



Adapted Community Session Workout: James Quigley 23rd March

Warm Up:

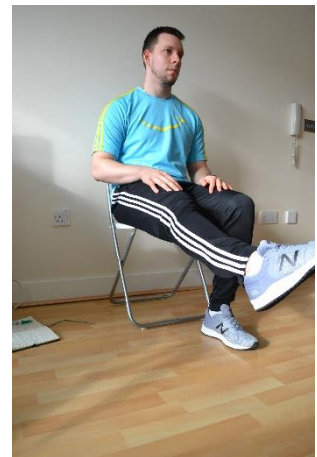
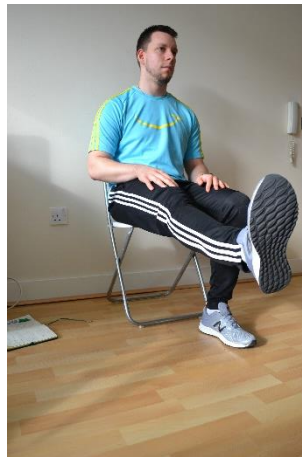
1. Foot Circles

Repeat: x10 per leg

Rounds: 1

Rest: No Rest

Note: x10 Circles Clockwise, x10 Circles
Anticlockwise



2. Leg Kicks

Repeat: x20

Rounds: 1

Rest: No Rest

Note: Alternate Left & Right leg



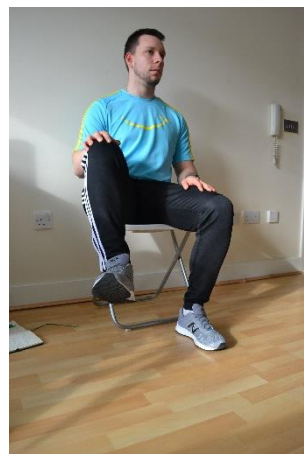
3. Open/Close Gate

Repeat: x10

Rounds: 1

Rest: No Rest

Note: x10 per each leg



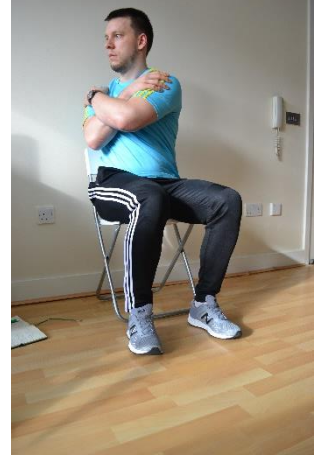
4. Body Twists

Repeat: x6

Rounds: 1

Rest: No Rest

Note: Hold Stretch for 3 seconds



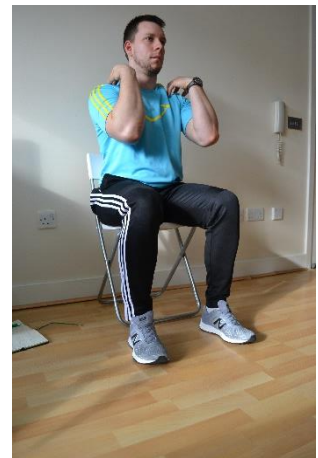
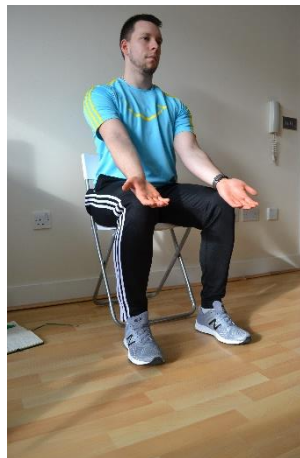
5. Arm Curls

