

Warm Up:

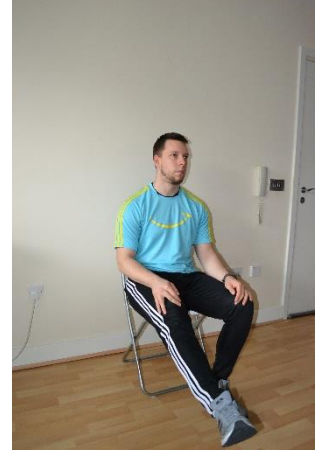
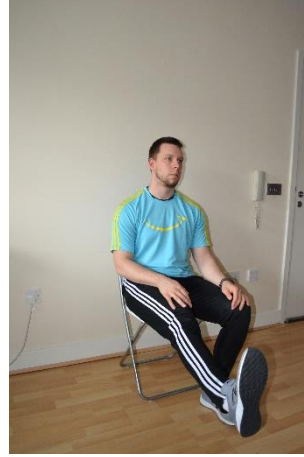
1. Ankle Circles

Repeat: x10 per leg

Rounds: 1

Rest: No Rest

Note: x5 Circles Clockwise,
x5 Circles Anticlockwise



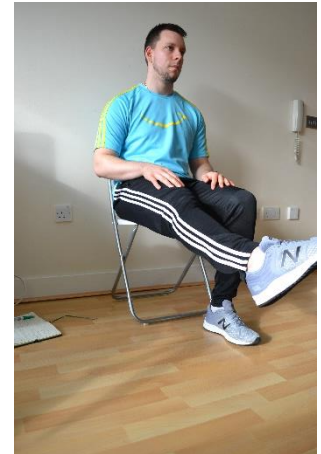
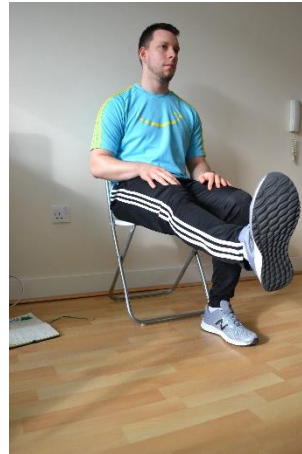
2. Toe Up & Down's

Repeat: x10 per leg

Rounds: 1

Rest: No Rest

Note: Hold Last repetition for 5 seconds



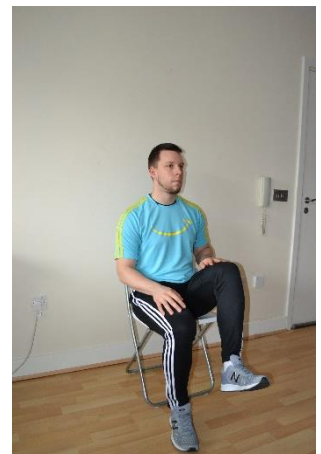
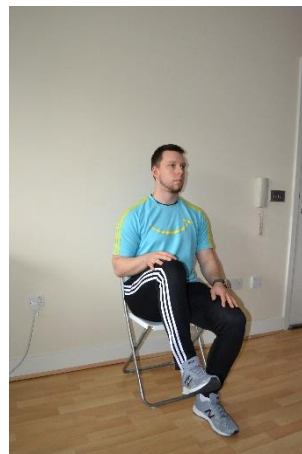
3. Marching

