Warm Up:

1. Chest “W’s”
   Repeat: x15
   Rounds: 1
   Rest: No Rest
   Note: Squeeze the shoulder blades at the back

2. Same Side Toe Taps
   Repeat: x10 per leg
   Rounds: 1
   Rest: No Rest
   Note: Keep the leg straight

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
8. Bend Knee Foot Circles

Repeat: x10
Rounds: 1
Rest: No Rest

Note: x5 clockwise, x5 anticlockwise
Main Body:
Circuit 1 (repeat x3)

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: 1
Rest: No Rest

Note: Keep the heel off the ground

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.
1d. Double Leg Pump

Time: 45 seconds
Rounds: 1
Rest: No Rest

Note: Hold weight between the ankles

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:

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/SielBleuIreland/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.