



Mobility & Stretching  
Community Session:  
Paul Kirwan 28<sup>th</sup> March

## Warm Up & Mobility:

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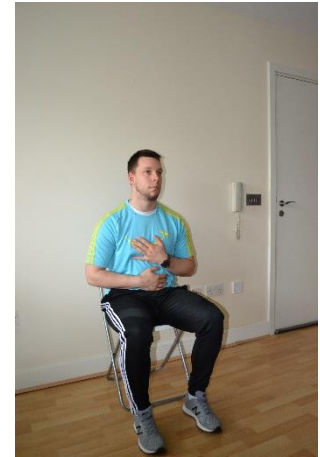
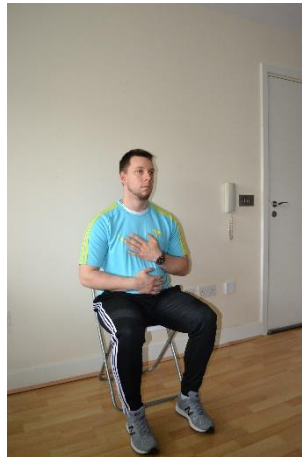
### 1. Belly Breathing

Repeat: x5

Rounds: 1

Rest: No Rest

Note: Belly out on inhale, Belly in on exhale



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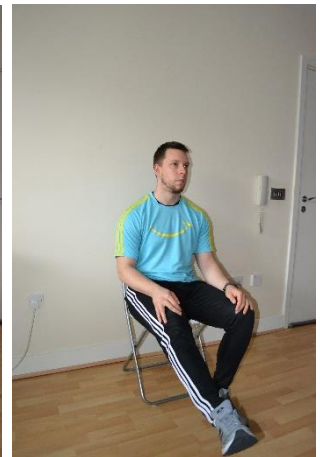
### 2. Straight Leg Ankle Rolls

Repeat: x10 per leg

Rounds: 1

Rest: No Rest

Note: x10 Clockwise, x10  
Anticlockwise



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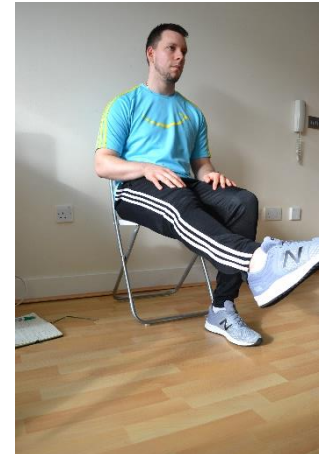
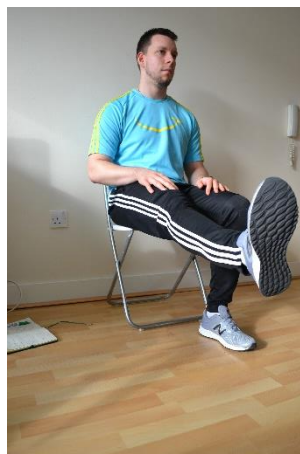
### 3. Toe Up & Down's

Repeat: x20 per leg

Rounds: 1

Rest: No Rest

Note: Perform one leg at a time



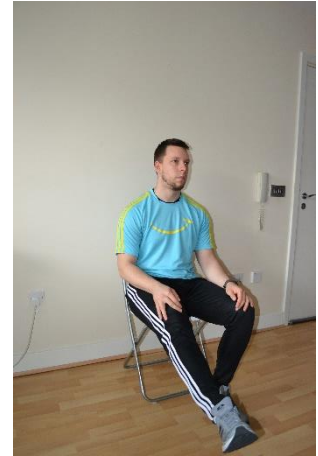
## 4. Ankle Window Wipers

Repeat: x20 per leg

Rounds: 1

Rest: No Rest

Note: Move ankle side to side like window wipers



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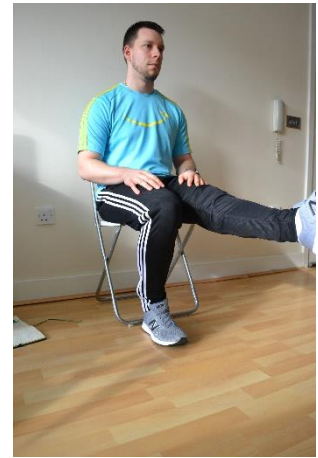
## 5. Leg Kicks