Time: 30 seconds

Rounds: 1

Rest: No Rest

Note: Bring the knees high in the air



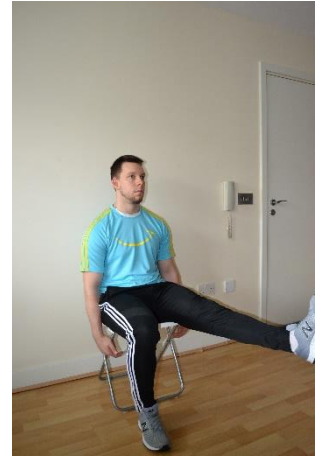
4. Leg Swings

Repeat: x10 per leg

Rounds: 1

Rest: No Rest

Note: Keep the foot off the ground



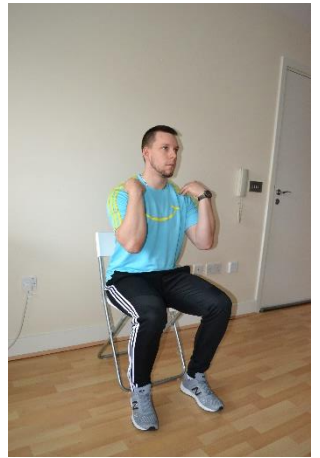
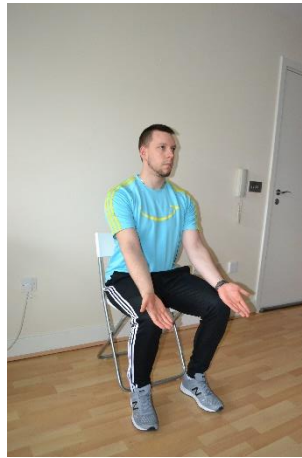
5. Shoulder Taps

Repeat: x20

Rounds: 1

Rest: No Rest

Note: Extend arms fully, touch the shoulders



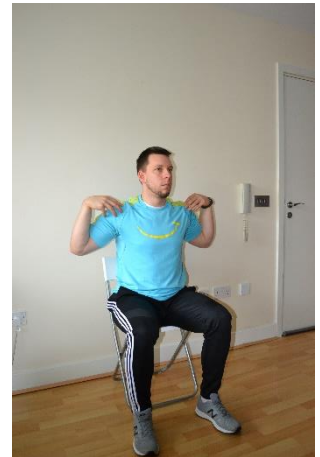
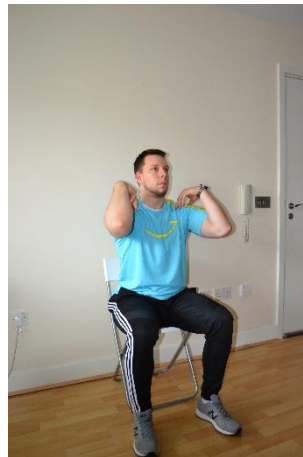
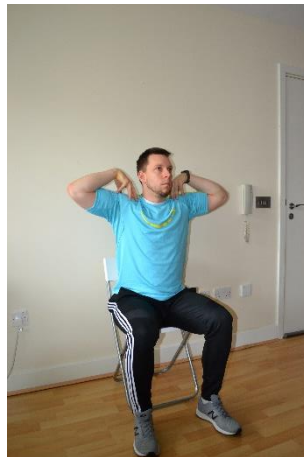
6. Elbow Circles

Repeat: x10

Rounds: 1

Rest: No Rest

Note: x10 Forward Circles,
x10 Backward Circles



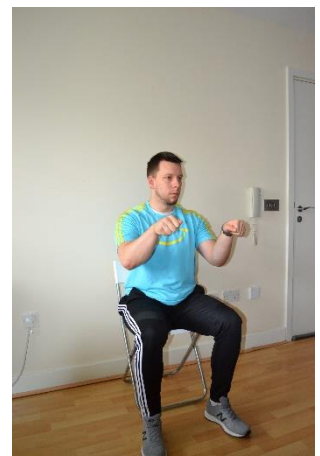
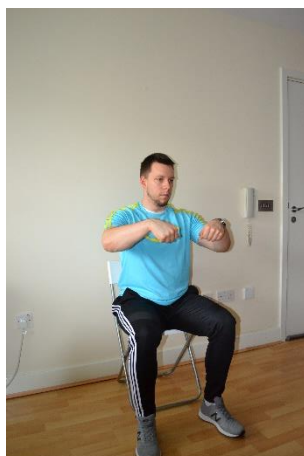
7. Wrist Rolls

Repeat: x10

Rounds: 1

Rest: No Rest

Note: x10 clockwise, x10
anticlockwise



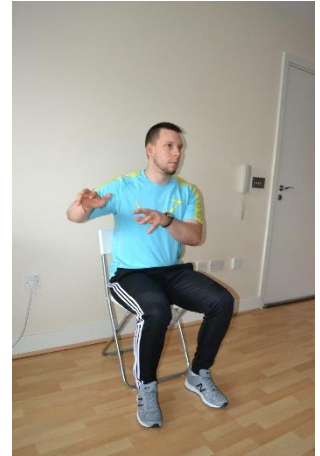
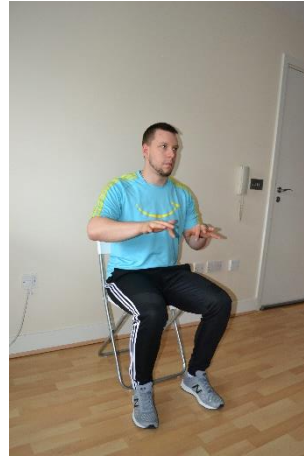
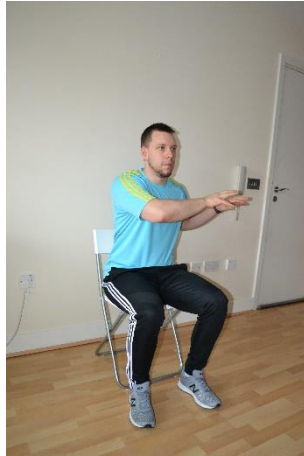
8. Piano Fingers

