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: Keep the working leg off the floor

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: Step back, lower back leg to the ground

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 off the floor
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.