



Adapted Community  
Session Workout:  
Paul Kirwan 24<sup>th</sup> March

## Warm Up:

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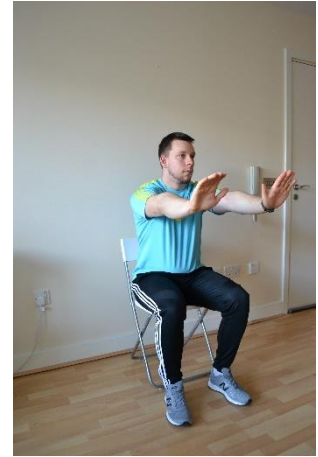
### 1. Arm Pushes

Repeat: x10

Rounds: 1

Rest: No Rest

Note: Imagine pushing a wall away



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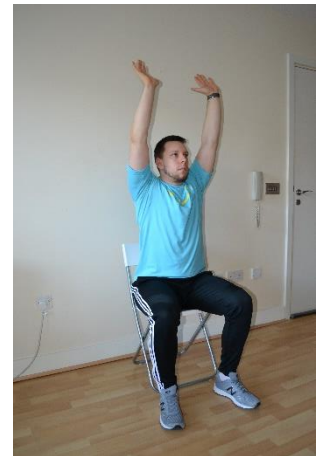
### 2. Arm Pushes Overhead

Repeat: x10

Rounds: 1

Rest: No Rest

Note: Imagine Lifting something overhead



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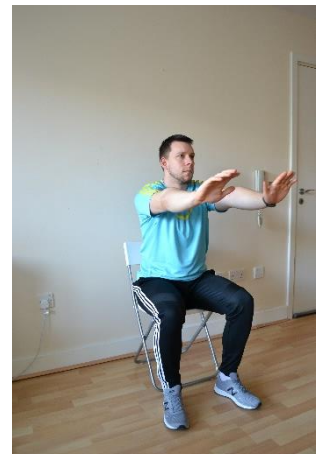
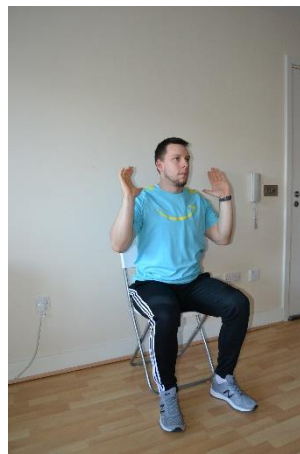
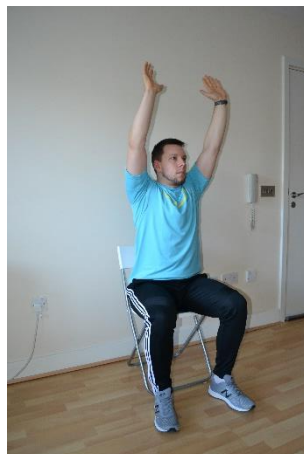
### 3. Arm Push combo

Repeat: x10

Rounds: 1

Rest: No Rest

Note: Alternate Pushing:  
Up, Down, Out, In



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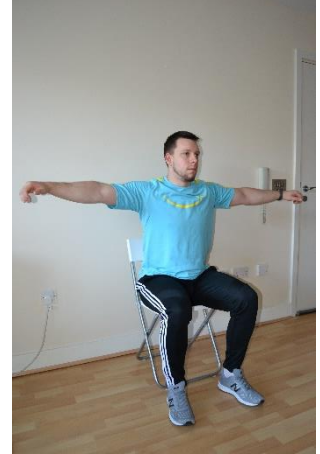
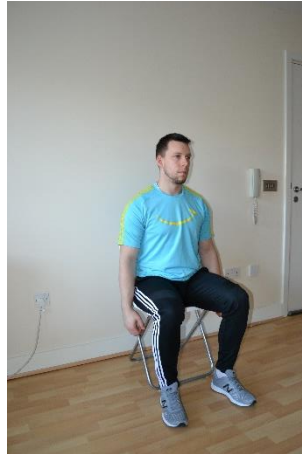
## 4. Lateral Raise

