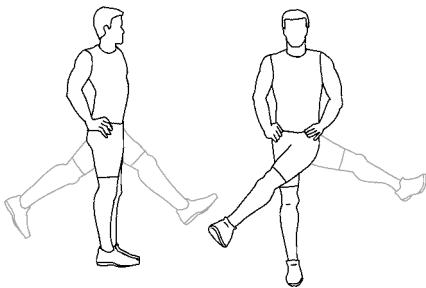


# Warm up, cool down and stretching guide

## Warm up

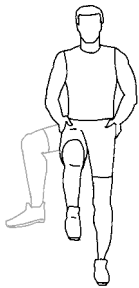
Before you start your workout, spend 10 minutes walking or jogging to gradually increase your heart rate and circulation. A light sweat and slightly increased body temperature are indications you have warmed up sufficiently.

Then, complete these dynamic exercises:



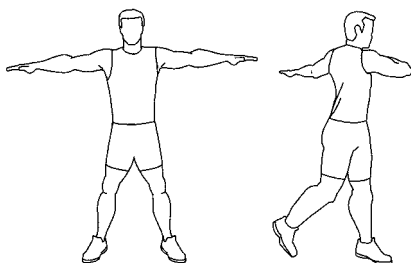
### Leg swings

- Stand with your feet hip-width apart
- Lift your left foot off the ground, keeping your weight in the heel of your right foot
- Slowly and with control, swing your left leg forward, back under your body and behind you in a single smooth movement
  - Keep your upper body steady
  - Each swing should take your leg closer to its full range of motion
- Switch legs, then switch directions, swinging each leg out to the side, back to the centre and across the midline of your body



### Open and close the gate

- While standing, raise your left knee to hip level
- Turn your knee away from your body
- Lower your foot back to the ground
- Switch legs and repeat 2-3 times



### Spinal rotation

- Stand with your feet shoulder-width apart, arms outstretched to the side
- Twist your shoulders and hips in the same direction, ensuring your feet stay planted to the ground

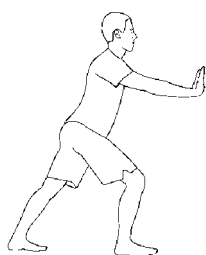
### Travelling drills

Whilst walking/jogging add:

- High Knees
- Heel Flicks (towards bottom)
- Side to Side Gallops
- Grapevine
- Walking Lunges
- Bounding / Skips

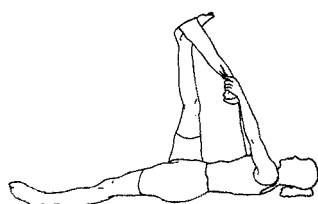
## Cool down and stretch

After you finish your workout, keep moving for another 5 to 10 minutes while your breathing and heart rate return to normal. Then, spend 10 minutes on these static stretches:



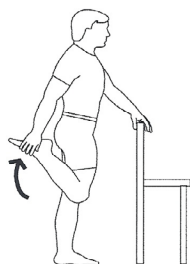
### Calf stretch

- Place both hands against a wall or object in front of you for support
- Stand with your left leg in front, knee slightly bent and your right leg fully extended behind you
  - Both feet should be pointed straight ahead
- Push hips forward while pushing your right heel down to the ground
- Hold for 45-60 seconds, switch legs and repeat 1-2 times



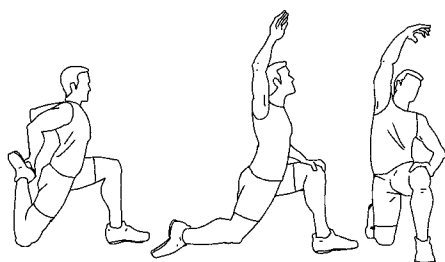
### Hamstring stretch

- Lie on the floor and place a towel under the ball of your left foot
- Using your towel, raise your leg up until you feel a gentle stretch along the back of your thigh
  - Keep your knee straight
- Hold for 45-60 seconds, switch legs and repeat 1-2 times



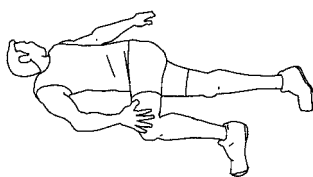
### Quad stretch

- Stand near a wall, chair or a piece of sturdy exercise equipment for support
- Grab your left ankle and gently pull your heel toward your backside until you feel a gentle stretch along the front of your thigh
- Hold for 45-60 seconds, switch legs and repeat 1-2 times



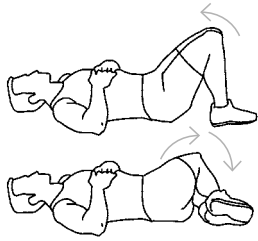
### Reach for the stars

- Kneel upright on the floor and take a generous step forward with your left foot
- Push forward until you feel slight pressure through the front of your hips
- Raise your right arm up over your head, extending it over to the left side of your body until you feel a stretch in the side of your torso
- Hold for 20-30 seconds, switch sides and repeat 2-3 times



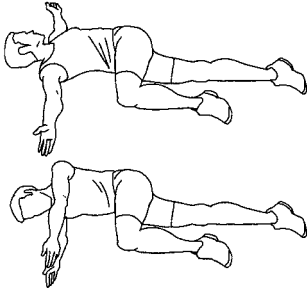
### Lying leg stretch

- Lie on your back with legs straight and your right arm outstretched out to the side
- Flex your right knee and rotate your trunk towards your left leg
  - Bring your right knee towards the floor
- Use your left hand to stretch your right knee further across your body and down to the ground and look over your right shoulder towards your right hand
- Hold for 45-60 seconds, switch sides and repeat 1-2 times



### **Knee rolls**

- Lie on your back with your knees bent and feet flat on the ground directly under your knees
- Stretch your arms out along the floor, extending straight out from your shoulders
- Drop both knees to the right side of your body
  - Keep your arms and shoulders on the ground
- Hold for 45-60 seconds, switch sides and repeat 1-2 times



### **Book openings**

- Lie on your left side with your knees bent to around 45 degrees
  - Keep your knees and ankles together
- Stretch your arms out in front of you, keeping your palms together
- Raise your right arm up over your head and stretch it behind you until it is touching the ground
  - Keep your left shoulder on the floor
- Hold for 20-30 seconds
- Reverse the movement to bring your right arm back to where it started with your palms together
- Switch sides and repeat 2-3 times