



## Strength & Balance Community Session: Shane Lee 27<sup>th</sup> March

### Warm Up:

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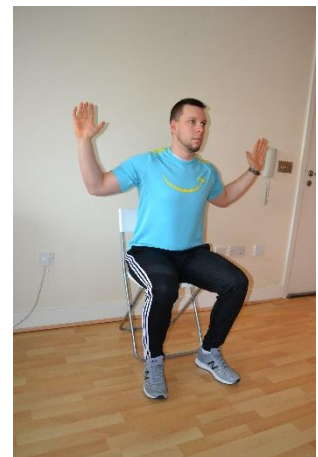
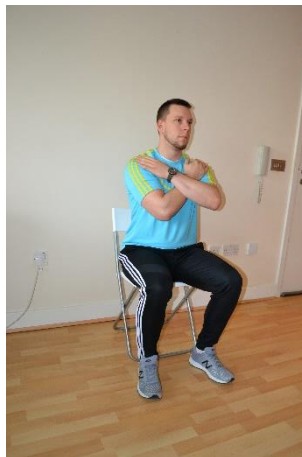
#### 1. Chest "W's"

Repeat: x15

Rounds: 1

Rest: No Rest

Note: Squeeze the shoulder blades at the back



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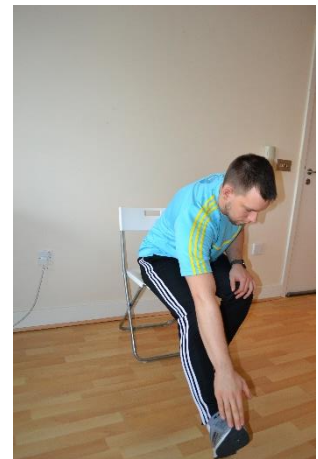
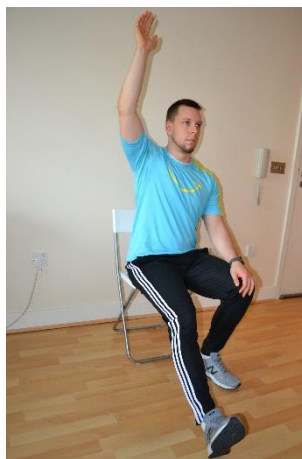
#### 2. Same Side Toe Taps

Repeat: x10 per leg

Rounds: 1

Rest: No Rest

Note: Keep the leg straight



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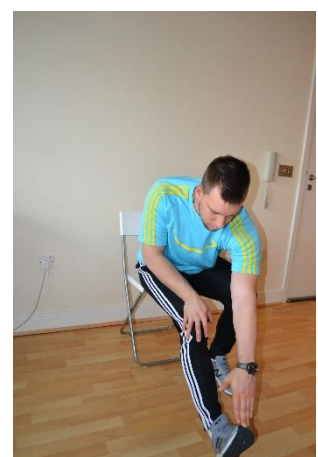
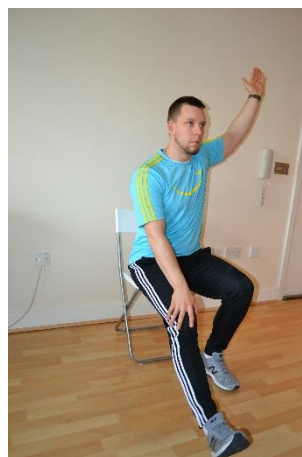
#### 3. Opposite Side Toe Taps

