



WARM-UP GUIDELINE

It is important to warm up before you begin exercising. A warm up helps to get your 'blood flowing' and can help prevent injury during exercise. If you have areas in the body where you feel particularly stiff, you should spend more time stretching and warming up that area.

Each warm-up activity should be done for 30 seconds and repeated 2-3 times, depending on the time you have available.

1. **Mini squats** – stand with your feet about shoulder width apart. Lower yourself into a half squat (45 degrees) and straighten up again. Raise your arms to 90 degrees in front of the body and keep them there as you squat. Repeat this for 30 seconds.
2. **Walk on the spot** for 30 seconds, lifting your knees above the height of your hips. While walking on the spot, make sure your arms are imitating a walking or running motion.
3. **Jog on the spot** for 30 seconds – In a nice and easy pace jog on the spot for 30 seconds. Make sure you also use your arms (don't just let them hang on the sides).
4. **High knees on the spot** for 30 seconds – Jog on the spot while making your knees rise above hip height as u do it. Your arms should be bent at the elbow and should be simulating a running motion and not just hanging on the side. Do not lean backwards as you lift your knees but keep your trunk upright.
5. **Hop on the spot** for 30 seconds – Your feet should be just inside shoulder width apart. Hop on the spot as if you are using a skipping rope - this should be at an easy skipping pace. You can keep your arms hanging on your sides or bent at the elbows.
6. **Shoulder rolls** – From a standing position place your fingers on the front of your shoulder where your collar bone meets the shoulder. Place your feet just outside of shoulder width and bend forward slightly from your hips. Roll your shoulders forward for 30 seconds and then backwards for 30 seconds.
7. **Upper body warm-up** – Stand with feet shoulder width apart and your arms kept straight clap your hands behind your buttocks and then in front of your hips. Do the same above your head and then down on your hips. Rhythmically repeat this for 30 seconds
8. **Core warm-up** - Lie on your back with your knees bent and your feet under your knees at shoulder width. Place your hands on either side of your body, squeeze your buttocks and then lift your hips and buttocks off the ground, until you can draw a straight line from your knee, through your hips and shoulders. Squeeze your buttocks and return to the floor. Keep your head, arms and upper back resting on the floor the whole time. Repeat this 15 times.

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