Repeat: x10

Rounds: 1

Rest: No Rest

Note: Stretch arms out, touch shoulders



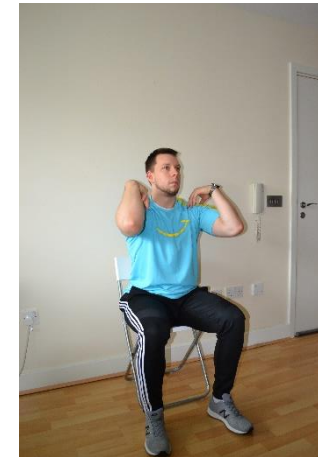
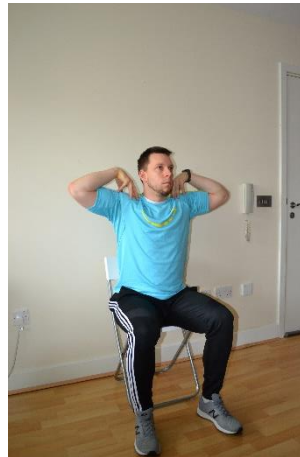
6. Elbow Circles

Repeats: x10

Rounds: 1

Rest: No Rest

Note: x10 Forward Circles, x10 Backward Circles



Main Body:

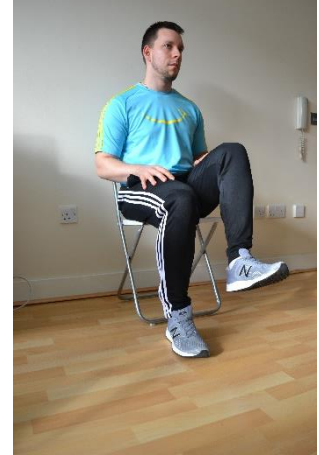
1. Knee Raises

Time: 40 seconds

Rounds: 2

Rest: 20 seconds

Note: Alternate Left and Right Leg



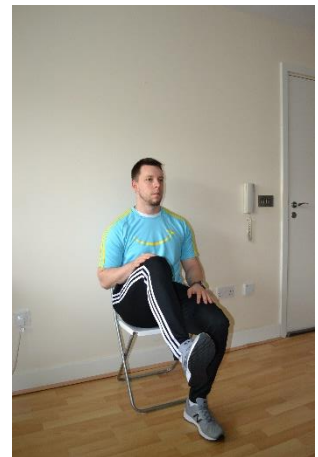
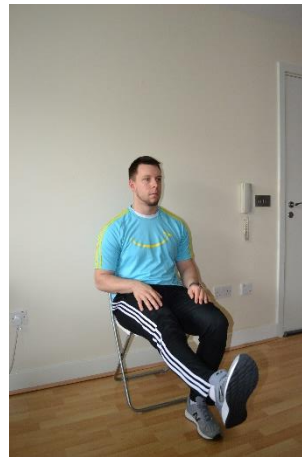
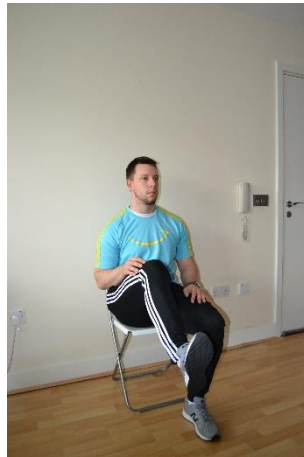
2. Leg Pumps

Time: 40 seconds

Rounds: 2

Rest: 20 seconds

Note: Keep the working leg in the air



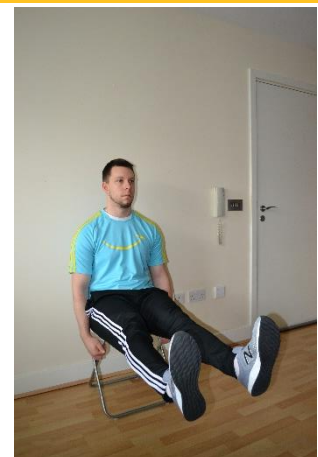
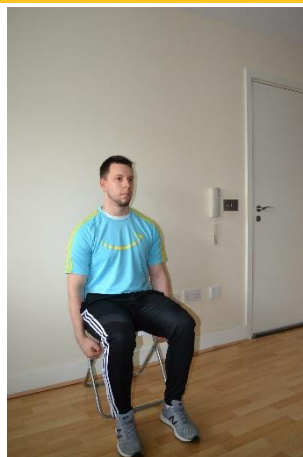
3. Seated Squats

