

WARM-UP

1 Begin marching on the spot for 1 minute.

2 Add larger arm swings and high knees for 1 minute.



3 While continuing to march, change arms to side-to-side arm swings across the front of your body. Alternate left and right until you have completed 16 arm swings.



4 While continuing to march, change arms to upward reaching as if picking apples (a), 8 on each side, followed by 8 shoulder shrugs (b). Repeat 2 times each.



(a)



(b)

5 Change legs to front-back toe taps. Tap 8 times on the right, 8 on the left and repeat 2 times.



6 Go back to marching and perform 8 shoulder circles forward and 8 backwards.



7 Repeat the warm-up if required, or continue on to Strength and Endurance 1.