

## Warm-up Exercises

### Joint Rotations

From a standing position with your arms hanging loosely at your sides, flex, extend, and rotate each of the following joints:

- Fingers
- Wrist
- Elbows
- Shoulders
- Neck
- Trunk and shoulder blades
- Hips
- Knees
- Ankles
- Feet and toes

### Neck Mobility

- Flexion/Extension - Tuck your chin into your chest, and then lift your chin upward as far as possible. 6 to 10 repetitions
- Lateral Flexion - lower your left ear toward your left shoulder and then your right ear to your right shoulder. 6 to 10 repetitions
- Rotation - Turn your chin sideways toward your left shoulder and then rotate it toward your right shoulder, 6 to 10 repetitions



Flexion



Lateral Flexion



Rotation

### Shoulder Circles

- Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent
- Raise your right shoulder towards your right ear, take it backwards, down and then up again to the ear in a smooth action
- 6 to 10 repetitions
- Repeat with the other shoulder



Raise



Back



Down

## Warm-up Exercises

### Arm Swings

- Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent
- Keep the back straight at all times
- Swing both arms continuously in a windmill action, 6 to 10 repetitions
- Swing both arms out to your sides and then cross them in front of your chest, reach back as far as they will go, 6 to 10 repetitions



### Side Bends

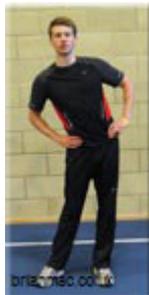
- Stand tall with good posture, feet slightly wider than shoulder-width apart, knees slightly bent, hands resting on hips
- Move your upper body from one side, then the other, avoiding the tendency to lean either forwards or backwards
- Repeat the whole sequence 6 to 10 times with a slow rhythm, breathing out as you bend to the side, and in as you return to the centre



## Warm-up Exercises

### Hip circles and twists

- Circles - With your hands on your hips and feet spread wider than your shoulders, make circles with your hips in a clockwise direction for 6 to 10 repetitions. Then repeat in a anti-clockwise direction
- Twists - Extend your arms out to your sides, and twist your body and hips to the left, shifting your weight on to the left foot. Then twist your body to the right while shifting your weight to the right foot
- 6 to 10 reps on each side



### Half Squat

- Stand tall with good posture holding your hands out in front of you for balance
- Now bend at the knees until your thighs are at 45° with the floor
- Keep your back long throughout the movement, and look straight ahead
- Make sure that your knees always point in the same direction as your toes
- Once at your lowest point, fully straighten your legs to return to your starting position
- Repeat the exercise sixteen times with a smooth, controlled rhythm
- Breath in as you go down, and out as you stand up
- 6 to 10 repetitions



## Warm-up Exercises

### Leg Swings

- Stand sideways onto the wall
- Weight on your left leg and your right hand on the wall for balance
- Swing your right leg forward and backward
- 6 to 10 repetitions on each leg



- **Cross-Body swings** - Leaning slightly forward with both hands on a wall and your weight on your left leg, swing your right leg to the left in front of your body, pointing your toes upwards as your foot reaches its furthest point of motion
- Then swing the right leg back to the right as far as comfortable, again pointing your toes up as your foot reaches its final point of movement
- 6 to 10 repetitions on each leg

### Lunges

- Standing tall both feet together (starting position)
- Keeping the back straight lunge forward with the right leg approx 1 to 1½ metre
- The right thigh should be parallel with the ground and the right lower leg vertical
- Spring back to the starting position
- Repeat with the left leg
- 6 to 10 repetitions on each leg



## Warm-up Exercises

### Ankle Bounce

- **Double leg bounce** - Leaning forward with your hands on the wall and your weight on your toes, raise and lower both heels rapidly (bounce)
- Each time, lift your heels one to two inches from the ground while keeping ground contact with the ball of your feet
- 6 to 10 repetitions



- **Single leg bounce** - leaning forward with your hands on a wall and all your weight on your left foot, raise the right knee forward while pushing the left heel towards the ground
- Then lower the right foot to the floor while raising the left heel one or two inches
- Repeat in a rapid, bouncy fashion
- 6 to 10 repetitions on each leg