Time: 40 seconds

Rounds: 2

Rest: 20 seconds

Note: Lift both legs at same time



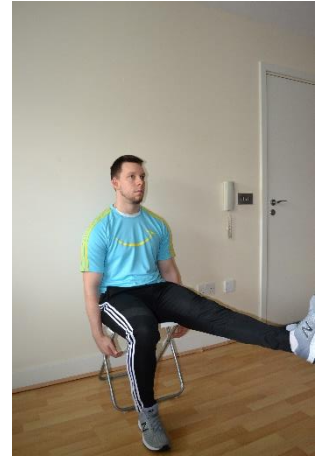
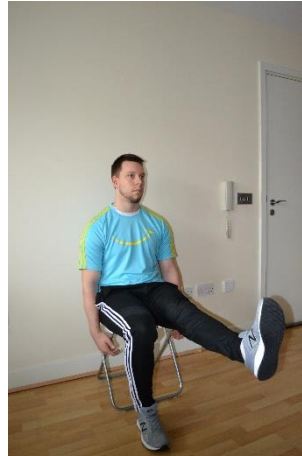
4. Leg Swings

Time: 40 seconds

Rounds: 2

Rest: 20 seconds

Note: Work one leg at a time



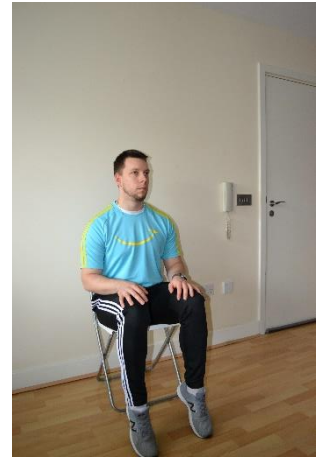
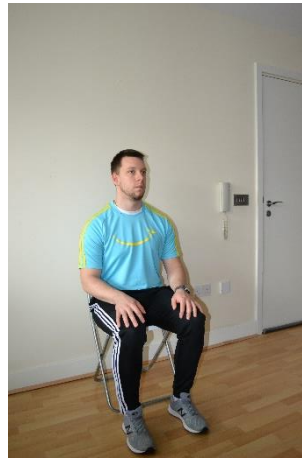
5. Heel Raises

Time: 40 seconds

Rounds: 2

Rest: 20 seconds

Note: Keep the heels off the ground



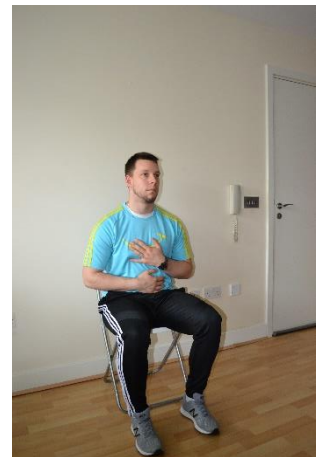
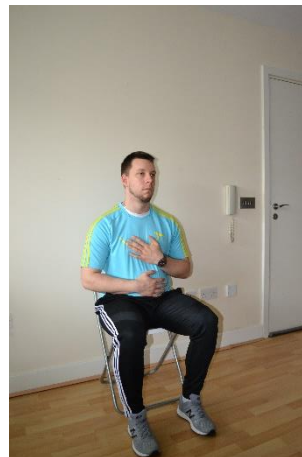
6. Belly Breathing

