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/SielBleuIreland/videos/219969772540095/?__tn__=kC-R&eid=ARRAC08s8efa5Ehl2VdbpjbAUJAljiuUWFgkrFx81Fp1eql8Bd5eHVU6TD-IW2kd5tJxGL9R_AW0zp3z&hc_ref=ARSjikG-0EVf9B5CTkFNYMi1zdMfmsjKKe7YFioFqkG99pHWWyX6GF4f-YVcX413Stg&_xts_[0]=68.ARCdzFJTqdy-TzooKvwWe- bw9sOuGxyje1v1AGVHNKxz-qXoIBko3y074rMVWHT6CFzgdaGAPmmlIzAKicpEvICCTF0xrdO-Q9xTqAzk9zxhmgGeZNOXhAHGQmwkJrybxWITAya_NLapp8gDDT5YCZHgfYvGKOObWYorQYS3br1WOme34uJrTPuUWrKfuLgG2oVGgPyyTg--Cbw03AO9770nyigFZIzMExtTVXy9ivA97kgqFyvf1GHTqmnHxgImReXCeXkYVzNEHoPtheBjBiFyGGFSY0NgIWRpN6Htybx1P9JvR_xH9yg18qmV-W61An92CVMuElObGlij5XgkcUpvp0Yjodt4r8PFX7TSdADDHgQhFh6yaW63clkJ-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.