Repeat: x10 per leg

Rounds: 2

Rest: No Rest

Note: Perform 2 rounds of leg kicks



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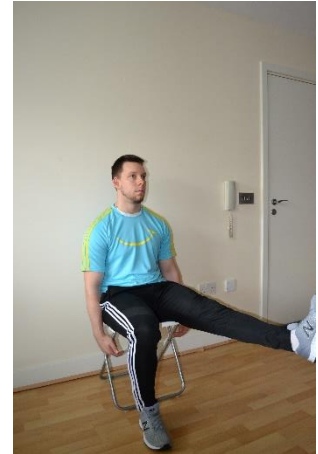
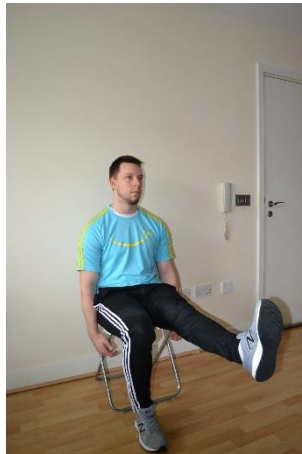
## 6. Leg Swings

Repeat: x10 per leg

Rounds: 1

Rest: No Rest

Note: Keep the leg straight in the air



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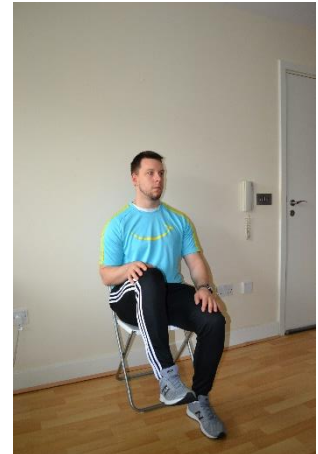
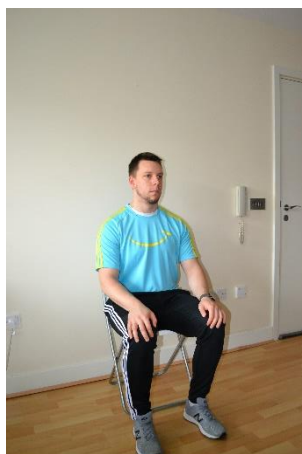
## 7. Knee Raises

Repeat: x10 per leg

Rounds: 1

Rest: No Rest

Note: Perform one leg at a time



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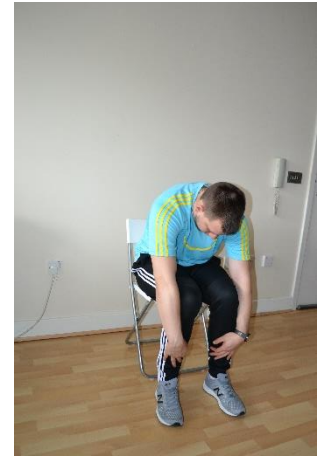
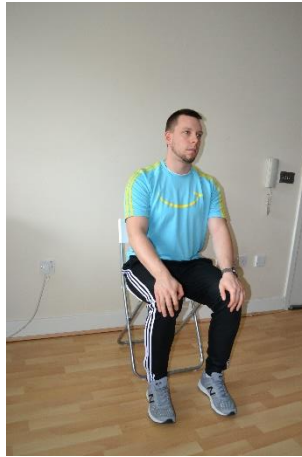
## 8. Curl Up's

Repeat: x3

Rounds: 1

Rest: No Rest

Note: Slowly curl up and fully extend



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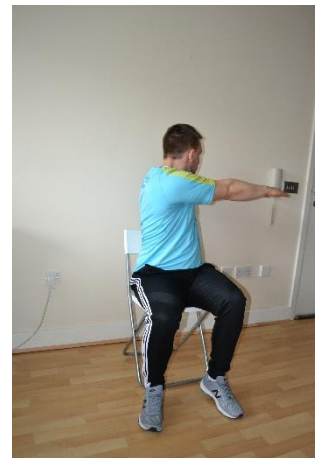
## 9. Straight Arm Body Twists

