Warm Up:

1. Single Leg Toe Up & Downs
   Repeat: x10 per leg
   Rounds: 1
   Rest: No Rest
   Note: Hold on to a chair if needed

2. Single Leg Ankle Rolls
   Repeat: x10 per leg
   Rounds: 1
   Rest: No Rest
   Note: x5 Clockwise, x5 Anticlockwise

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)

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

Perform the a & b exercise one after the other. Take a rest and then repeat the superset.
Superset 2 (repeat x3)

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

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

3. Single Leg Balance

Time: 30 seconds
Rounds: 2
Rest: 30 seconds

Note: Keep one knee bend, hover hands over chair

4. Cross Touch

Repeat: x15 per side
Rounds: 2
Rest: 30 seconds

Note: Reach down across the chair

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:

1. Belly Breathing

Time: 30 seconds
Rounds: 1
Rest: No Rest

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

2. Toe Up & Downs

Repeat: x2 per leg
Rounds: 1
Rest: No Rest

Note: Hold the stretch for 5 seconds

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

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!


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.