

3 Min Warm Up Routine

If any of these exercises cause pain or make you feel unwell, stop and seek professional advice. Do each exercise for the appropriate number of seconds below.

Lower Body

- 1 Walk on the spot x8
- 2 Alternate toe taps in front x 8
- 3 Alternate heel digs in front of you x 8
- 4 Alternate knees raises to a comfortable height x 8
- 5 Alternate legs, tap your foot out to the side x 8
- 6 Take alternate legs out a comfortable distance behind you and tap your toe x 8

Upper & Lower Body

- 7 Walk on the spot while circling alternate shoulders round and back x 4
- 8 Alternate toe tap in front of you, while bringing both your hands shoulders x8.
- 9 Alternate toe tap behind you, while bringing both your hands to your shoulders x 8.
- 10 Raise alternate knees up while swinging forward the opposite arm x 8 e.g. Bend left leg and swing forward right arm.
- 11 Take alternate legs behind you to tap toe on the floor and swing the opposite arm forward e.g. left leg behind you right arm straight out in front x 8
- 12 Walk on the spot put your hands on your shoulders and rotate your elbows forward up and back as comfort allows x 4. Add in arms either 1 or 2 depending on how you feel
- 13 Alternate toe tap with a clap x 8
- 14 Alternate heel dig with a clap x 8
- 15 Raise alternate knees up and touch your knee with your hand. X 8
eg left hand to right knee.
- 16 Take alternate legs out to the side to tap your toe, while raising both arms to shoulder height.
- 17 Superman. Take both arms forward above your head, while taking alternate legs back to tap your toe behind you x 8