Repeat: x10

Rounds: 1

Rest: No Rest

Note: Raise arms to shoulder height



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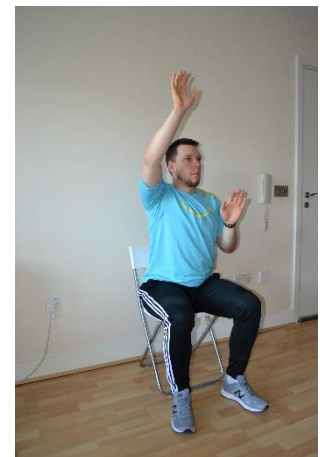
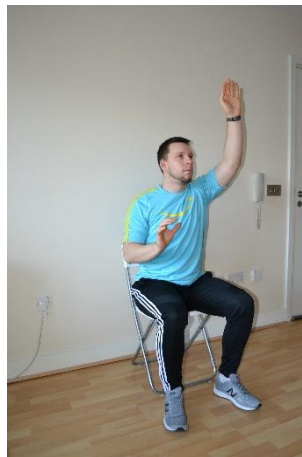
## 5. Climbing

Repeat: x10

Rounds: 1

Rest: No Rest

Note: Grab & Climb upwards



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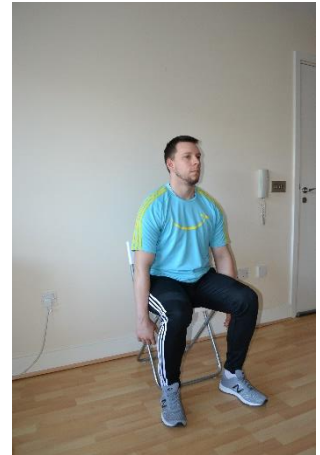
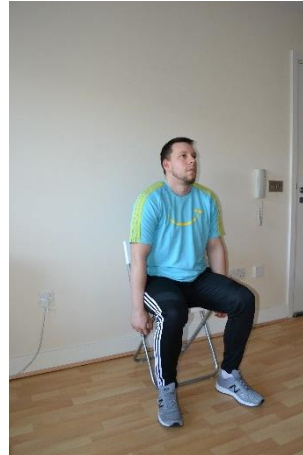
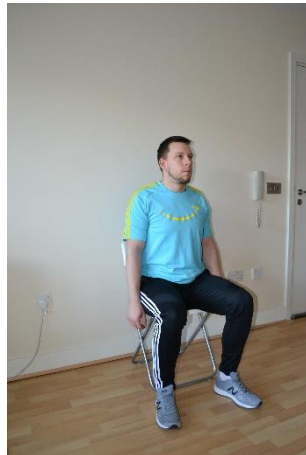
## 6. Shoulder Rolls

Repeat: x20

Rounds: 1

Rest: No Rest

Note: x10 Forward, x10 Backward



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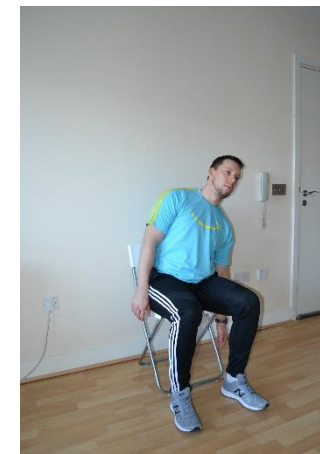
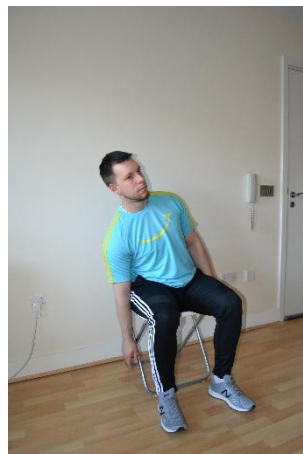
## 7. Side Bend

Repeat: 10

Rounds: 1

Rest: No Rest

Note: x5 left, x5 right



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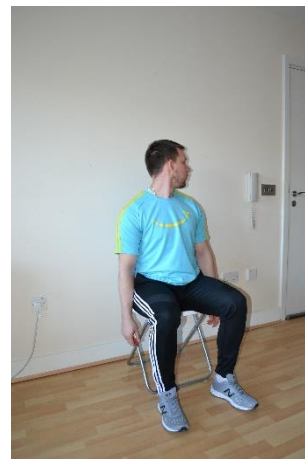
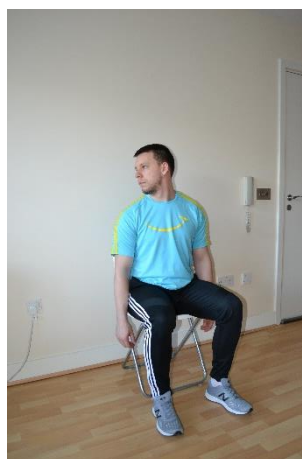
## 8. Head Turns

