



## 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, role onto one side, keep heels touching bum, stack hips directly above each other. Hold muscles that stop you wee and 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