

Warm Up:

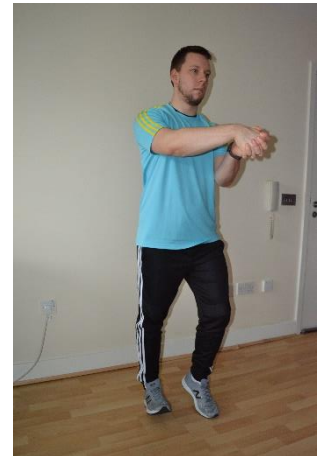
1. Wrist Rolls & Heel to Toe

Time: 30 seconds

Rounds: 1

Rest: No Rest

Note: Alternate Feet



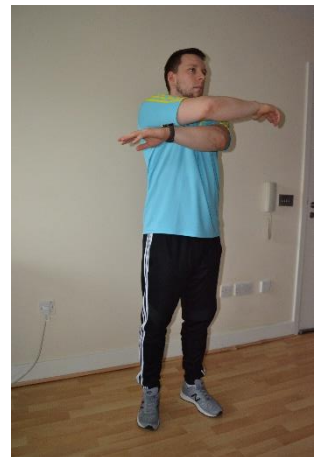
2. Criss Cross Arms

Time: 30 seconds

Rounds: 1

Rest: No Rest

Note: Stretch arms out wide



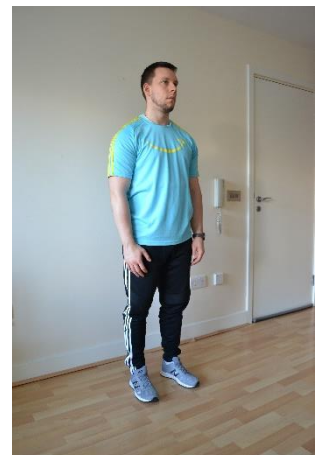
3. Shoulder Rolls

Time: 30 seconds

Rounds: 1

Rest: No Rest

Note: Roll forward & back for 15 seconds each



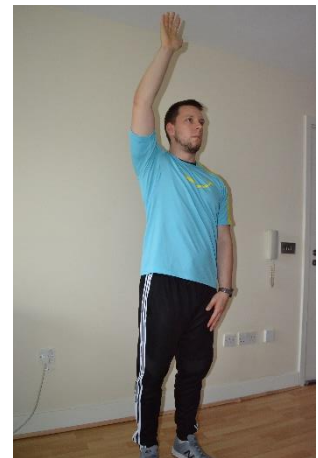
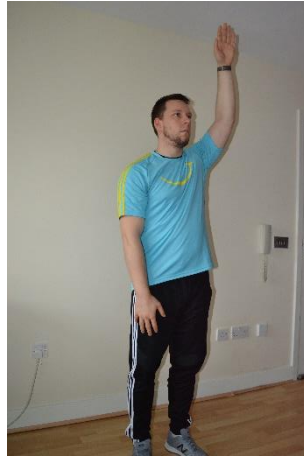
4. Arm Swings