Repeat: x6

Rounds: 1

Rest: No Rest

Note: x3 per side, alternate left & right



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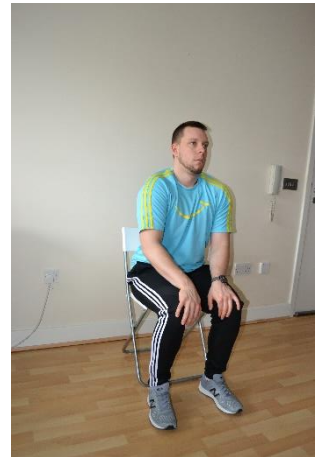
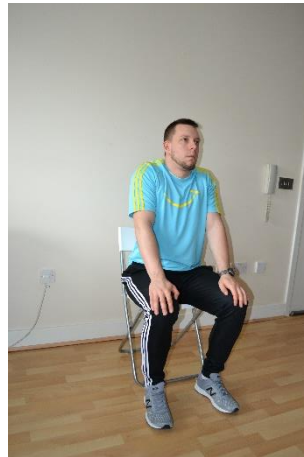
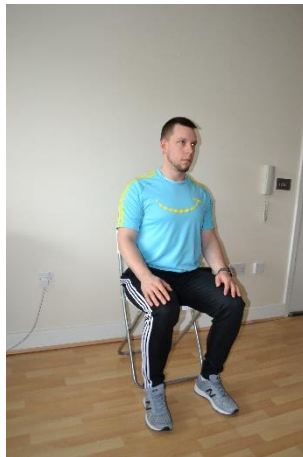
## 10. Shoulder Rolls

Repeat: 10

Rounds: 1

Rest: No Rest

Note: x5 front, x5 back.  
Keep hands on knees



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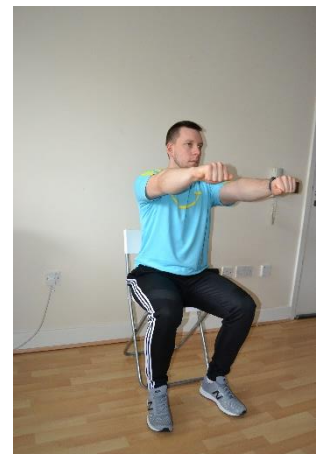
## 11. Open & Close Hands

Repeat: x10

Rounds: 1

Rest: No Rest

Note: Keep hands out in front





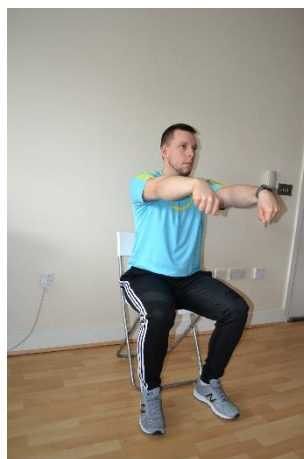
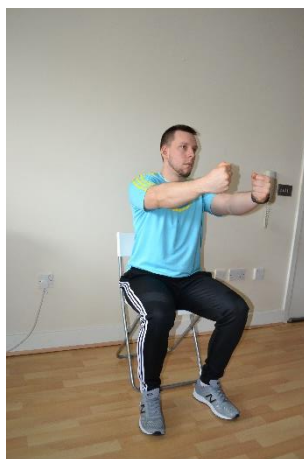
## 12. Wrist Rolls

