Warm Up:

1. Foot Circles
   - Repeat: x10
   - 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

Repeat: 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. Split Squats
   Time: 40 seconds
   Rounds: 2
   Rest: 20 seconds
   Note: Keep the back knee off the floor

3. Sit to Stands
   Time: 40 seconds
   Rounds: 2
   Rest: 20 seconds
   Note: Keep the knees out
4. Leg Swings
Time: 40 seconds
Rounds: 2
Rest: 20 seconds
Note: Keep the working leg off the floor

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 at each position

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=ARRAC08s8EFA5Ehl2VdbpjbuAJALjuuUFWgkrPixB1Fp1eql8Bd5eHVU6TD-IW2d5tJxGL9R_AWOzp3z&hc_ref=ARSjikG-QEVf9B5CTkFNYMiZldMFmsjKKe7YFioFqK69pHWYW6GF4i-YYcX413Stg&_xts__[0]=68.ARCdzFJTqdQy-TzooKvwWe-bw9cOsGxyyJe1vIAGVHKKzZ-qXolBko3y074rmVWH6CFzgdaGAPmmmlzAkpEvEcTFF0xrQ9xTqAzkJ9zxhwgGeZVQXhAhGQmwkJrybxWITAya_NLapP8gDdT5YCHZG5vGKOObWYorQYS3br1WOme34uIjrTPuUWrKfuLgG2oVGGpYTG_-Cbw03AO9770nyigFZlZmExTVXy9ivA97kqYyf1GHTqmhHxglmRExCEK1yVzNEHoPtheBjBiFyGGFSY0NglWRpN6Htybx1P9jyR_xH9yg1BqmVW-61An92CVMuElObGij5xgcKupg0Yjo6t4r8PFX7TSDrADDHqQhf6yaW63clKL-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.