Time: 30 seconds

Rounds: 1

Rest: No Rest

Note: Alternate left & right arm



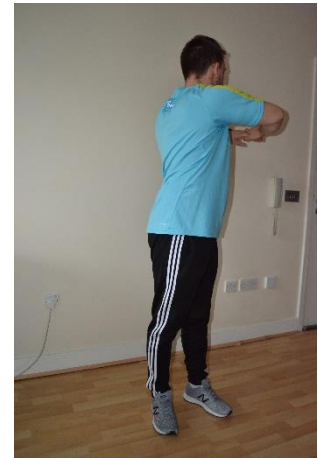
5. Body Twists

Time: 30 seconds

Rounds: 1

Rest: No Rest

Note: Keep the arm at shoulder level



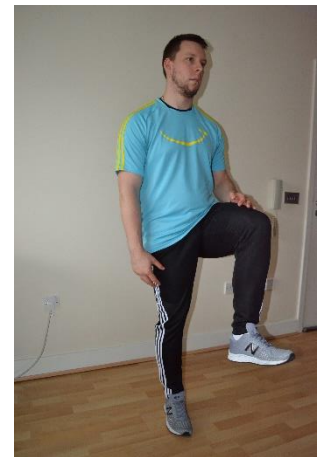
6. Single Leg Knee Raise

Time: 30 seconds

Rounds: 1

Rest: No Rest

Note: 30 seconds per leg



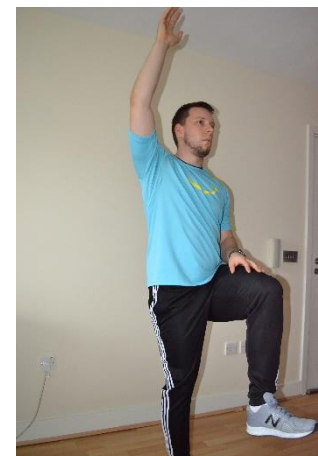
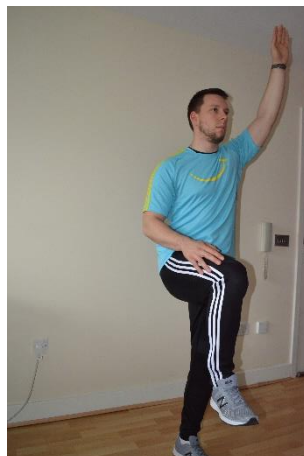
7. March with Arm Swings

Time: 30 seconds

Rounds: 1

Rest: No Rest

Note: Bring knees and arms up high



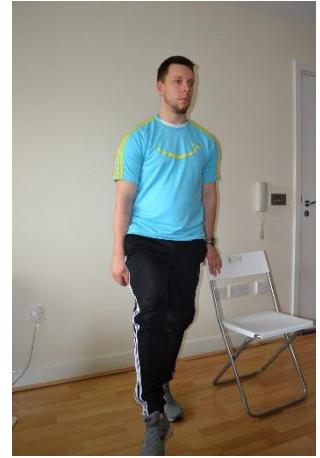
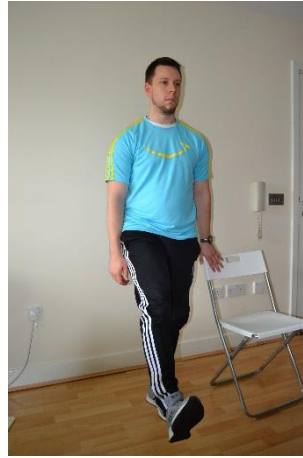
8. Single Leg Foot Circles

Time: 30 seconds

Rounds: 1

Rest: No Rest

Note: Keep leg up high and straight



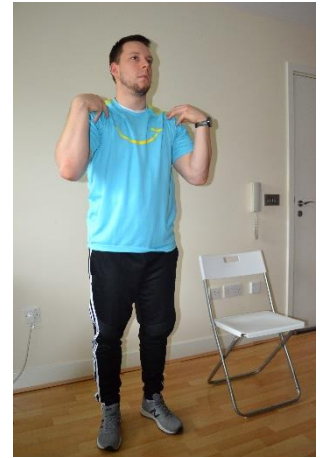
9. Elbow Circles

Time: 30 seconds

Rounds: 1

Rest: No Rest

Note: Circles forward & back, 15 seconds each



Main Body:

Circuit 1 (repeat x3)

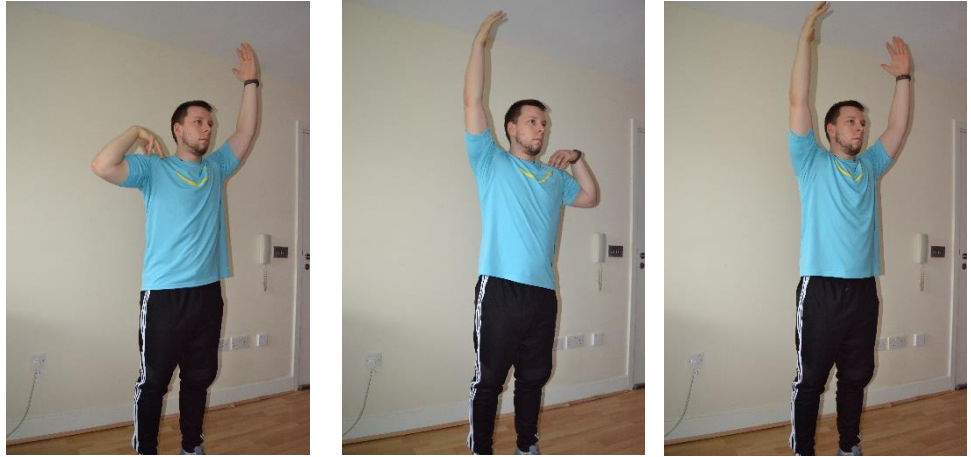
Perform each exercise one after the other continuously. Take a rest and then repeat the circuit.

