

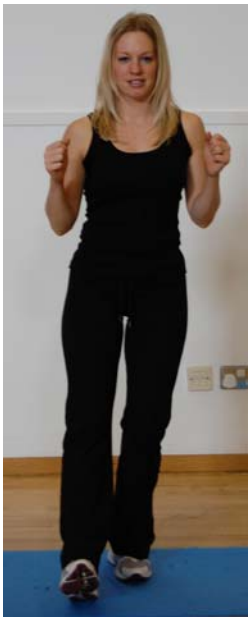
Warm Up



Start off with

Simple Marching on the spot for 1 min
Add in your arms for another minute –
gradually increasing into bigger
movements.

This will warm you up quicker and also
raise your heart rate.



Heel digs X 16, this will also immobilise
your ankle so you need to ensure that you
have a little bit of a dip on your supporting
leg.

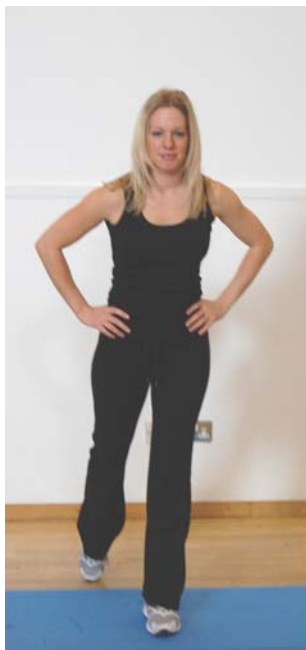
Also add in double bicep curls this will
immobilise your elbow joint. X 16 steps



Changing the heel digs to a side step begin
stepping with your hands on your hips X16
steps

Then bring in the arms X 16 into a side
raise

Try to move upper and lower body together;
this makes it a more effective warm up.



Back step alternating the legs X 16 steps

Add in both the arms together by lifting into a front raise keeping your stomach pulled in tight.

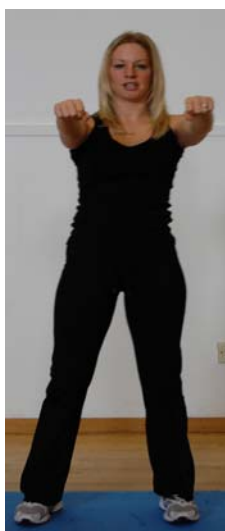
Add a little bounce if you want to work harder X 16 steps



Side step adding in an upright row X16

Pull up to the chin keeping the elbows high to warm up the shoulders

You should feel yourself getting a little bit warmer now.



More side steps X 16 making the steps wider and adding in a horizontal row.

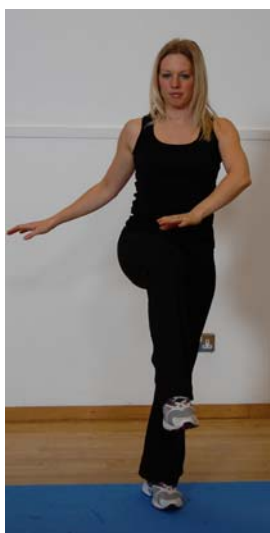
This will warm up the chest and arm muscles, with the arms at chest level push the arms forward straight in front of you with a slight bend in the arm. Then pull the arms back squeezing your shoulder blades together.



And to mobilise the joints add in a hamstring curl X 16

Kicking your leg behind you with your heel going towards your bottom.

Pull back the arms, squeeze the shoulder blades together



Knee lifts

Tap opposite hand to opposite knee with a slightly higher knee lift going from side to side X 16 counts

Add in a little jump if you wish and repeat X 16 keeping the heel down on the floor

As with any new exercise programme it is advisable to contact your doctor or health care professional when embarking on a new routine. Remember to work at your own level, [see our full disclaimer](#).