**WARM UP AND STRETCHES**

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

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| **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.** |