Repeat: x20

Rounds: 1

Rest: No Rest

Note: Keep the fist closed, perform x10 clockwise, x10 anticlockwise



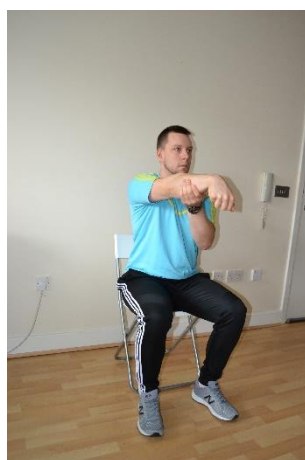
## 13. Wrist Flicks

Repeat: x20 per hand

Rounds: 1

Rest: No Rest

Note: Clench fist, use the other arm for support



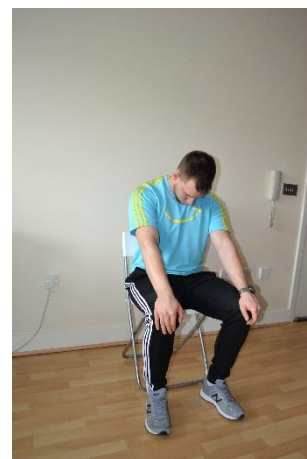
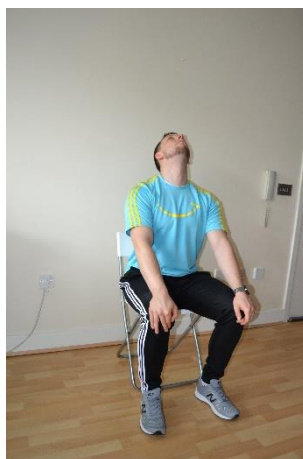
## 14. Look Up & Down's

Repeat: x12

Rounds: 1

Rest: No Rest

Note: Look up as high and as low as you can



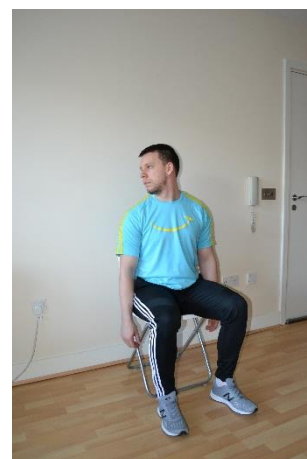
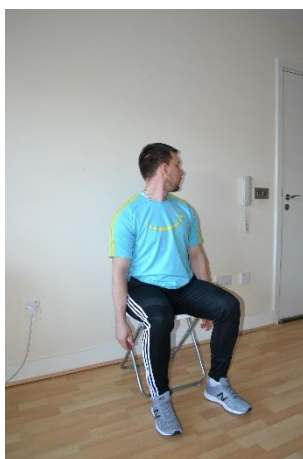
## 15. Head Turns

Repeat: x12

Rounds: 1

Rest: No Rest

Note: Look over each shoulder



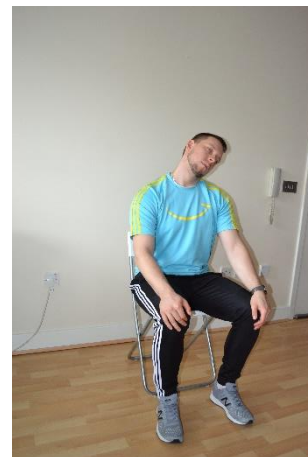
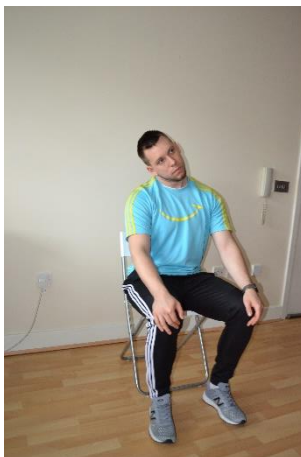
## 16. Ear to Shoulder

Repeat: x12

Rounds: 1

Rest: No Rest

Note: Keep shoulders relaxed, bring the ear as close to the shoulder



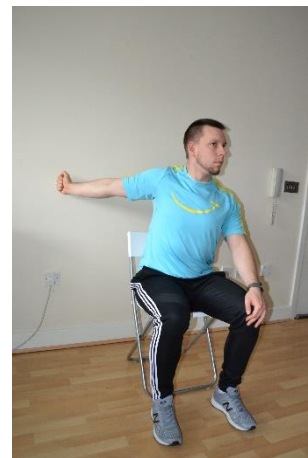
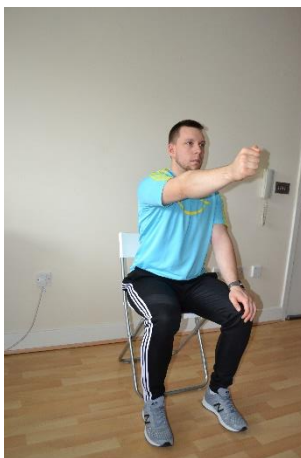
## 17. Arm Pull Back's