1a. Upright Shoulder Reaches

Time: 45 seconds

Rounds: 1

Rest: No Rest



Note: Left, Right, Both, Both, Repeat

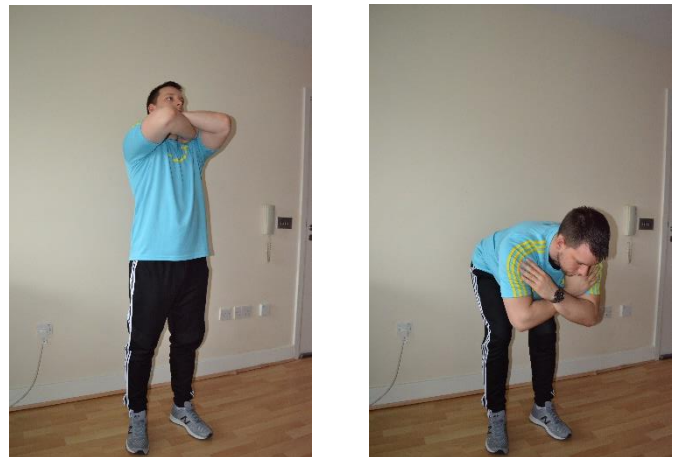
1b. Cross arm Lean

Time: 45 seconds

Rounds: 1

Rest: No Rest

Note: Keep the arms crossed & elbows high



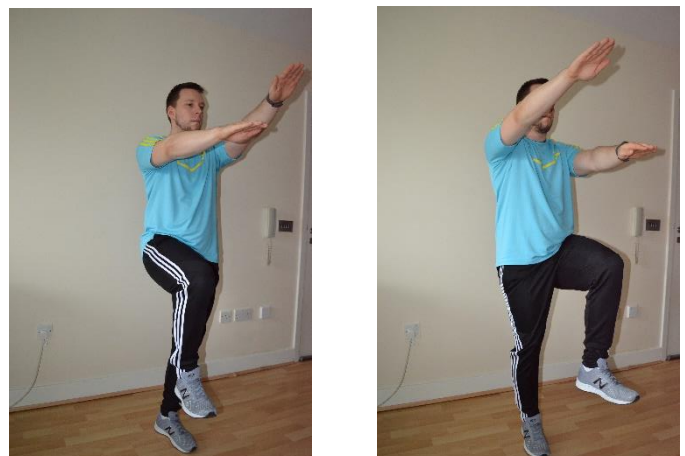
1c. Feet March & Arm Pulses

Time: 45 seconds

Rounds: 1

Rest: 60 seconds

Note: March and Pulse arms fast



Circuit 2 (repeat x3)

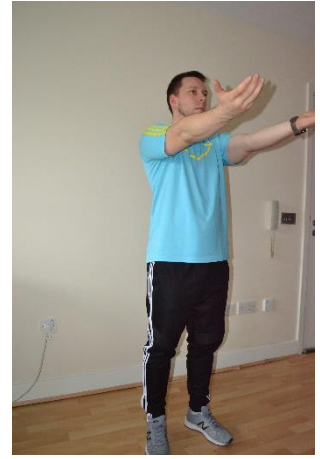
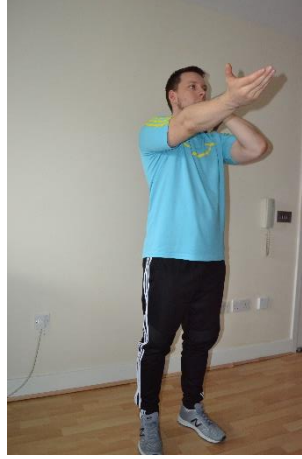
Perform each exercise one after the other continuously. Take a rest and then repeat the circuit.

