Warm Up & Mobility:

1. Belly Breathing
   Repeat: x5
   Rounds: 1
   Rest: No Rest
   Note: Belly out on inhale, Belly in on exhale

2. Straight Leg Ankle Rolls
   Repeat: x10 per leg
   Rounds: 1
   Rest: No Rest
   Note: x10 Clockwise, x10 Anticlockwise

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

5. Leg Kicks
Repeat: x10 per leg
Rounds: 2
Rest: No Rest

Note: Perform 2 rounds of leg kicks

6. Leg Swings
Repeat: x10 per leg
Rounds: 1
Rest: No Rest

Note: Keep the leg straight in the air

7. Knee Raises
Repeat: x10 per leg
Rounds: 1
Rest: No Rest

Note: Perform one leg at a time
8. Curl Up’s

Repeat: x3
Rounds: 1
Rest: No Rest

Note: Slowly curl up and fully extend

9. Straight Arm Body Twists

Repeat: x6
Rounds: 1
Rest: No Rest

Note: x3 per side, alternate left & right

10. Shoulder Rolls

Repeat: 10
Rounds: 1
Rest: No Rest

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

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:

1. Toe Reach
Repeat: x1
Rounds: 1
Rest: No Rest

Note: Hold stretch for 5 seconds

2. Toe Up & Down’s
Repeat: x1 per leg
Rounds: 1
Rest: No Rest

Note: 5 second stretch hold at each position

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

5. Arm Pull Back’s

Repeat: x1
Rounds: 1
Rest: No Rest

Note: Bring arm as far back as you can

6. Shoulder Shrugs

Repeat: x3
Rounds: 1
Rest: No Rest

Note: 5 second stretch hold

7. Ear to Shoulder

Repeat: x1
Rounds: 1
Rest: No Rest

Note: 5 seconds stretch hold
8. Head Turns

Repeat: x2
Rounds: 1
Rest: No Rest

Note: 5 second stretch hold

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!


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.