Repeat: x5 per arm

Rounds: 1

Rest: No Rest

Note: Keep a squeezed soft ball or rolled up socks in the hand



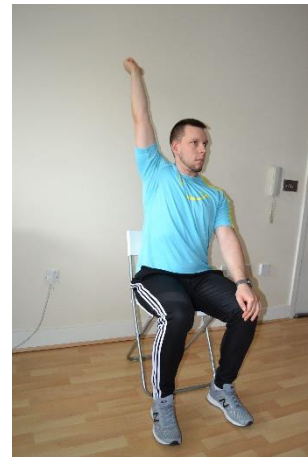
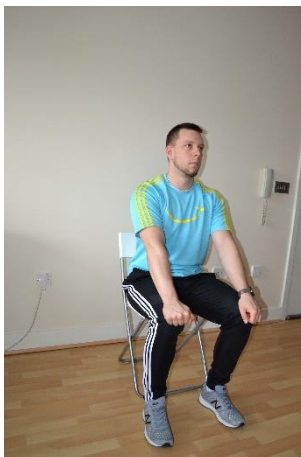
## 18. Single Arm Raise

Repeat: x5 per arm

Rounds: 1

Rest: No Rest

Note: Keep a squeezed soft ball or rolled up socks in the hand



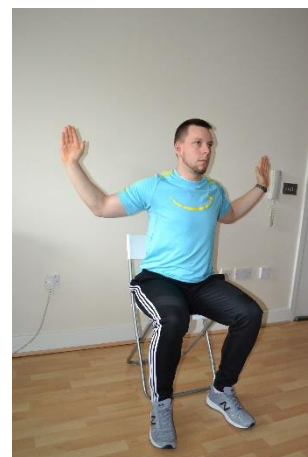
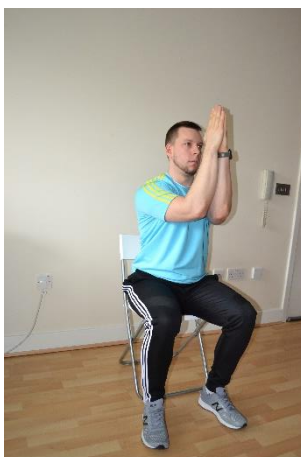
## 19. Chest Flyes

Repeat: x5

Rounds: 1

Rest: No Rest

Note: Keep elbows and hands up and together. Hold stretch for 3 seconds



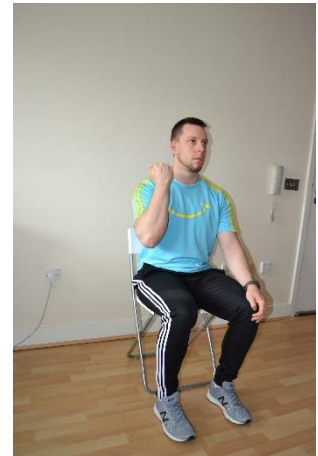
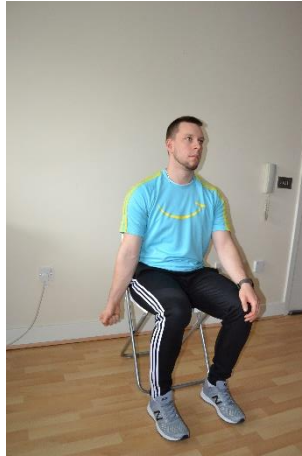
## 20. Arm Curls

Repeat: x7 per arm

Rounds: 1

Rest: No Rest

Note: Keep a squeezed soft ball or rolled up socks in the hand



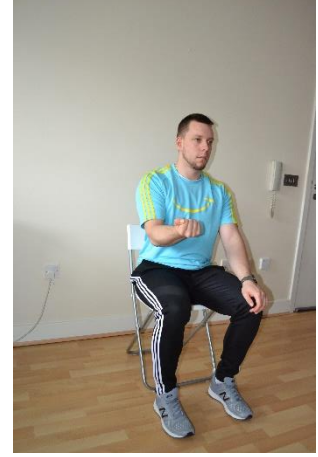
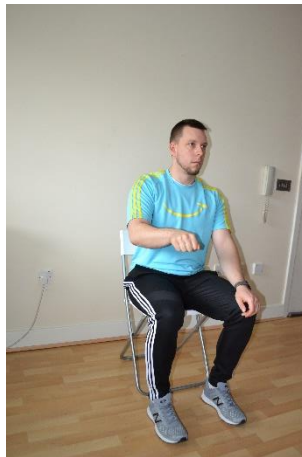
## 21. Wrist Twists