Time: 20 seconds

Rounds: 1

Rest: No Rest

Note: Wiggle the fingers left and right, standing



Main Body:

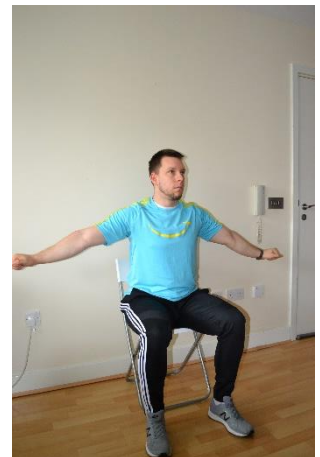
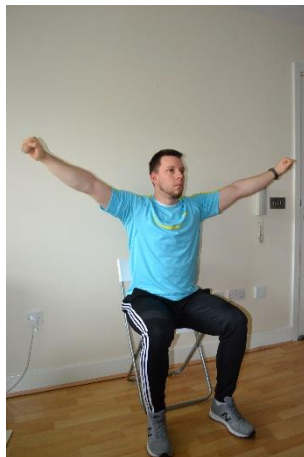
1. Arm Circles

Time: 30 seconds

Rounds: 4

Rest: 30 seconds

Note: Switch direction with each round, use light weight for added difficulty. 60 second rest after 4 rounds



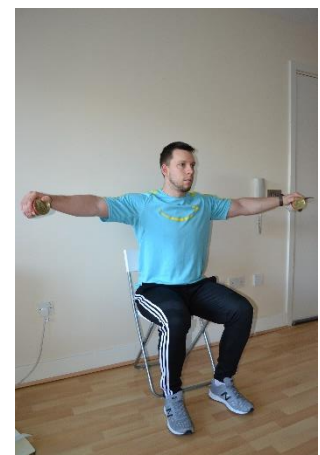
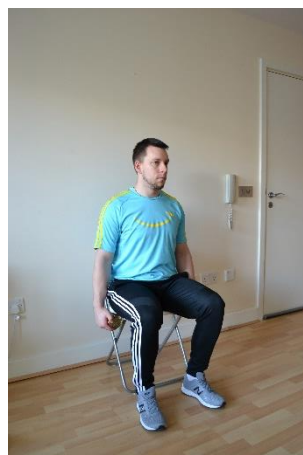
2. Lateral Raise

Repeat: x15

Rounds: 3

Rest: 30 seconds

Note: 60 second rest after 3 rounds



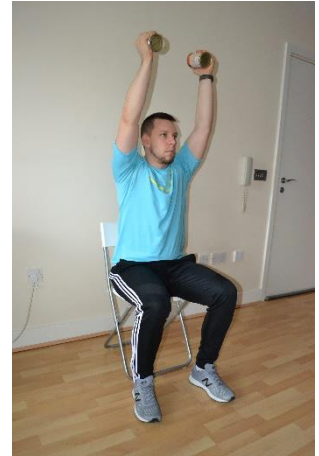
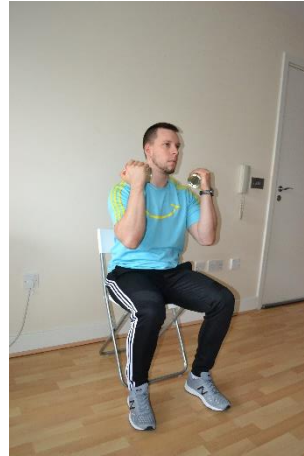
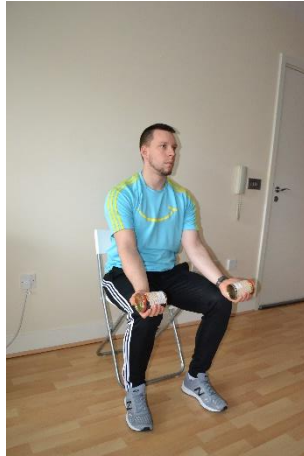
3. Arm Curl with Press