2a. Outright Shoulder Reaches

Time: 45 seconds

Rounds: 1

Rest: No Rest



Note: Left, Right, Both, Both, Repeat

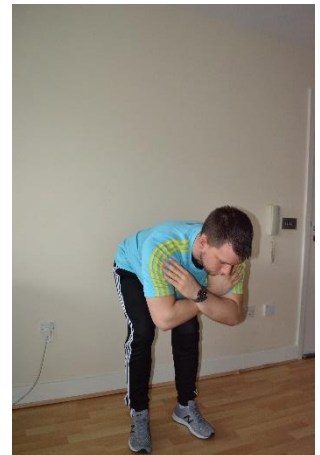
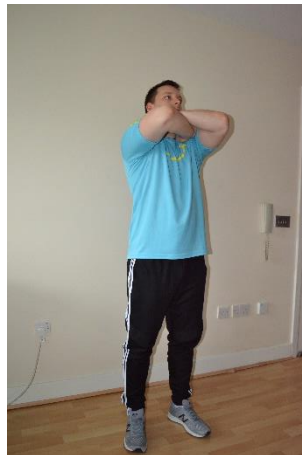
2b. Cross arm Lean

Time: 45 seconds

Rounds: 1

Rest: No Rest

Note: Keep the arms crossed & elbows high



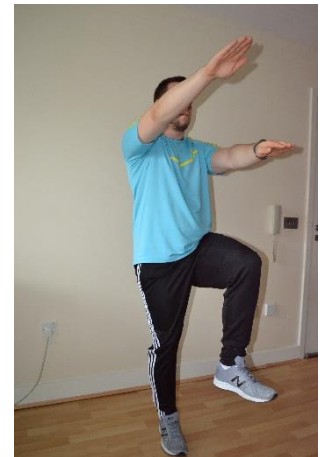
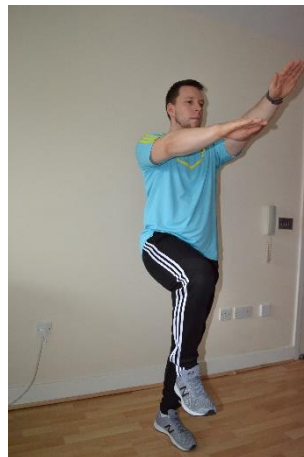
1c. Feet March & Arm Pulses

Time: 45 seconds

Rounds: 1

Rest: 60 seconds

Note: March and Pulse arms fast



Circuit 3 (repeat x3)

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

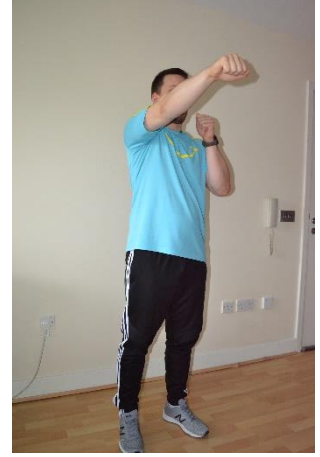
3a. Shadow Boxing

Time: 45 seconds

Rounds: 1

Rest: No Rest

Note: Alternate Left and Right



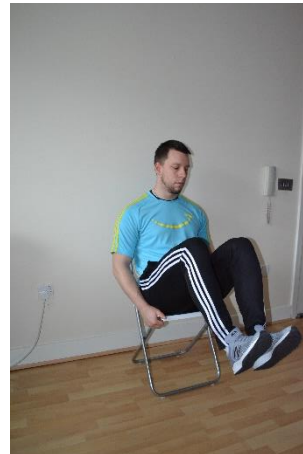
3b. Chair Crunch Hold

Time: 45 seconds

Rounds: 1

Rest: No Rest

Note: Keep knees high and back off the chair



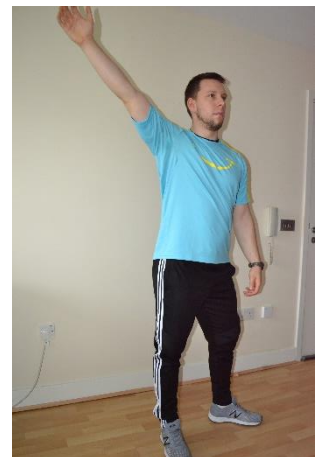
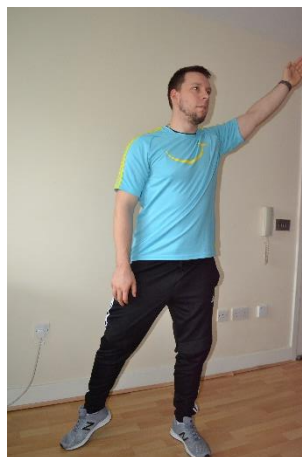
3c. Arm & Leg Step Outs