Repeat: x10 per leg

Rounds: 1

Rest: No Rest

Note: Keep the leg straight



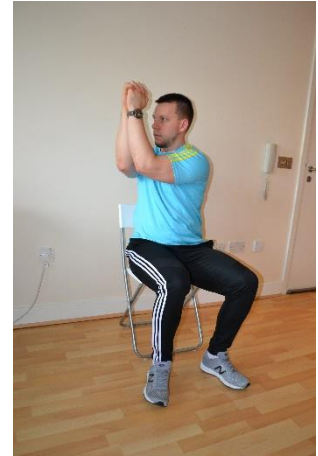
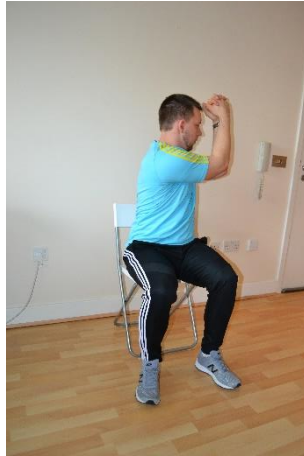
## 4. Elbows Up Body Twists

Repeat: x10

Rounds: 1

Rest: No Rest

Note: Keep elbows up at shoulder level



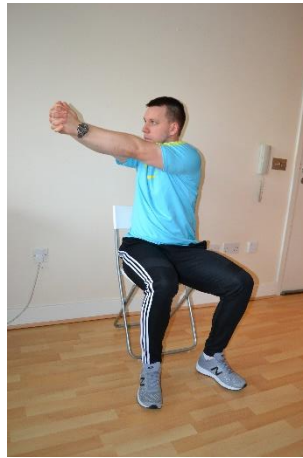
## 5. Straight Arms Body Twists

Repeat: x10

Rounds: 1

Rest: No Rest

Note: Keep hands together



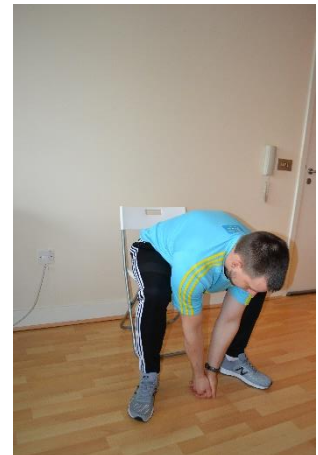
## 6. Hand Floor Touch

Repeat: x10

Rounds: 1

Rest: No Rest

Note: Keep hands together



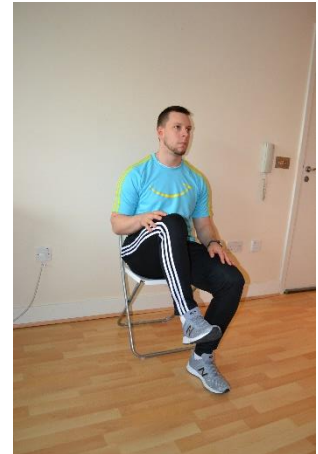
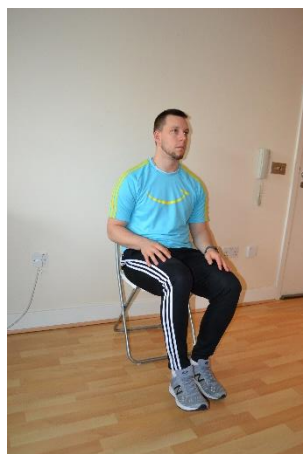
## 7. Single Leg Pumps

Repeat: x15 per leg

Rounds: 1

Rest: No Rest

Note: Don't touch the foot off the ground



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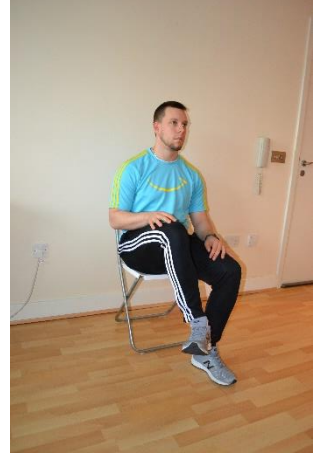
## 8. Bend Knee Foot Circles