Repeat: 10

Rounds: 1

Rest: No Rest

Note: x5 left, x5 right



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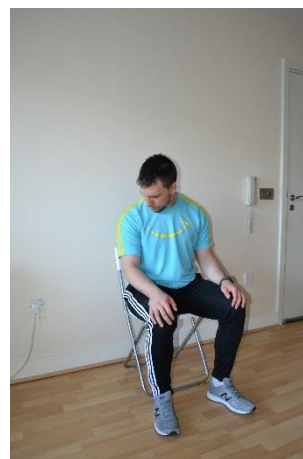
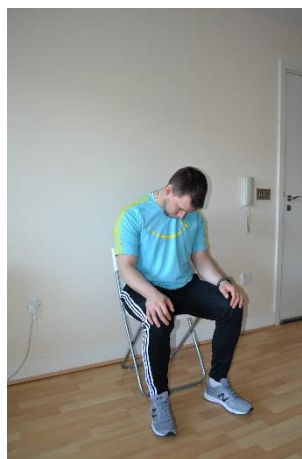
## 9. Head Rolls

Repeat: 10

Rounds: 1

Rest: No Rest

Note: x5 clockwise, x5 anticlockwise



# Main Body:

## Circuit 1 (repeat x3)

Perform each exercise one after the other continuously. Take a rest and then repeat the circuit.

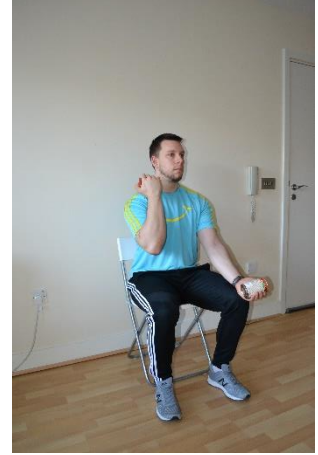
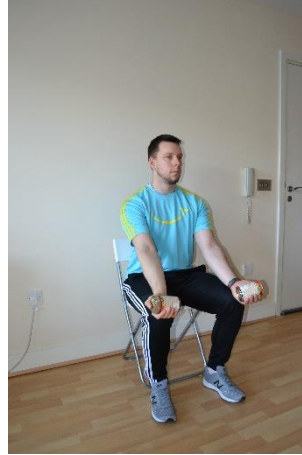
### 1a. Single Arm Bicep Curl

Repeat: x10 per arm

Rounds: 1

Rest: No Rest

Note: Perform one arm at a time



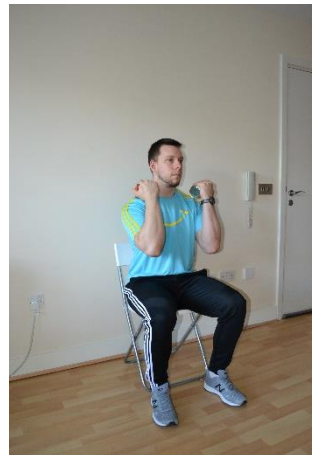
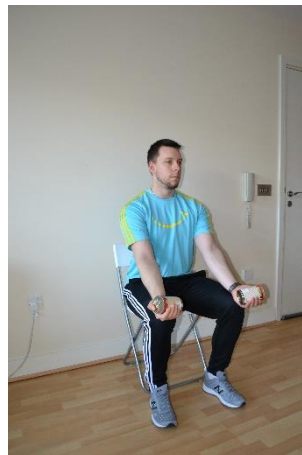
### 1b. Two arm Bicep Curl

Repeat: x10

Rounds: 1

Rest: No Rest

Note: Extend arms fully, bring arms to shoulders



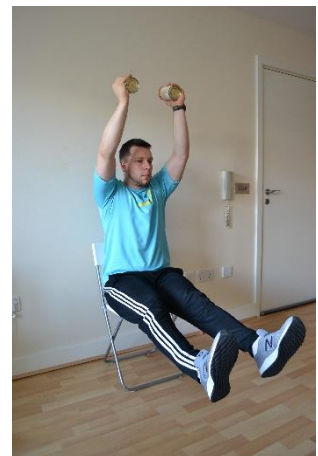
### 1c. Squat & Press Up

Repeat: x10

Rounds:

Rest: No Rest

Note: Keep chest upright and weights close





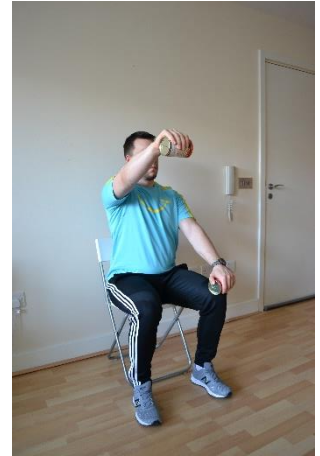
## 1d. Single arm Front Raise

Repeat: x10 per arm

Rounds: 1

Rest: No Rest

Note: Perform one arm at a time



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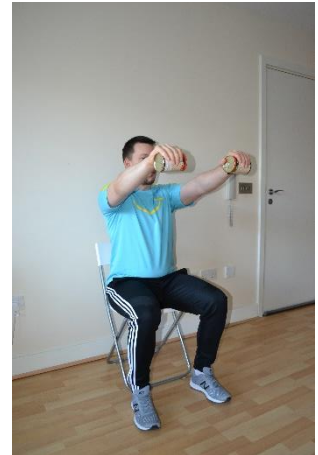
## 1e. Two-arm Front Raise

Repeat: x10

Rounds: 1

Rest: No Rest

Note: Bring arms to shoulder height



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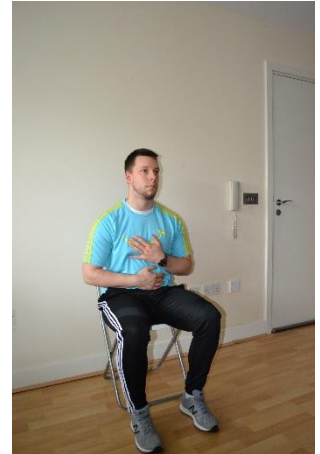
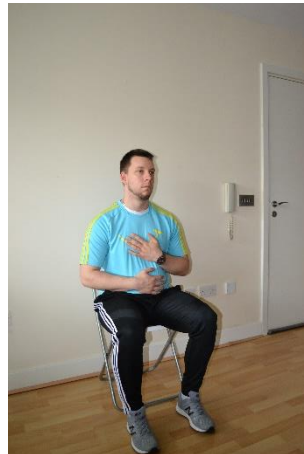
## 1f. Belly Breathing

Time: 60 seconds

Rounds: 1

Rest: No Rest

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



## Circuit 2 (repeat x3)

Perform each exercise one after the other continuously. Take a rest and then repeat the circuit.

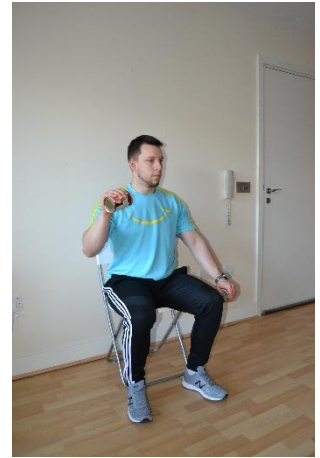
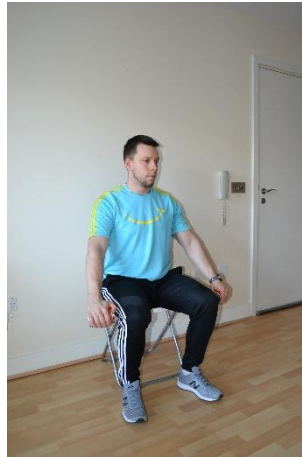
### 2a. Single arm Overhand Curl