Time: 40 seconds

Rounds: 1

Rest: 20 seconds

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



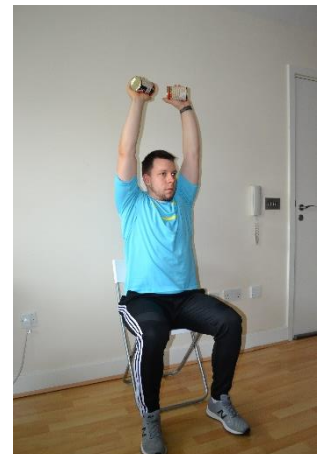
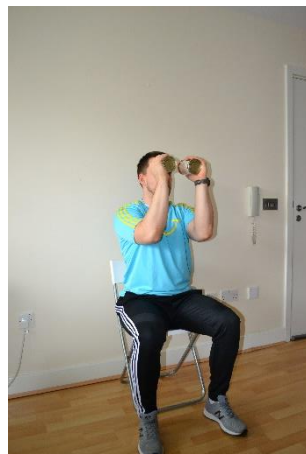
7. Open & Press

Time: 40 seconds

Rounds: 2

Rest: 20 seconds

Note: Use tins/bottles as weights



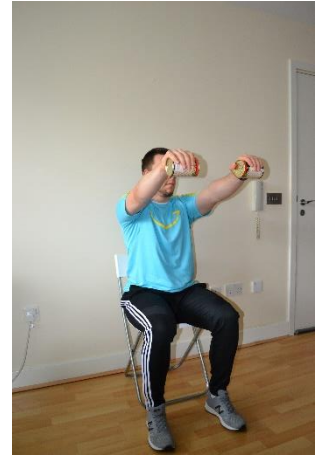
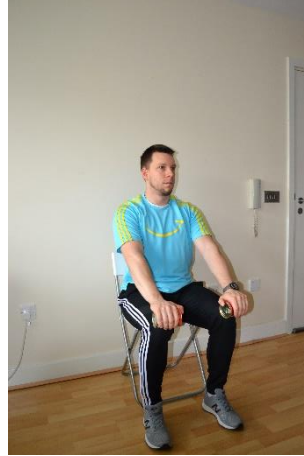
8. Front Raises

Time: 40 seconds

Rounds: 2

Rest: 20 seconds

Note: Use tins/bottles as weights



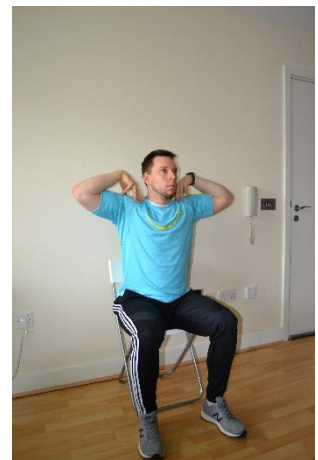
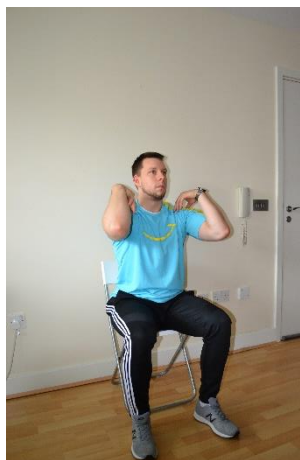
9. Arm Circles