Repeat: x10 per arm

Rounds: 1

Rest: No Rest

Note: Keep a squeezed soft ball or rolled up socks in the hand



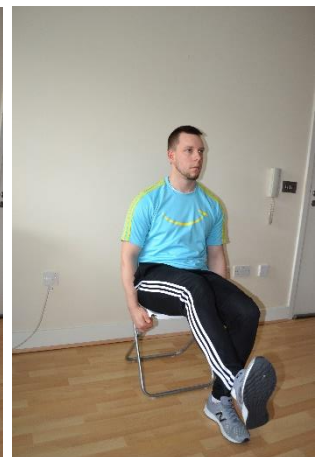
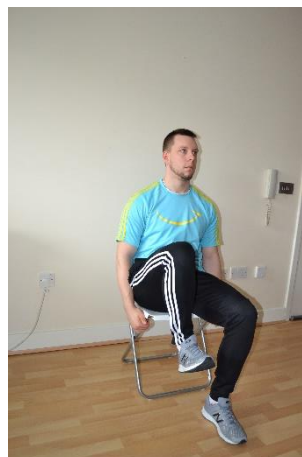
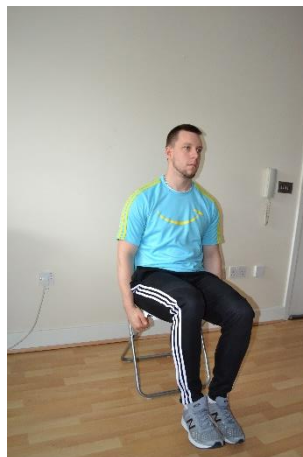
## 22. Single Leg Bicycle

Repeat: x10 per leg

Rounds: 1

Rest: No Rest

Note: Keep hands on chair



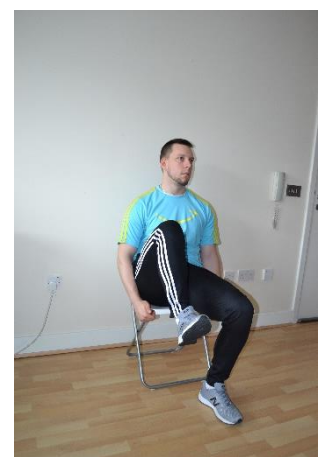
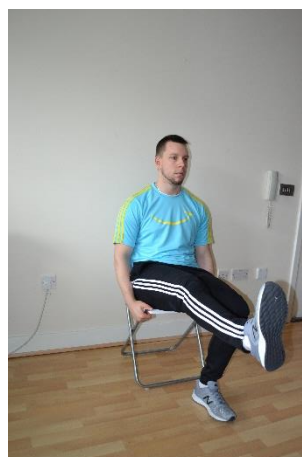
## 23. Leg Curl

Repeat: x5 per leg

Rounds: 2

Rest: No Rest

Note: Keep the leg high, bring foot towards the seat of the chair





# Stretching & Cool Down:

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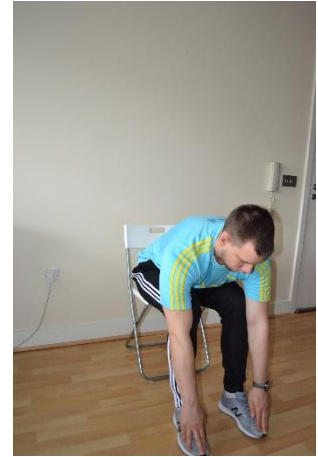
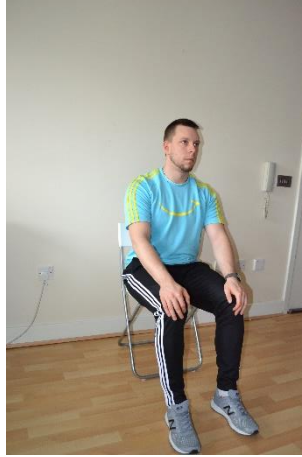
## 1. Toe Reach

