Warm Up:

1. Arm Pushes
Repeat: x10
Rounds: 1
Rest: No Rest

Note: Imagine pushing a wall away

2. Arm Pushes Overhead
Repeat: x10
Rounds: 1
Rest: No Rest

Note: Imagine lifting something overhead

3. Arm Push Combo
Repeat: x10
Rounds: 1
Rest: No Rest

Note: Alternate pushing: Up, Down, Out, In
Lateral Raise

Repeat: x10
Rounds: 1
Rest: No Rest

Note: Raise arms to shoulder height

5. Climbing

Repeat: x10
Rounds: 1
Rest: No Rest

Note: Grab & Climb upwards

6. Shoulder Rolls

Repeat: x20
Rounds: 1
Rest: No Rest

Note: x10 Forward, x10 Backward

7. Side Bend

Repeat: 10
Rounds: 1
Rest: No Rest

Note: x5 left, x5 right
8. Head Turns
Repeat: 10
Rounds: 1
Rest: No Rest
Note: x5 left, x5 right

9. Head Rolls
Repeat: 10
Rounds: 1
Rest: No Rest
Note: x5 clockwise, x5 anticlockwise
Main Body:  
Circuit 1 (repeat x3)

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 hands to shoulders

1c. Squat & Press Up

Repeat: x10  
Rounds:  
Rest: No Rest

Note: Keep chest upright and weights close

Perform each exercise one after the other continuously. Take a rest and then repeat the circuit.
1d. Single Arm Front Raise

Repeat: x10 per arm
Rounds: 1
Rest: No Rest

Note: Perform one arm at a time

1e. Two-arm Front Raise

Repeat: x10
Rounds: 1
Rest: No Rest

Note: Bring arms to shoulder height

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)

2a. Single arm Overhand Curls
Repeat: x10 per arm
Rounds: 1
Rest: No Rest
Note: Perform one arm at a time

2b. Two arm Overhand Curls
Repeat: x10 per arm
Rounds: 1
Rest: No Rest
Note: Extend arms fully, bring hands to shoulders

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)

3a. One Side Jumping Jacks

Time: 30 seconds
Rounds: 1
Rest: No Rest

Note: Perform one side at a time. Alternatively, can perform full Jumping Jacks

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

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

1. Toe Up & Down’s
Repeat: x10 per leg
Rounds: 1
Rest: No Rest
Note: 3 second stretch hold

2. Knee Hold with Ankle Rolls
Repeat: x10 per leg
Rounds: 1
Rest: No Rest
Note: x5 Clockwise, x5 Anticlockwise

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

5. Shoulder Rolls

Repeat: x10
Rounds: 1
Rest: No Rest

Note: x5 Forward, x5 Backward

5. Overhead Reach

Repeat: x3
Rounds: 1
Rest: No Rest

Note: 5 second stretch hold
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.

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