**WARM UP AND STRETCHES**

**Aim: Try and do daily, 4 x each, hold 10-15 seconds**

|  |  |
| --- | --- |
| **Warm up in sitting.****Music on, 2-3 mins** | **Ankle wrist circles, head turns, shoulder circles, hands on shoulders and circle elbows, arm swings, touch head, shoulders and knees, punches, arm swing around body, heel raises, marching on spot.**  |
| Image result for neck stretches in sitting | **Neck stretches****Double chins****Neck turns****Ear to shoulder.****Chin to chest.** | **cat cow** | **Cat/cow****Slowly alternate between sitting tall with curve in back to slum sitting** |
| **shoulder** | **Shoulder stretch****Take the arm across your chest and give a gentle push inwards with opposite hand** | **twist** | **Trunk rotation****Rotate around with trunk and head, hook elbow around chair for additional stretch** |
| **triceps** | **Triceps****Take one arm up and back and reach down back, use opposite hand to apply gentle pressure down on elbow** | **adduct** | **Inner thigh****Step your legs outwards and apply gentle pressure outwards on knees for increased stretch** |
| **star** | **Upper body****Sit tall and take hands from knees to V shape above** | **hams** | **Hamstrings****Sit on edge of chair, take one leg forward, sit tall and lean forward. You can rest the elbow on the opposite leg** |
| **side bend 2** | **Side stretch****Stretch alternate sides** | **calf** | **Calf stretch****Step one leg back and push down through the knee of that leg.** |