Repeat: x1

Rounds: 1

Rest: No Rest

Note: Hold stretch for 5 seconds



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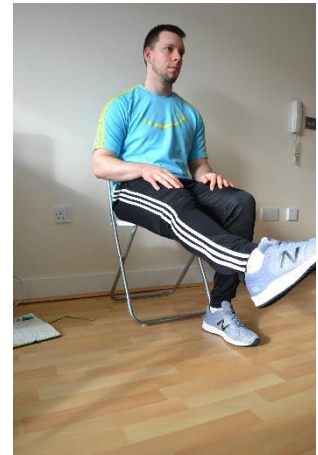
## 2. Toe Up & Down's

Repeat: x1 per leg

Rounds: 1

Rest: No Rest

Note: 5 second stretch hold at each position



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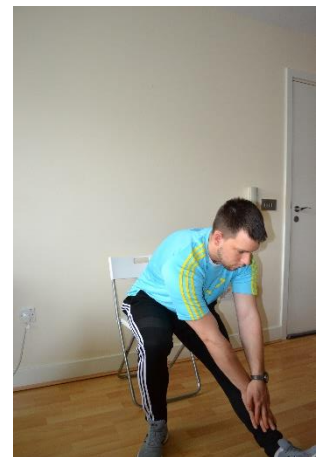
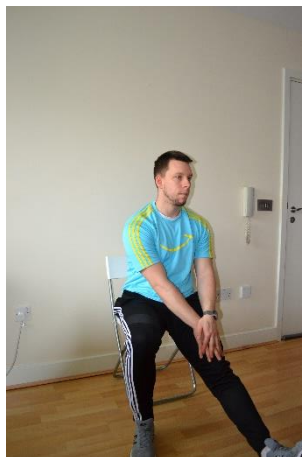
## 3. Hamstring Stretch

Repeat: x3

Rounds: 1

Rest: No Rest

Note: 5 second stretch hold



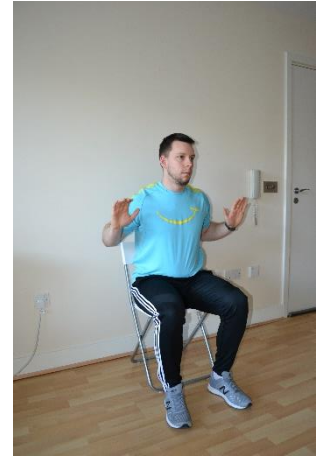
## 4. Arm Pushes

Repeat: x3

Rounds: 1

Rest: No Rest

Note: 5 second stretch hold



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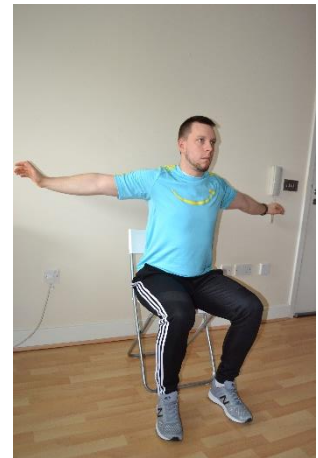
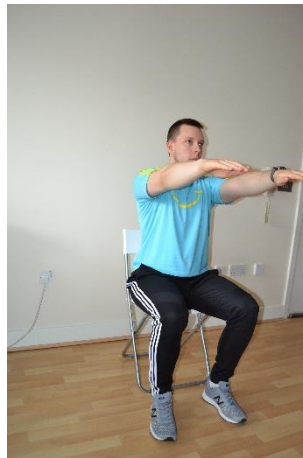
## 5. Arm Pull Back's

Repeat: x1

Rounds: 1

Rest: No Rest

Note: Bring arm as far back as you can



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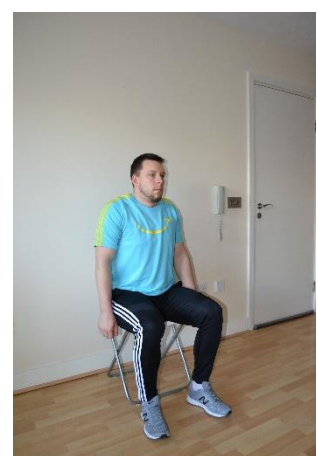
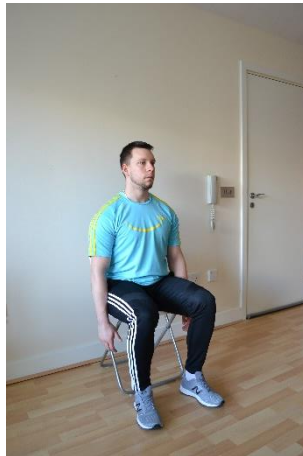
## 6. Shoulder Shrugs