Repeat: x10

Rounds: 3

Rest: 20 seconds

Note: Curl weights to shoulders and press. 60 seconds rest after 3 rounds



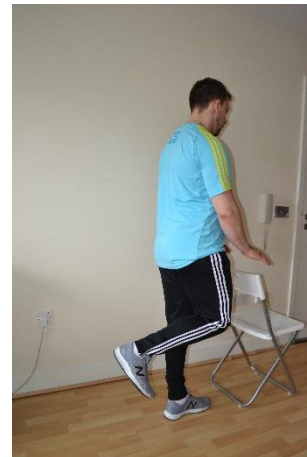
4. Single Leg Balance

Time: 40 seconds

Rounds: 2 per leg

Rest: 20 seconds

Note: Use chair for balance



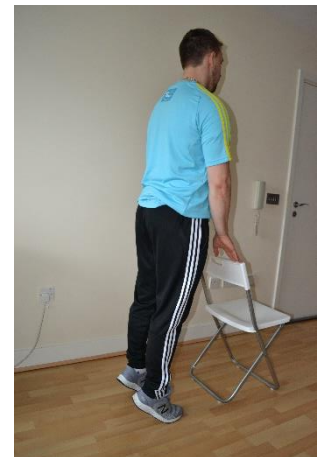
5. Heel to Toe Rocking

Time: 40 seconds

Rounds: 3

Rest: 20 seconds

Note: Rock the feet from heel to toe and reverse. Use chair for balance



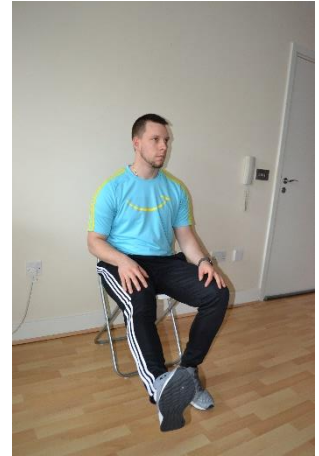
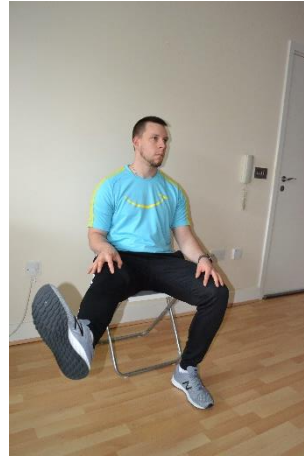
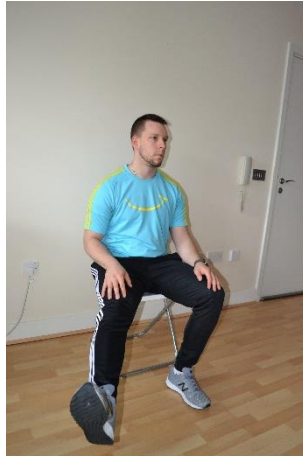
6. Leg Circles

Time: 40 seconds

Rounds: 2

Rest: 20 seconds

Note: Change direction after 20 seconds



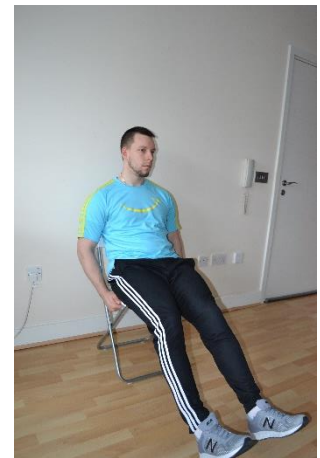
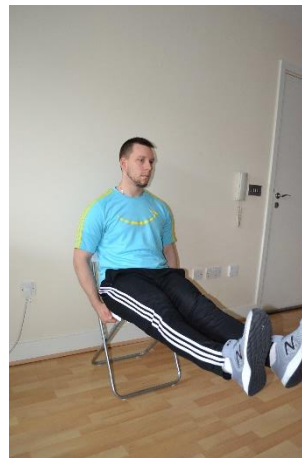
7. Double Leg Raises

