



Sisters Warm up

10 mins inside

2mins

- Circle arms in a wide circle then squat, brushing fingers on the ground x 10
- 10 x squats
- Leg swings - 5 each side across the body
- Rocking up on toes & back onto heels x 10
- Alternate heel raise/on toes x 10
- 10 x forward lunges

Set up - lie down on your back, heels touching bum, roll onto one side, keep heels touching bum, stack hips directly above each other. Hold muscles that stop you weeing & breathe (maintain through the session). Place 1 finger on the ground for balance.

3 mins

- 5 x clam - up one breath, down one breath
- Clam lift 2 inches - count down 10 secs
- 10 x Tap back heel behind & return - count down last 3
- 10 x Straighten top leg - raise top leg 45 degrees and lower with toes pointing upwards
- Repeat with toes pointing to the floor x 10

Role onto the other side & repeat (3 mins)

5 mins circle walk/jog outside & use the toilet

2 mins form focus

2 circles (chalk) - walkers in between the lines, runners on the outside - walking/jogging clockwise.

Training our brains to make our body do what we want it to do - from top to toe:

- Look at something at eye line
- Drop shoulders
- Travel tall
- High elbows at the back, thumbs up to the sky
- Pull tummy button into the spine
- Knees up toes up foot over ankle
- Piston feet
- Relaxed circuit - ready to split for social walk/run