

### Warm Up:

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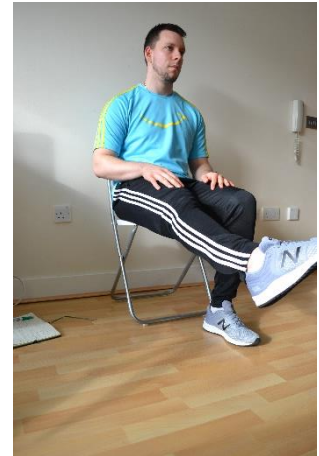
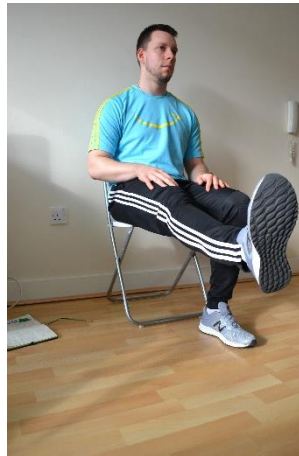
#### 1. Single Leg Toe Up & Downs

Repeat: x10 per leg

Rounds: 1

Rest: No Rest

Note: Hold on to a chair if needed



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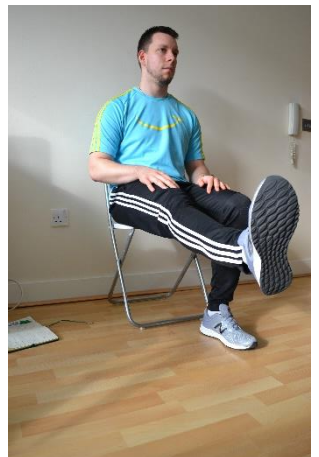
#### 2. Single Leg Ankle Rolls

Repeat: x10 per leg

Rounds: 1

Rest: No Rest

Note: x5 Clockwise, x5 Anticlockwise



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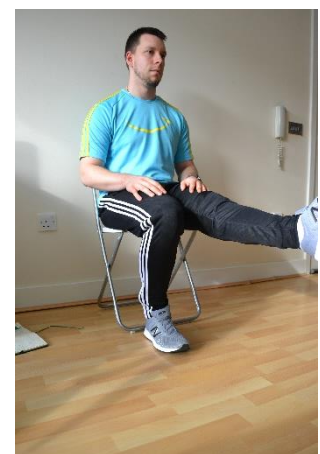
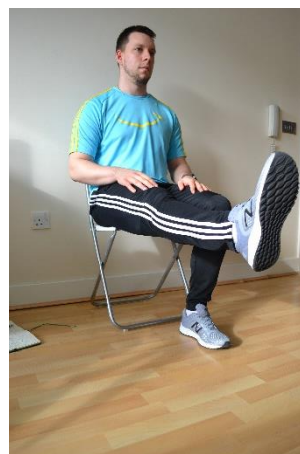
#### 3. Leg Kicks

Repeat: x20

Rounds: 1

Rest: No Rest

Note: Alternate the legs



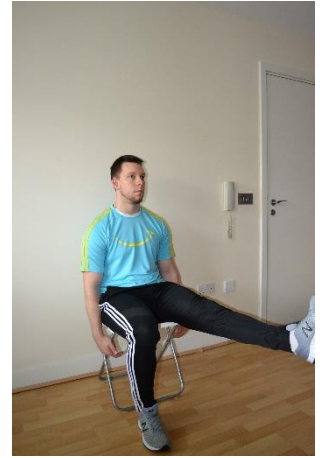
## 4. Leg Swings

Repeat: x10

Rounds: 1

Rest: No Rest

Note: x10 repetitions per leg



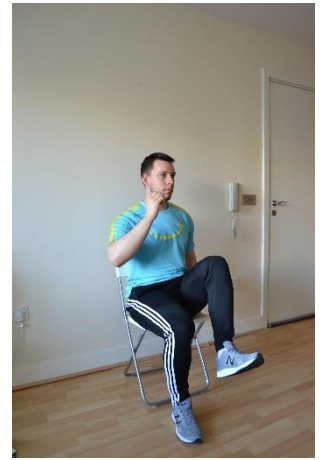
## 5. Marching

Repeat: x20

Rounds: 1

Rest: No Rest

Note: Raise knees and arms high



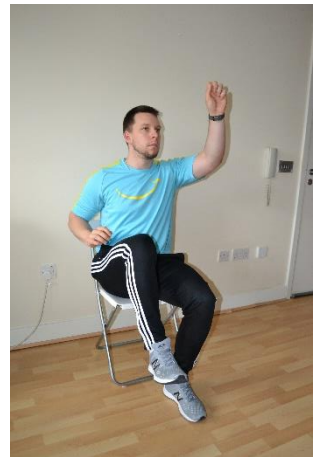
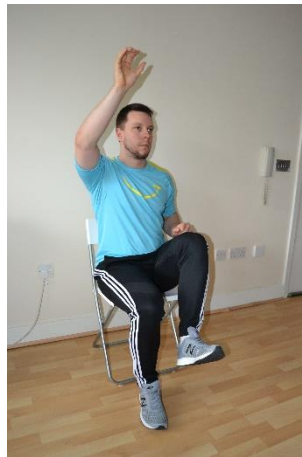
## 6. Seated Climbing

