



LAND WARM UP

Raise Heart Rate and Mobilise Muscles
20-30 secs per exercise

1. Jumping Jacks
2. Forward Arm Circles
3. Backward Arm Circles
4. Jog on Spot
5. Jog on Spot and Forward Arm Circles
6. Jog on Spot and Backward Arm Circles
7. Leg Swings – Front to Back
8. Leg Swings – Left to Right
9. Calf Raises
10. High Knees
11. Butt Kicks
12. Fast Feet
13. Squats
14. Jog on Spot into Streamline Jump