Repeat: x10 per arm

Rounds: 1

Rest: No Rest

Note: Perform one arm at a time



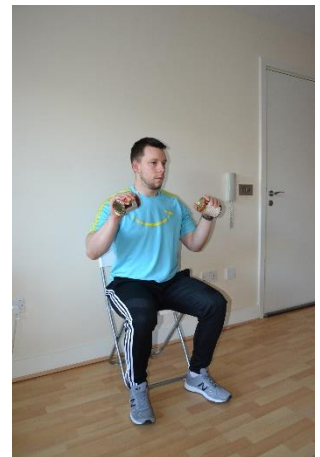
### 2b. Two arm Overhand Curl

Repeat: x10

Rounds: 1

Rest: No Rest

Note: Perform one arm at a time



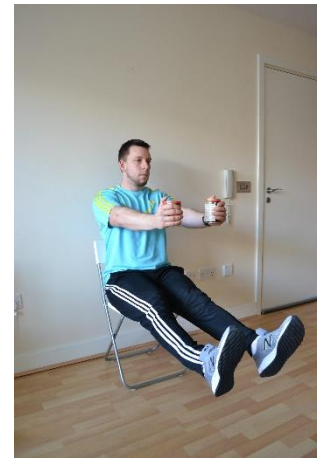
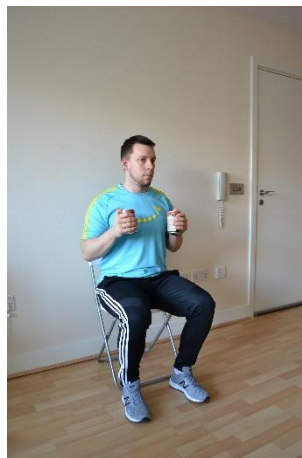
### 2c. Squat & Press Out

Repeat: x10

Rounds: 1

Rest: No Rest

Note: Keep chest upright and weights close



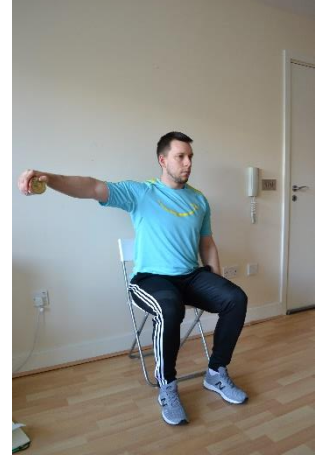
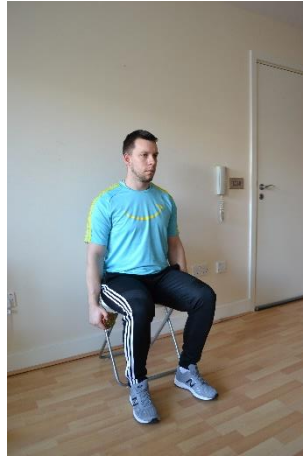
## 2d. Single Arm Lateral Raise

Repeat: x10 per arm

Rounds: 1

Rest: No Rest

Note: Perform one arm at a time



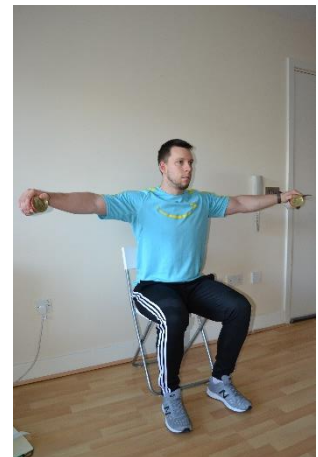
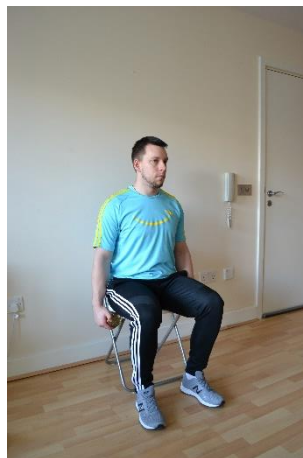
## 2e. Two arm Lateral Raise

Repeat: x10

Rounds: 1

Rest: No Rest

Note: Bring arms to shoulder height



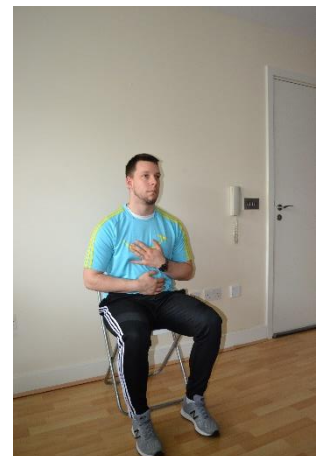
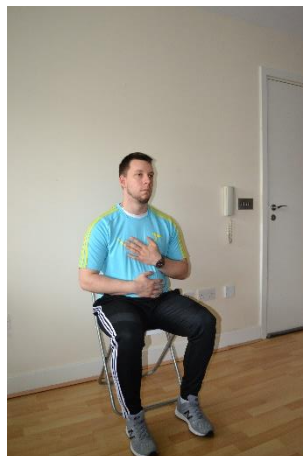
## 2f. Belly Breathing

Time: 60 seconds

Rounds: 1

Rest: No Rest

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



## Circuit 3 (repeat x3)

Perform each exercise one after the other continuously. Take a rest and then repeat the circuit.