Repeat: x20

Rounds: 1

Rest: No Rest

Note: Opposite arm, opposite leg



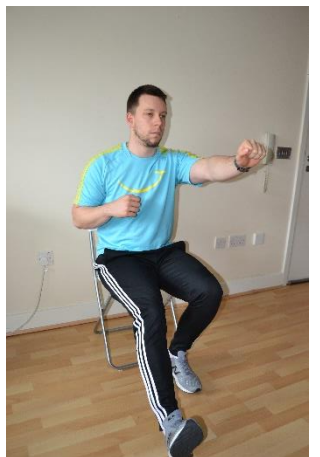
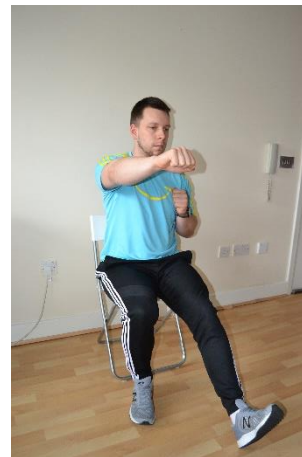
## 6. Step Punch

Repeat: 20

Rounds: 1

Rest: No Rest

Note: If too difficult, perform leg steps only



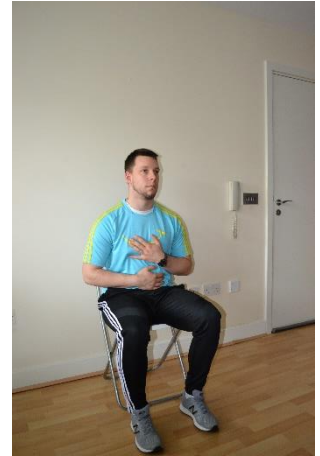
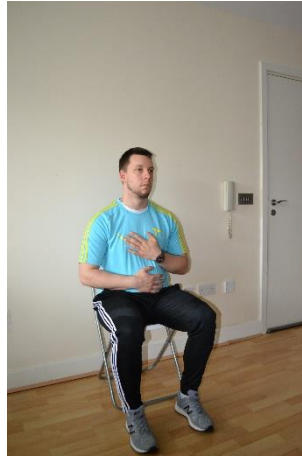
## 7. Belly Breathing

Time: 30 seconds

Rounds: 1

Rest: No Rest

Note: Belly out on the breath in, Belly in on breath out



# Main Body:

## Superset 1 (repeat x3)

Perform the **a** & **b** exercise one after the other. Take a rest and then repeat the superset.

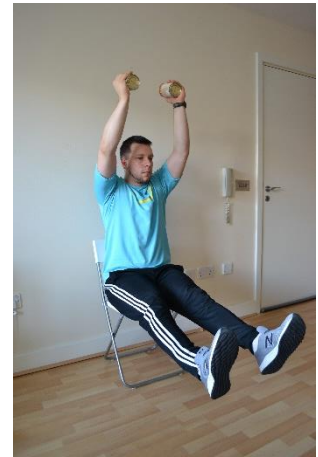
### 1a. Squat Press

Repeat: x15

Rounds: 1

Rest: No Rest

Note: Keep Chest upright, use weights if needed



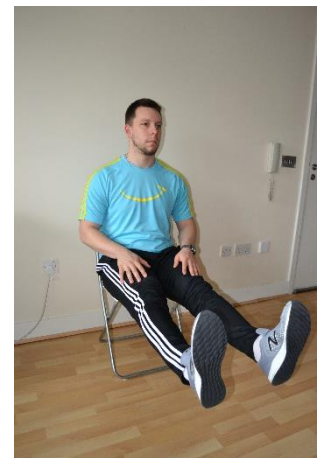
### 1b. Leg Extension Hold

Time: 30 seconds

Rounds: 1

Rest: No Rest

Note: Extend legs fully, Flex the thigh muscles



## Superset 2 (repeat x3)

Perform the **a** & **b** exercise one after the other. Take a rest and then repeat the superset.

