Warm Up:

1. Wrist Rolls & Heel to Toe
   Time: 30 seconds
   Rounds: 1
   Rest: No Rest

   Note: Alternate Feet

2. Criss Cross Arms
   Time: 30 seconds
   Rounds: 1
   Rest: No Rest

   Note: Stretch arms out wide

3. Shoulder Rolls
   Time: 30 seconds
   Rounds: 1
   Rest: No Rest

   Note: Roll forward & back for 15 seconds each
4. Arm Swings

Time: 30 seconds
Rounds: 1
Rest: No Rest

Note: Alternate left & right arm

5. Body Twists

Time: 30 seconds
Rounds: 1
Rest: No Rest

Note: Keep the arm at shoulder level

6. Single Leg Knee Raise

Time: 30 seconds
Rounds: 1
Rest: No Rest

Note: 30 seconds per leg

7. March with Arm Swings

Time: 30 seconds
Rounds: 1
Rest: No Rest

Note: Bring knees and arms up high
8. **Single Leg Foot Circles**

Time: 30 seconds  
Rounds: 1  
Rest: No Rest

Note: Keep leg up high and straight

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9. **Elbow Circles**

Time: 30 seconds  
Rounds: 1  
Rest: No Rest

Note: Circles forward & back, 15 seconds each
Main Body:
Circuit 1 (repeat x3)

1a. Upright Shoulder Reaches

Time: 45 seconds
Rounds: 1
Rest: No Rest

Note: Left, Right, Both, Both, Repeat

1b. Cross arm Lean

Time: 45 seconds
Rounds: 1
Rest: No Rest

Note: Keep the arms crossed & elbows high

1c. Feet March & Arm Pulses

Time: 45 seconds
Rounds: 1
Rest: 60 seconds

Note: March and Pulse arms fast

Perform each exercise one after the other continuously. Take a rest and then repeat the circuit.
Circuit 2 (repeat x3)

2a. Outright Shoulder Reaches

Time: 45 seconds
Rounds: 1
Rest: No Rest

Note: Left, Right, Both, Both, Repeat

2b. Cross arm Lean

Time: 45 seconds
Rounds: 1
Rest: No Rest

Note: Keep the arms crossed & elbows high

1c. Feet March & Arm Pulses

Time: 45 seconds
Rounds: 1
Rest: 60 seconds

Note: March and Pulse arms fast

Perform each exercise one after the other continuously. Take a rest and then repeat the circuit.
Circuit 3 (repeat x3)

3a. Shadow Boxing

Time: 45 seconds
Rounds: 1
Rest: No Rest

Note: Alternate Left and Right

3b. Chair Crunch Hold

Time: 45 seconds
Rounds: 1
Rest: No Rest

Note: Keep knees high and back off the chair

3c. Arm & Leg Step Outs

Time: 45 seconds
Rounds: 1
Rest: 60 seconds

Note: Perform same side step outs if too difficult

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

1. Side Bend Hold
   Repeat: x2 per side
   Rounds: 1
   Rest: No Rest

   Note: 5 second stretch hold

2. Overhead Reach Lean
   Repeat: x2 per side
   Rounds: 1
   Rest: No Rest

   Note: 5 seconds stretch hold

3. Shoulder Rolls
   Repeat: x10
   Rounds: 1
   Rest: No Rest

   Note: x5 forward, x5 backward
4. Head Turns

Repeat: x2 per side
Rounds: 1
Rest: No Rest

Note: Look over the shoulder, hold 5 seconds

5. Shoulder Shrugs

Repeat: x4
Rounds: 1
Rest: No Rest

Note: 5 seconds stretch hold

5. Belly Breathing

Repeat: x5
Rounds: 1
Rest: No Rest

Note: Belly out on breath in, Belly in on breath out
Note: Please copy and paste the below link into your browser for a video of Margueritte performing the exercises with additional coaching points and encouragement!

https://www.facebook.com/SielBleuIreland/videos/216381469599323/

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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