Repeat: x10

Rounds: 1

Rest: No Rest

Note: x5 clockwise, x5  
anticlockwise



# Main Body:

## Circuit 1 (repeat x3)

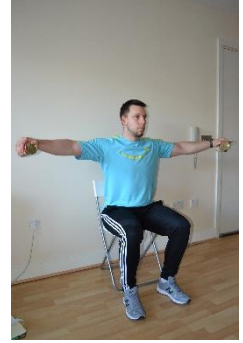
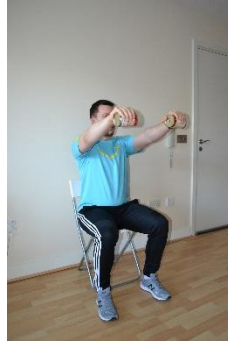
Perform each exercise one after the other continuously. Take a rest and then repeat the circuit. You will need a weight to perform the exercises.

### 1a. Front & Side Raise

Repeat: x10

Rounds: 1

Rest: No Rest



Note: front & side raise= one repetition

### 1b. Chair Step and Press

Repeat: x10 per side

Rounds: 1

Rest: No Rest

Note: Step up on a chair and press, alternate legs



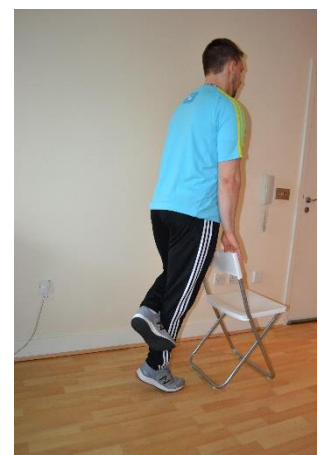
### 1c. Single Leg Heel Raise

Repeat: x20

Rounds:

Rest: No Rest

Note: Keep the heel off the ground





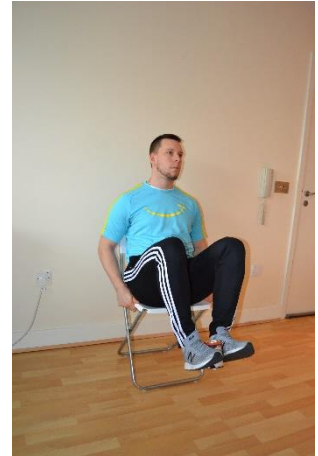
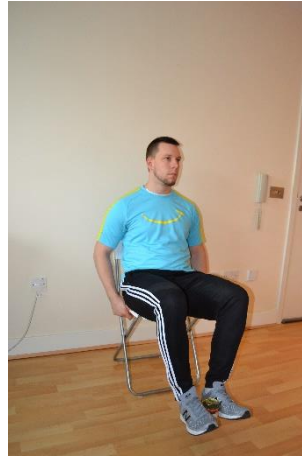
## 1d. Double Leg Pump

Time: 45 seconds

Rounds: 1

Rest: No Rest

Note: Hold weight between the ankles



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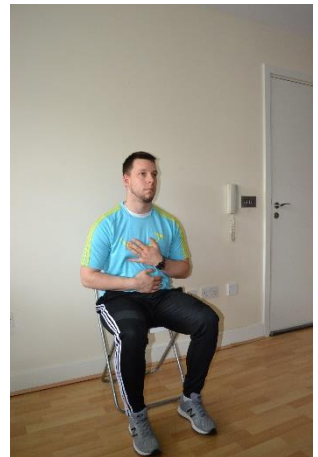
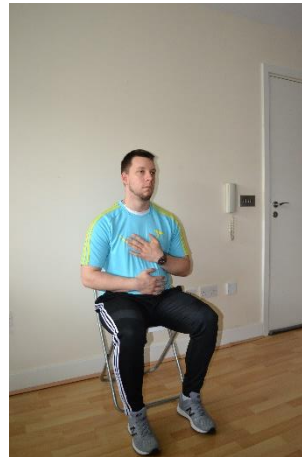
## 1e. Belly Breathing

Time: 60 seconds

Rounds: 1

Rest: No Rest

Note: Belly out on the breath in, Belly in on breath out



## Circuit 2 (repeat x3 per leg)

Perform each exercise one after the other continuously per one leg, then switch legs. Take a rest and then repeat the circuit.

