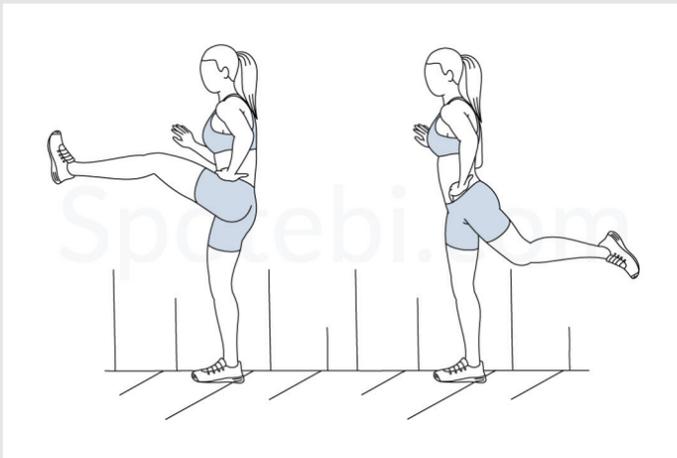


WARM UP EXERCISES

Start with a short walk, followed by the exercises. The goal is to warm the muscles, increase blood flow & start to elevate the heart rate



WARM UP THE HAMSTRING

Holding on to something, in a controlled manner, gently swing the leg backwards & forwards. Repeat 10-20 times each side. You should feel this in the back of your thigh - the hamstring.



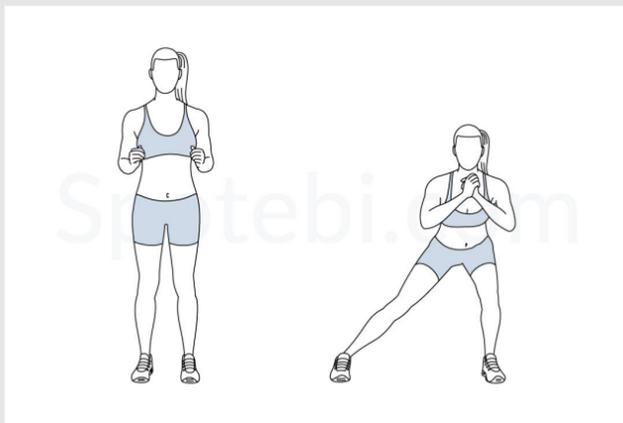
OPEN UP THE HIPS

Standing tall, gently raise one knee in front then turn it out to the side & return to ground. Repeat 10 times before swapping to the other leg.



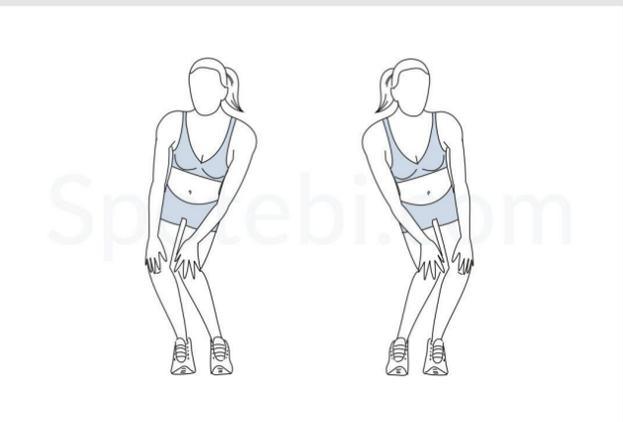
WARM UP THE ANKLES

Strong ankle muscles help prevent ankle rolling. Stand (or sit) whilst holding the ankle out in front. Rotate the ankle clockwise for about 30 seconds then anticlockwise. Repeat with the other foot.



SIDE LUNGES

The "adductor" muscle or inner thigh stabilises us should we slip. Warm up by doing gentle lunges side to side. Note this should NOT be a strong stretch..



KNEE WARM UPS

It's important to keep the knee muscles tracking as they should. As per diagram, stand & roll the knees in a clockwise direction, then anticlockwise for 30 seconds each way.



MARCHING ON SPOT

Activate the glute muscles by marching on the spot. Keep the body straight, shoulders back and keep the knees high. Start with 1 minute & progress from there.