











RAISE	Skipping/Butt Kicks/High Knees/Jogging on the spot		3 minutes
	Arm Swings		
	Leg Swings		
MOBILISE	Joint Rotations	Fingers, Wrist, Elbows, Shoulders, Neck, Trunk and shoulder blades, Hips, Knees, Ankles, Feet and toes	5 repetitions each exercise
	3 Point Thoracic Rotation		
	Lateral Lunges		
	Mountain Climber stretches		
	Standing streamline reach ups		
ACTIVATE	Lunge to rotation		5 repetitions each exercise
	Glute Bridge		
	Wall Press up, or press up		
	Superman		
PRIME	Squat Jumps to streamline		5 repetitions
	Burpees to streamline		5 repetitions