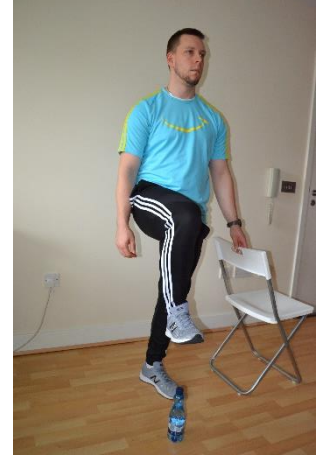
### 2a. Knee Pulse with Bottle

Repeat: x10 per leg

Rounds: 1

Rest: No Rest

Note: Keep the foot over the bottle



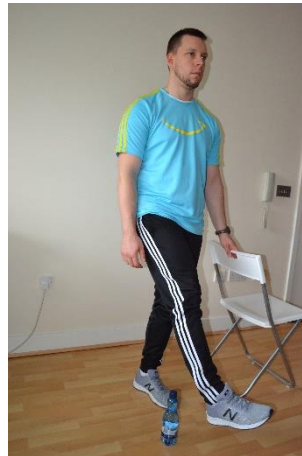
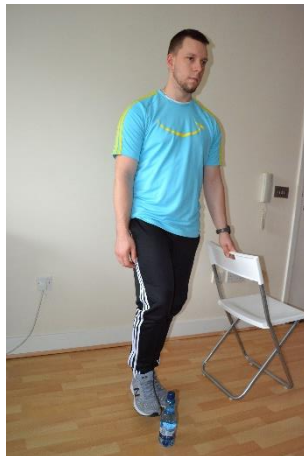
### 2b. Leg Circles with Bottle

Repeat: x10 per leg

Rounds: 1

Rest: No Rest

Note: x5 clockwise, x5 anticlockwise



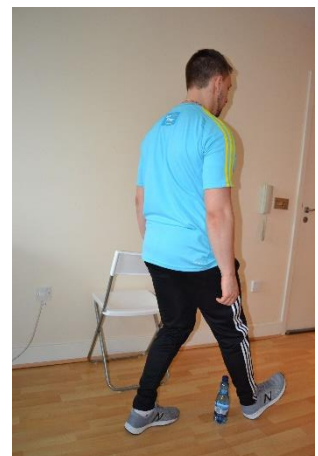
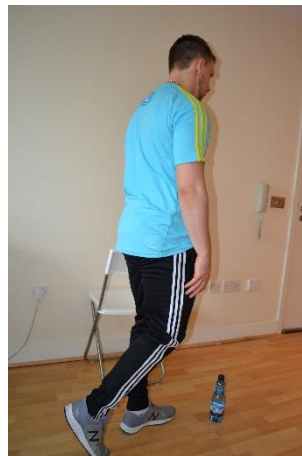
### 2c. Step Over Bottle