Time: 30 seconds

Rounds: 2

Rest: 30 seconds

Note: Keep the feet off the ground



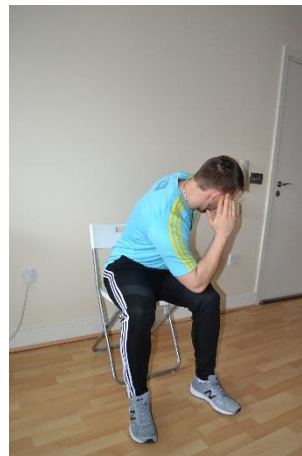
8. Crunches

Time: 30 seconds

Rounds: 2

Rest: 30 seconds

Note: Place hands on shoulders if restricted in the shoulders



Cool Down:

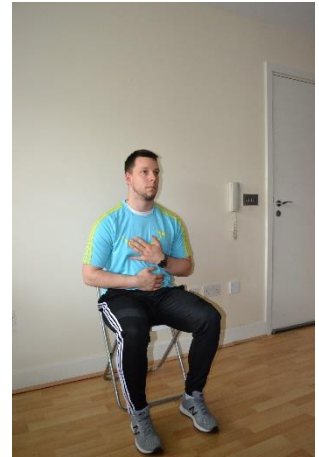
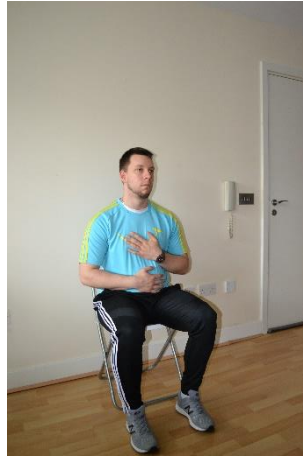
1. Belly Breathing

Time: 60 seconds

Rounds: 1

Rest: No Rest

Note: In through the nose, out through the mouth



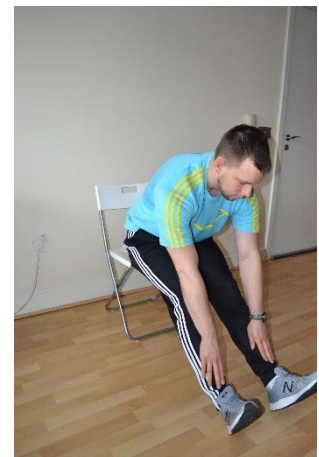
2. Two Hand Hamstring Stretch

Repeat: x3

Rounds: 1

Rest: No Rest

Note: 3 second stretch hold



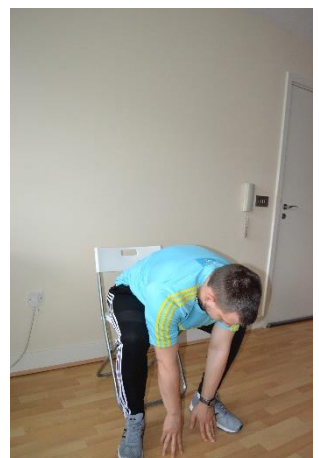
3. Reach Up & Down

Repeat: x3

Rounds: 1

Rest: No Rest

Note: 5 second stretch hold



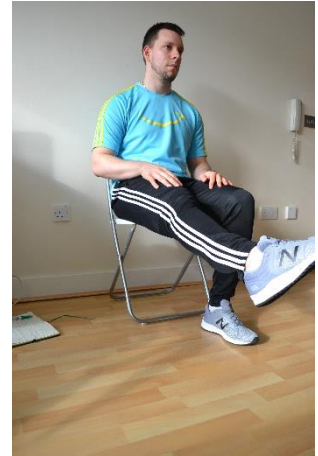
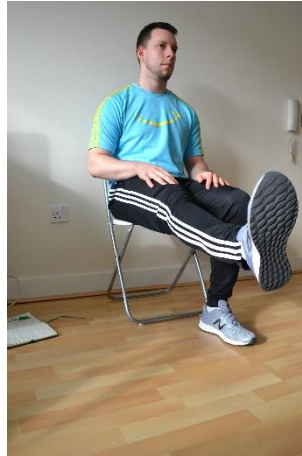
4. Toe Up & Down's

Repeat: x10 per leg

Rounds: 1

Rest: No Rest

Note: Move ankle through the whole range



[Note: Please copy and paste the below link into your browser for a video of James going through all the above exercises, including some more coaching cues and adaptations to make the workout both harder and easier!](https://www.facebook.com/SielBleulreland/videos/884098735352859/)

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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.