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: Place a pillow underneath the foot

5. Heel to Toe Rocking

Time: 40 seconds  
Rounds: 3  
Rest: 20 seconds

Note: Rock the feet from heel to toe and reverse
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!


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.