Raise Temperature

* 30 seconds – Jumping Jacks
* 30 seconds – HIGH knees Jogging
* 30 seconds – Jumping Oblique Twist
* 30 seconds – Mountain Climbers

   

Mobilise Key Joints

* X 20 – Standing T shape, Internal/External Shoulder Rotations (make a fist)
* X 10 – 4 Point Kneeling Thoracic Rotations (on each side)
* X 20 – Spider Man Switches

  

Activate Key Muscles

* X 20 – 4 Point Kneeling Super Man Stretch
* X 10 – Mini Hold Glute Bridges
* X 10 – Walk Outs

  

Prime Key Muscles

* X 30/20/10 – Press Up’s (on knees or if technique fails)
* X 30/20/10 – Prisoner Squats
* X 5 –BIG Jump Squats

   