3 on each leg
To: Warm up Hip Flexors



Cat Stretch

1. On all 4's,
2. On an exhalation round out the back, bring chin to chest, keeping your abs tight.
3. Inhale as you return to start position

Reps: 5
To: Mobilise the spine

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