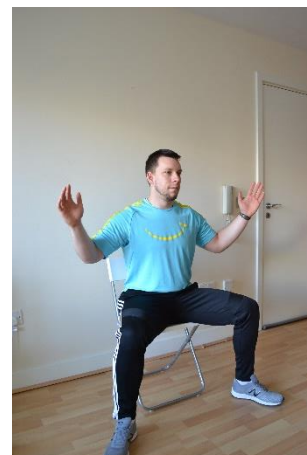
### 3a. Seated Jumping Jacks

Time: 30 seconds

Rounds: 1

Rest: No Rest

Note: Perform one side at a time



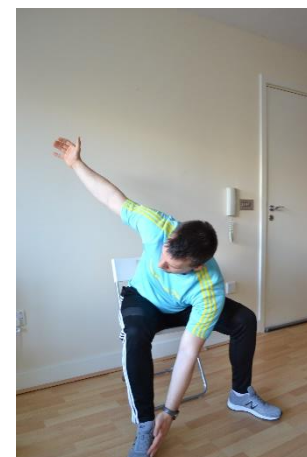
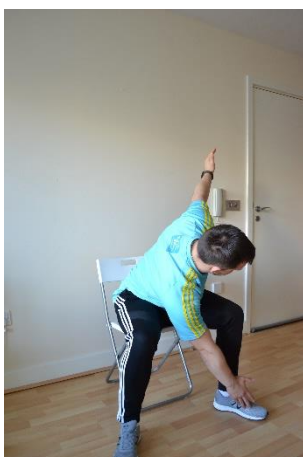
### 3b. Windmill

Time: 30 seconds

Rounds: 1

Rest: No Rest

Note: Reach down as low as you can



### 3c. Jog on the Spot

Time: 30 seconds

Rounds: 1

Rest: No Rest

Note: Bring Knees high





# Cool Down:

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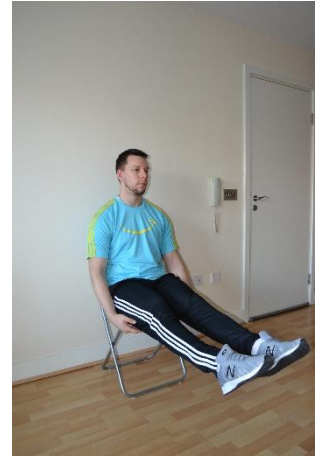
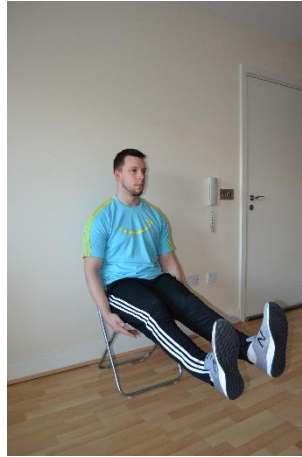
## 1. Toe Up & Down's

Repeat: x10 per leg

Rounds: 1

Rest: No Rest

Note: 3 second stretch hold



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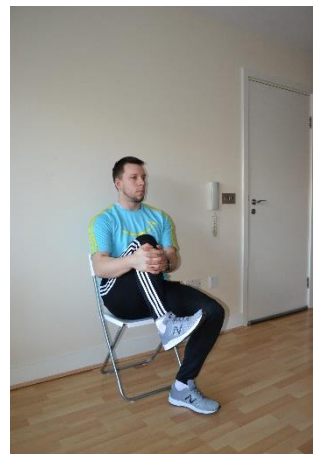
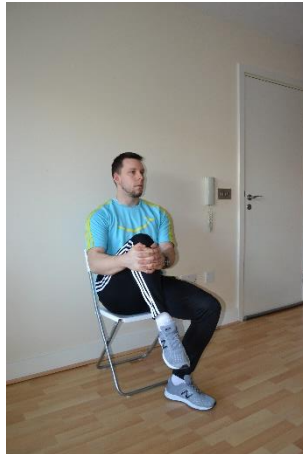
## 2. Knee Hold with Ankle Rolls