Time: 40 seconds

Rounds: 2

Rest: 20 seconds

Note:
Clockwise/Anticlockwise



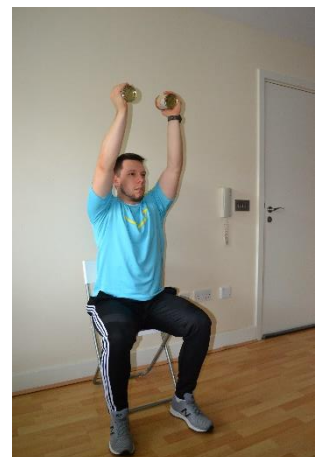
10. Shoulder Press

Time: 40 seconds

Rounds: 2

Rest: 20 seconds

Note: Use tins/bottles as weights



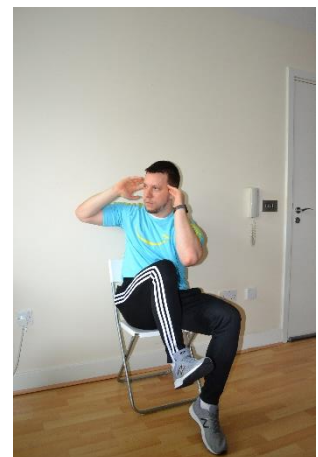
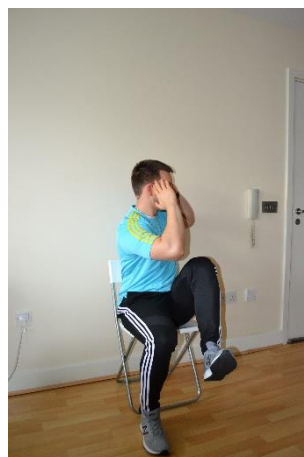
11. Crunches

Time: 40 seconds

Rounds: 2

Rest: 20 seconds

Note: Alternate Left and Right side



Cool Down:

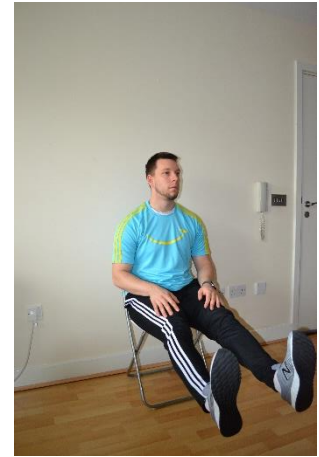
1. Toe Up & Down's

Repeat: x4 per leg

Rounds: 1

Rest: No Rest

Note: 3 second stretch hold



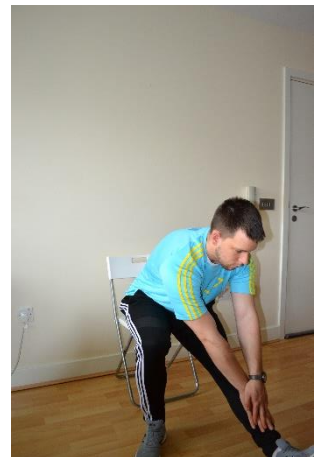
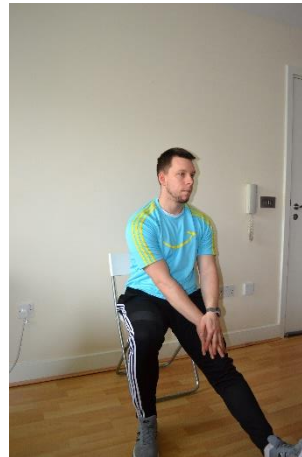
2. Hamstring Stretch

Repeat: x2 per leg

Rounds: 1

Rest: No Rest

Note: 3 second stretch hold



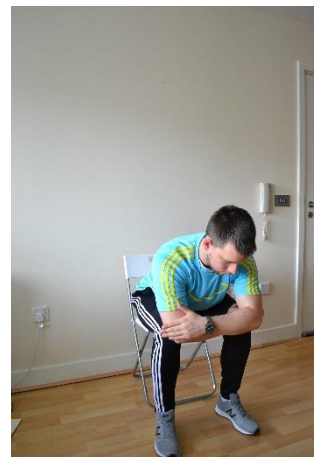
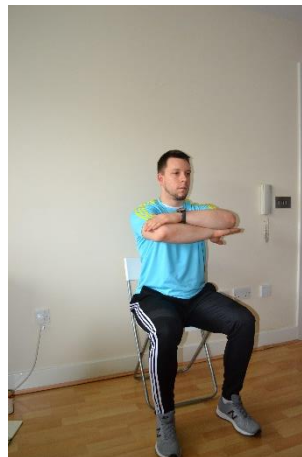
3. Chest to Knees