Time: 45 seconds

Rounds: 1

Rest: 60 seconds

Note: Perform same side step outs if too difficult



Cool Down:

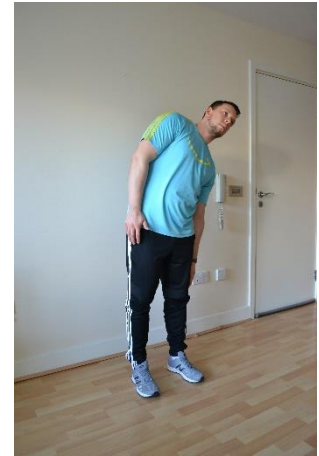
1. Side Bend Hold

Repeat: x2 per side

Rounds: 1

Rest: No Rest

Note: 5 second stretch hold



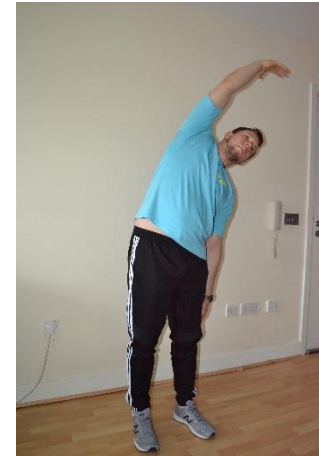
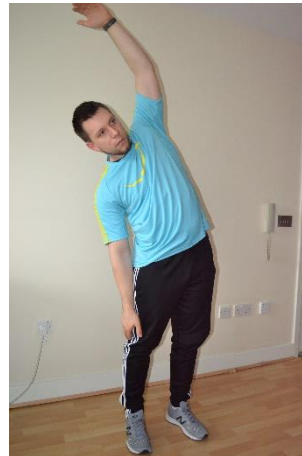
2. Overhead Reach Lean

Repeat: x2 per side

Rounds: 1

Rest: No Rest

Note: 5 seconds stretch hold



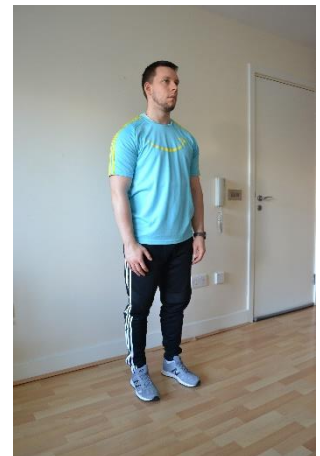
3. Shoulder Rolls

Repeat: x10

Rounds: 1

Rest: No Rest

Note: x5 forward, x5 backward



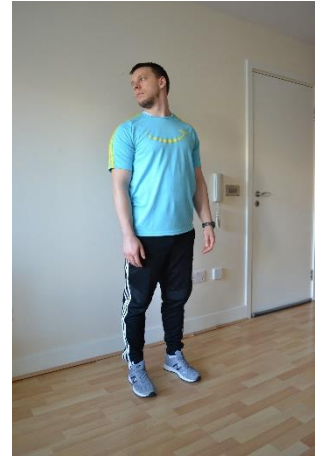
4. Head Turns

Repeat: x2 per side

Rounds: 1

Rest: No Rest

Note: Look over the shoulder, hold 5 seconds



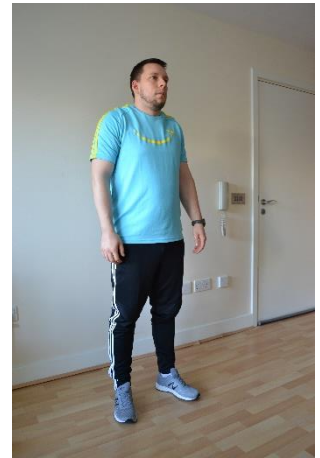
5. Shoulder Shrugs

Repeat: x4

Rounds: 1

Rest: No Rest

Note: 5 seconds stretch hold



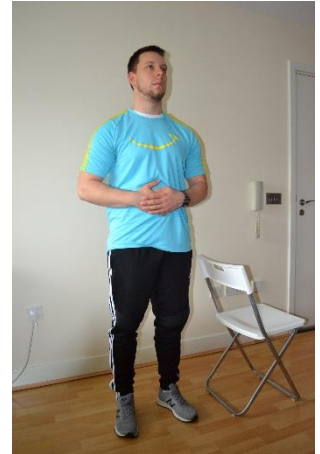
5. Belly Breathing

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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