Repeat: x10 per leg

Rounds: 1

Rest: No Rest

Note: x5 Clockwise, x5  
Anticlockwise



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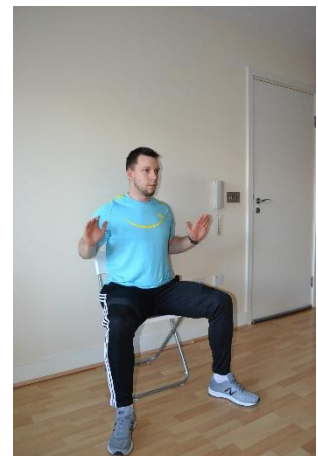
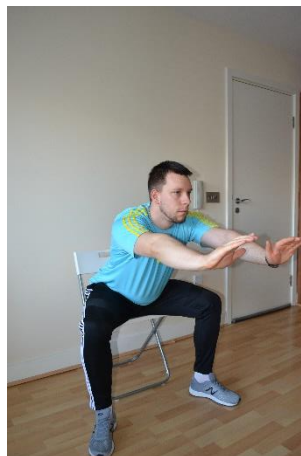
## 3. Body Pushes & Pulls

Repeat: x2

Rounds: 1

Rest: No Rest

Note: 5 second stretch hold



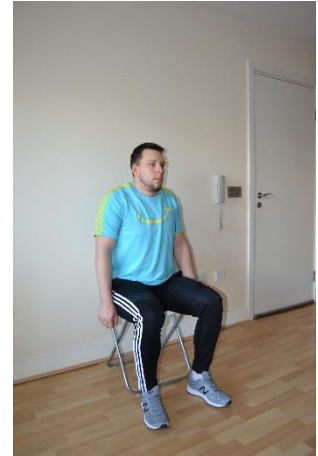
## 4. Shoulder Shrugs

Repeat: x5

Rounds: 1

Rest: No Rest

Note: Bring Shoulders to ears, hands to the ground



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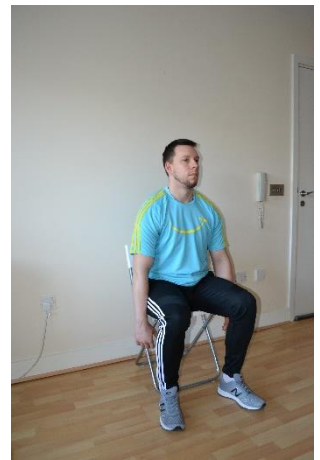
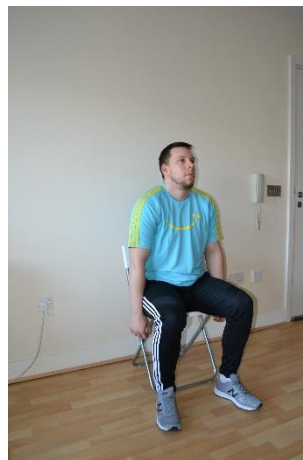
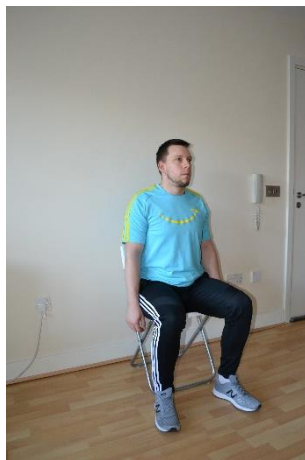
## 5. Shoulder Rolls

Repeat: x10

Rounds: 1

Rest: No Rest

Note: x5 Forward, x5 Backward



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## 5. Overhead Reach

Repeat: x3

Rounds: 1

Rest: No Rest

Note: 5 second stretch hold



Note: Please copy and paste the below link into your browser for a “Follow Along” video with Paul!

[https://www.facebook.com/SielBleuIreland/videos/1891426014497680/?\\_tn=%2Cd%2CP-R&eid=ARCPue1WuxZ9ZRJloY1VG8QRINYS1XG94Lol6NHHGXhUZoR6PELkFmapuN6R3e5M1cJzOyh0UYbK8Tul](https://www.facebook.com/SielBleuIreland/videos/1891426014497680/?_tn=%2Cd%2CP-R&eid=ARCPue1WuxZ9ZRJloY1VG8QRINYS1XG94Lol6NHHGXhUZoR6PELkFmapuN6R3e5M1cJzOyh0UYbK8Tul)



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)