Repeat: x10 per leg

Rounds: 1

Rest: No Rest

Note: Touch with the heel and back with toes



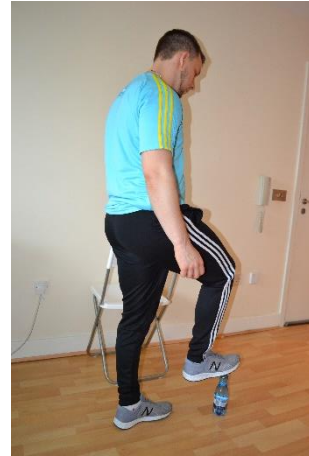
## 2d. Foot Bottle Hold

Time: 30 seconds

Rounds: 1

Rest: No Rest

Note: Slightly Rest the foot on the bottle



# Cool Down:

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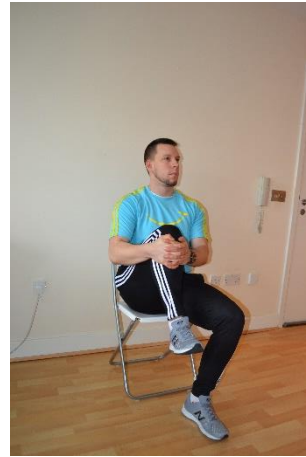
## 1. Single Leg Knee Hold

Repeat: x1

Rounds: 1

Rest: No Rest

Note: 5 second stretch hold



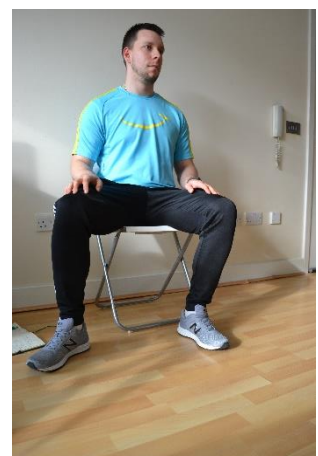
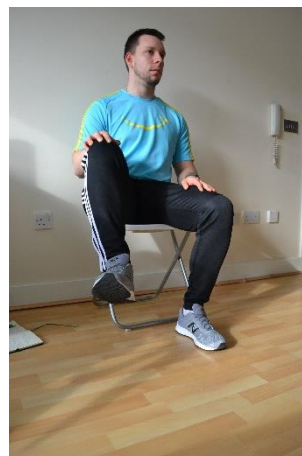
## 2. Open/Close the Gate

Repeat: x2 per leg

Rounds: 1

Rest: No Rest

Note: 5 seconds stretch hold



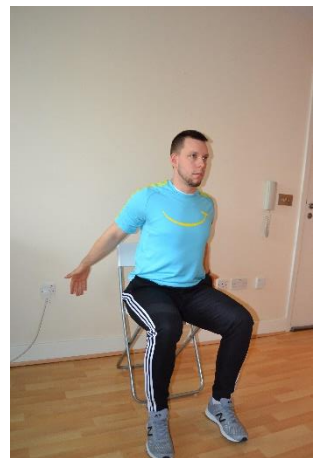
## 3. Palms Up Chest Stretch

Repeat: x2

Rounds: 1

Rest: No Rest

Note: 5 second stretch hold





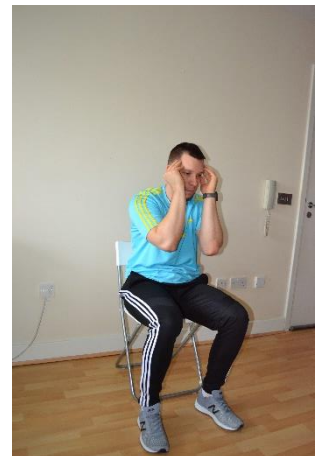
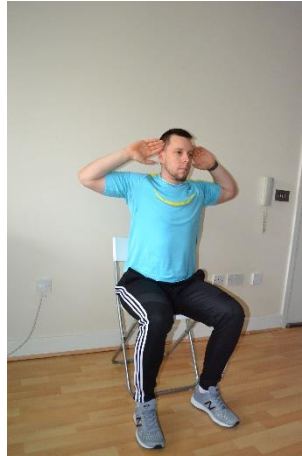
## 4. Breathe & Stretch

Repeat: x4

Rounds: 1

Rest: No Rest

Note: Bring Elbows out on inhale, bring elbows in on exhale



Note: Please copy and paste the below link into your browser for a video of Shane performing the exercises along with some adaptations if you find the above exercises difficult!

<https://www.facebook.com/SielBleulreland/videos/1462783247239078/>



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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