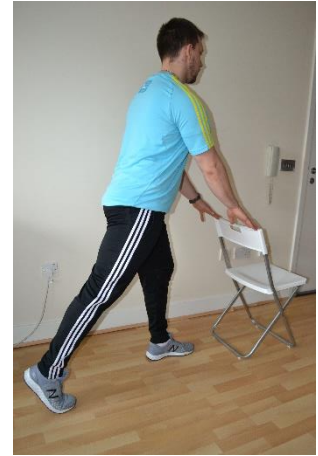
### 2a. Reverse Lunge

Repeat: x10 per leg

Rounds: 1

Rest: No Rest

Note: Take a step back and balance



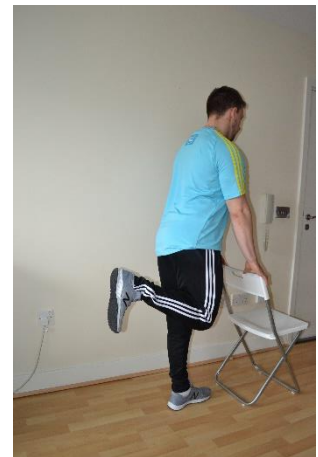
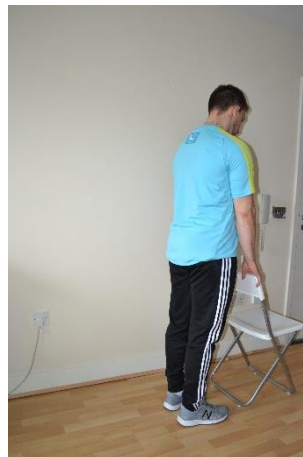
### 2b. Leg Curl

Repeat: x10 per leg

Rounds: 1

Rest: No Rest

Note: Bring heel close to the bum



# Balance Exercises

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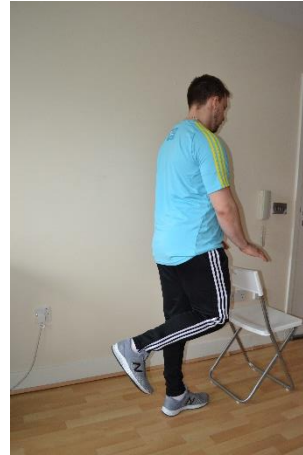
## 3. Single Leg Balance

Time: 30 seconds

Rounds: 2

Rest: 30 seconds

Note: Keep one knee bend, hover hands over chair



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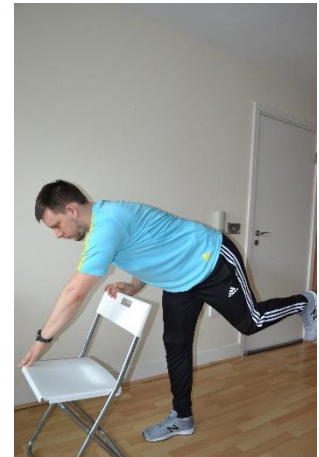
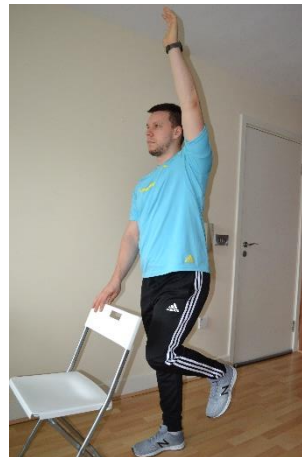
## 4. Cross Touch

Repeat: x15 per side

Rounds: 2

Rest: 30 seconds

Note: Reach down across the chair



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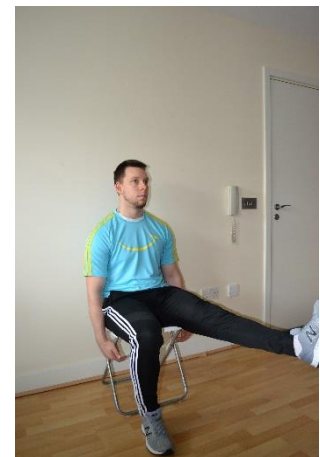
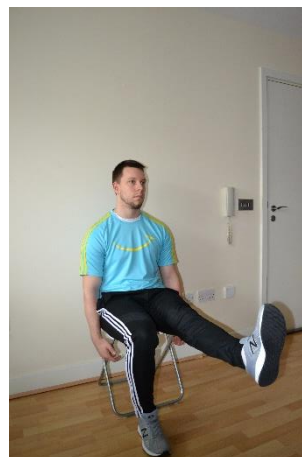
## 5. Leg Swings

