

## Warming up

Warm up properly before exercising to prevent injury and make your workouts more effective.

This warm-up routine should take at least 6 minutes.

Try these warm-ups:



1. March on the spot - keep going for 3 minutes

Start off marching on the spot and then march forwards and backwards. Pump your arms up and down in rhythm with your steps, keeping the elbows bent and the fists soft.

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2. Heel digs - aim for 60 heel digs in 60 seconds

For heel digs, place alternate heels to the front, keeping the front foot pointing up, and punch out with each heel dig. Keep a slight bend in the supporting leg.

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3. Shoulder rolls - 2 sets of 10 repetitions

For shoulder rolls, keep marching on the spot. Roll your shoulders forwards 5 times and backwards 5 times. Let your arms hang loose by your sides.

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4. Knee bends - 10 repetitions

To do knee bends, stand with your feet shoulder-width apart and your hands stretched out. Lower yourself no more than 10cm by bending your knees. Come up and repeat.

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