

Exercise Session 5

Stretch and Flex Movements - *Repeat this section twice*

Cat Stretch -

Round your shoulders forward and nod your head. Then look up and back, pushing your chest forward, rolling your shoulders back and lifting your chin up. (12 times)

Hip Opener -

Place one foot on your opposite knee and apply gentle pressure down. If this is challenging, stay with the previous hip opening exercise. (3 on each leg)

Namaste -

Sweep your arms out and around into a prayer position, bow forward using your whole torso. Keep strong core as you bow forwards. (12 times)

Side Step Over -

Take a large step out to the side with one foot and return to the middle. Do this on both legs. (8 each side)

Strength Movements - *Repeat this section twice*

Hiking Pole Walking -

Take big static steps forward while placing an imaginary 'hiking pole' down onto the ground with each step, using your arms. (10 on each side)

Diagonal Can-Can Kick -

Starting with both feet flat. Kick one leg out diagonally across the body and back to the centre. Repeat this on both legs. (8 on each side)

Dig -

With two hands together, move them up and down as if digging soil. (10 on each side)

Knee Lift To Leg Kick -

Lift the knee up, hold and kick the leg out straight. Return to a normal seating position and repeat on the other side. (8 on each leg)

Coordination Movements - *Repeat this section twice*

Hand Jives -

With flat hands, swing your arms out to the side and back into the middle. (20 times)

Split Steps -

Starting with one foot forward and one back, switch your steps forwards and backwards. (20 times)

Exercise Session 5 - Continued

Soft Cardio Movement

Mini circuit

1. Diagonal toe tap
2. Knee lift each leg
3. Shoulder roll

Do each of the movements 5, 10 or 15 times and give yourself plenty of rest in between. This is a mini circuit to get you going.

Guidance notes:

You may notice your heart rate increase - this is normal.