LIVE LIFE ABERDEENSHIRE

Warm Up : 5 minutes

add in bigger arm actions and gradually increase speed

Repeat these moves again making movements bigger

March
Stand tall with shoulders back and down, core engaged. March on the spot by lifting alternate feet and gently swing arms by your side.

30 Seconds

Side Step
Start with feet together and core engaged. Step one foot out to the side and travel across before you bring feet together again. Gently swing arms as you move.

30 Seconds

Hamstring Curl
Stand tall with core engaged. Transfer bodyweight onto one side as you curl opposite leg to bring heel back up behind. Lower leg down and repeat on other side. Gently swing arms as you move.

30 Seconds

Knee Lift
To progress, increase number of repetitions during work time while maintaining good form. A further progression would be to work for 60 seconds and have no rest between exercises.

30 Seconds