

Warm-up stretches

A warm up will help to increase your temperature and minimize the risk of injuries caused by muscle strain. Aim to spend 5-10 minutes on the stretches below before every workout.

Heel raises (right)

In a standing position, raise your left heel off the ground, but keep your toes in contact with the floor. Hold for several seconds, release and repeat with your right foot. Repeat several times.



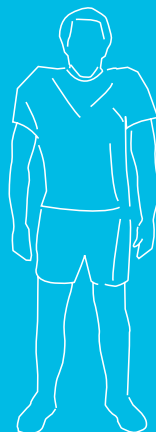
Knee raises (below)

In a standing position, march on the spot for 30 seconds. Raise your knees above your hips and swing your arms. Keep your back straight.



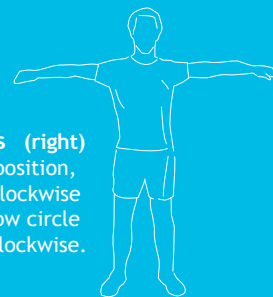
Walking lunges (above)

In a standing position, take a long stride with your left heel, then drop into a lunge position and pause. Return to a standing position and repeat with your right leg. Keep your hands by your ears.



Shoulder Shrugs (left)

In a standing position, bring your shoulders up towards your ears, pause, release and repeat 5 times. Try to keep your shoulders relaxed.



Arm circles (right)

In a standing position, circle your arms clockwise several times. Now circle them anti-clockwise.

Squats (right)

Stand with your feet slightly apart. Slowly drop into a semi-squat position, pause for several seconds, then resume your standing position. Keep your back straight, bend from your hips and keep your knees at 90°. Repeat several times.



Head side-to-side (left)

In a standing position, turn your head slowly to the left, pause and return to the centre. Now turn your head slowly to the right, pause, then return the centre. Repeat 5 times.