Repeat: x10 per leg

Rounds: 1

Rest: 60 seconds

Note: Keep the working leg straight and up in the air



# Cool Down:

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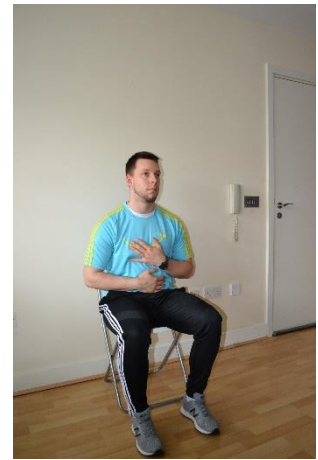
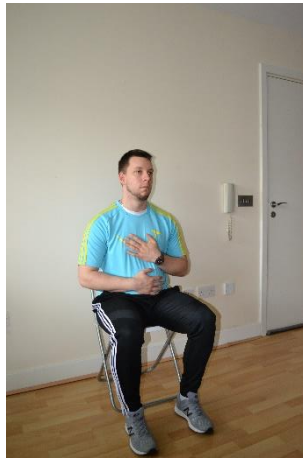
## 1. Belly Breathing

Time: 30 seconds

Rounds: 1

Rest: No Rest

Note: Belly out on the breath in, Belly in on breath out



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## 2. Toe Up & Downs

Repeat: x2 per leg

Rounds: 1

Rest: No Rest

Note: Hold the stretch for 5 seconds



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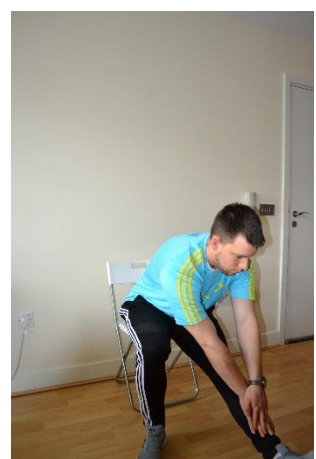
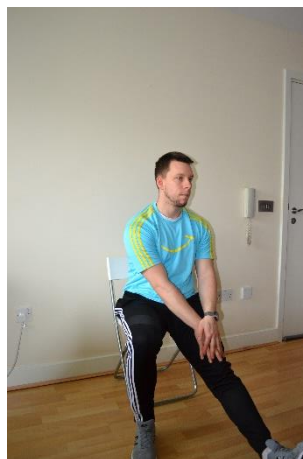
## 3. Hamstring Stretch

Repeat: x2

Rounds: 1

Rest: No Rest

Note: 5 second stretch hold



## 4. Leg Circles

Repeat: x10 per leg

Rounds: 1

Rest: No Rest



Note: x5 Clockwise, x5 Anticlockwise

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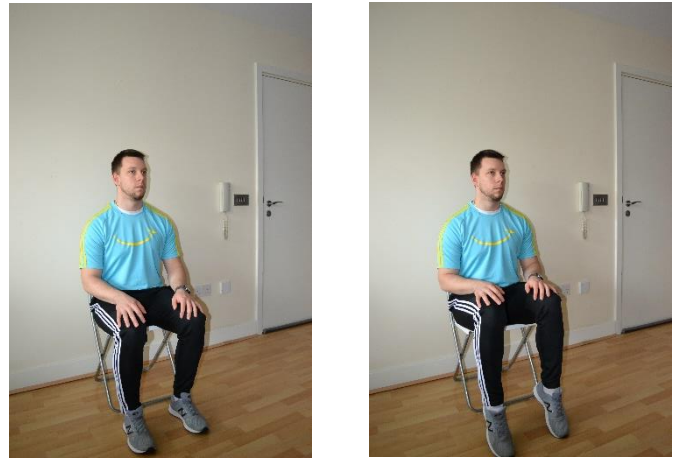
## 5. Heel Raise Hold

Repeat: x2

Rounds: 1

Rest: No Rest

Note: 5 seconds stretch hold



[Note: Please copy and paste the below link into your browser for a "Follow Along" video with James!](https://www.facebook.com/SielBleulreland/videos/268212270837093/)

<https://www.facebook.com/SielBleulreland/videos/268212270837093/>



Siel Bleu Ireland strongly recommends that you consult with your GP before beginning any exercise programme. This workout should only be attempted if you are in good health and are physically able to participate. If you feel any pain or discomfort stop exercising immediately and consult your GP.

18 Eustace Street, Temple Bar, Dublin 2– Telephone: 00 353 (0) 1 209 6889 - [www.sielbleu.ie](http://www.sielbleu.ie)