Repeat: x5

Rounds: 1

Rest: No Rest

Note: 3 second stretch hold



4. Stretch Out, Up, Left & Right

Repeat: x8

Rounds: 1

Rest: No Rest

Note: 3 second stretch hold



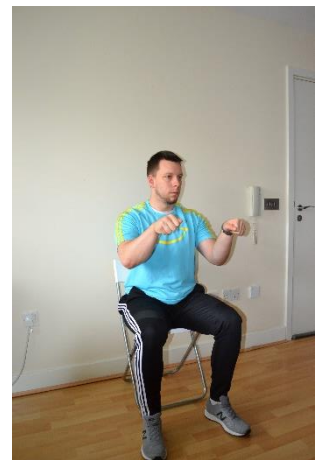
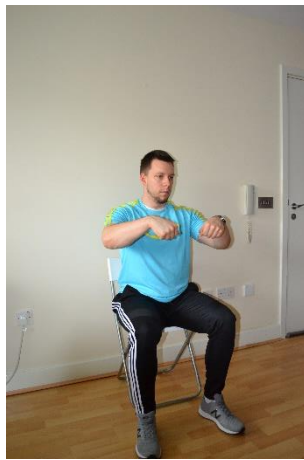
5. Fist Rolls

Repeat: x10

Rounds: 1

Rest: No Rest

Note: x10 Clockwise, x10 Anticlockwise



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

[https://www.facebook.com/SielBleulreland/videos/219969772540095/?_tn=kC-R&eid=ARAC08s8EfA5EhI2VdbpijbAUJALjiuUFWgkrPxB1Fp1eqI8Bd5eHVU6TD-IW2kd5tJxGL9R_AWOzp3z&hc_ref=ARSjjkG-OEVf9B5CTkFNyMiZLdMFmsjKKe7YFIoFqK69pHWYWX6GF4Fi-YVcX413Stg&_xts__\[0\]=68.ARCdzFJTJqdQy-TzooKvwWe-bw9sOuGxyyJe1vIAGVHNKzZ-qXoIBko3y074rmVWHT6CFzgdaGAPmmLlzAKicpEviCCTFf0xrD-Q9xTqAZkI9zxhwgGeZNV0XhAhGQmwkjrybxWITaya_NLapP8gDDT5YCZHgzfvGKOOBWYorQYS3br1Wome34uIJrTPuUWrKfuLgG2oVGGpYTG_-CbW03AO9770nyigFZJZmExtTVXy9ivA97kqfyvf1GHTqmhHxglmRExCEXKYVzNEHoPtheBjBiFyGGFSY0NgIWRpN6Htybx1P9jvR_xH9yg1Bqmfv-W61An92CVMuElObGliJXsgcKupg0Yjodt4r8PFx7TSDrADDHqQhFhf6yaW63clKL-h](https://www.facebook.com/SielBleulreland/videos/219969772540095/?_tn=kC-R&eid=ARAC08s8EfA5EhI2VdbpijbAUJALjiuUFWgkrPxB1Fp1eqI8Bd5eHVU6TD-IW2kd5tJxGL9R_AWOzp3z&hc_ref=ARSjjkG-OEVf9B5CTkFNyMiZLdMFmsjKKe7YFIoFqK69pHWYWX6GF4Fi-YVcX413Stg&_xts__[0]=68.ARCdzFJTJqdQy-TzooKvwWe-bw9sOuGxyyJe1vIAGVHNKzZ-qXoIBko3y074rmVWHT6CFzgdaGAPmmLlzAKicpEviCCTFf0xrD-Q9xTqAZkI9zxhwgGeZNV0XhAhGQmwkjrybxWITaya_NLapP8gDDT5YCZHgzfvGKOOBWYorQYS3br1Wome34uIJrTPuUWrKfuLgG2oVGGpYTG_-CbW03AO9770nyigFZJZmExtTVXy9ivA97kqfyvf1GHTqmhHxglmRExCEXKYVzNEHoPtheBjBiFyGGFSY0NgIWRpN6Htybx1P9jvR_xH9yg1Bqmfv-W61An92CVMuElObGliJXsgcKupg0Yjodt4r8PFx7TSDrADDHqQhFhf6yaW63clKL-h)



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.