Repeat: x3

Rounds: 1

Rest: No Rest

Note: 5 second stretch hold



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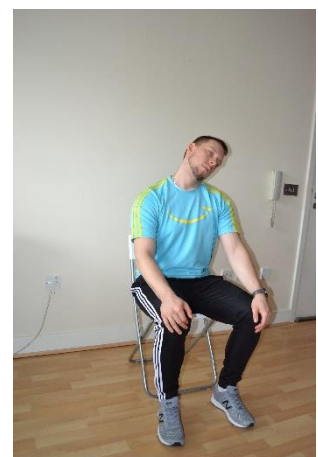
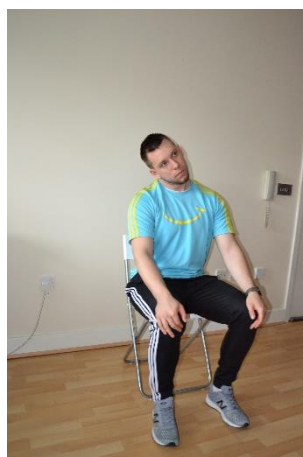
## 7. Ear to Shoulder

Repeat: x1

Rounds: 1

Rest: No Rest

Note: 5 seconds stretch hold





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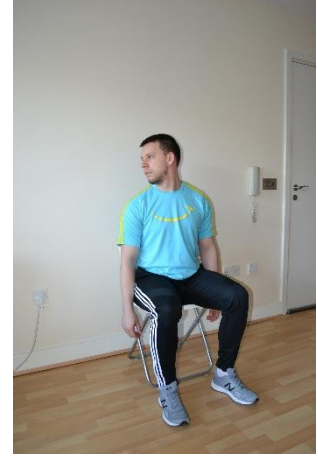
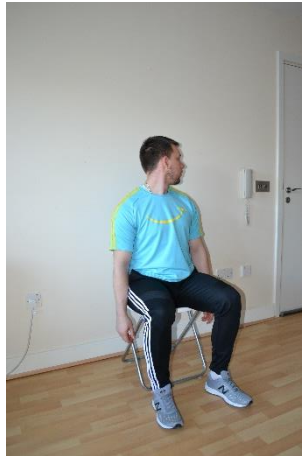
## 8. Head Turns

Repeat: x2

Rounds: 1

Rest: No Rest

Note: 5 second stretch hold



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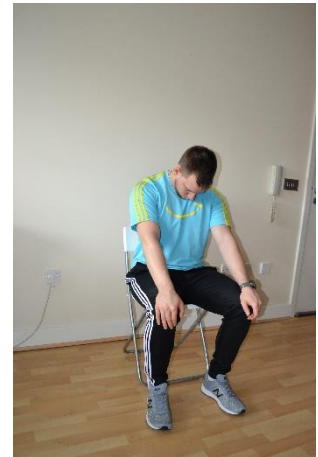
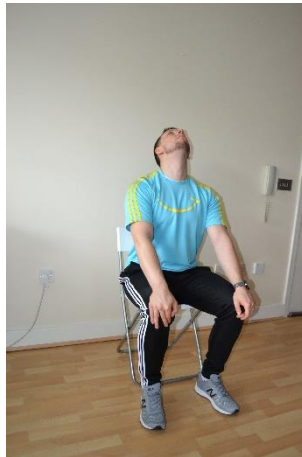
## 9. Look Up & Down's

Repeat: x1

Rounds: 1

Rest: No Rest

Note: 5 seconds stretch hold



[Note: Please copy and paste the below link into your browser to see Paul going through the exercises with additional cues and some adaptations!](https://www.facebook.com/SielBleuIreland/videos/2257848364517715/)

<https://www.facebook.com/SielBleuIreland/videos/2257848364517715/>



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.