



Keeping **Mobile**

CIRCULATION BOOSTER 1

1a) Toe taps

b) Heel/toe taps

c) Leg marching

d) Arm swings

e) Clap hands wide

f) Clap hands narrow

g) Clap hands, thigh tap

h) Clap swing

MOBILISERS

- 2a. Shoulder lift
- 2b. Shoulder rolls
- 3. Side bends
- 4. Ankle activators
- 5. Wrist activators
- 6. Trunk twists

CIRCULATION BOOSTER 2

Re-warmer – similar to CB1 but bigger marching and arm swings, combine arm and leg movement.

STRETCHES

7. Back of thigh stretch
8. Chest stretch
9. Calf stretch
10. Trunk twist stretch
11. Upwards side stretch

CIRCULATION BOOSTER 3

Similar exercises to CB2

but bigger with additional
exercises such as –

Canoeing

Sit, stand and clap

March and sprint

STRENGTHENING EXERCISES

12. Upper back

13. Thigh

14. Arm curl

15. Backward arm press

16. Outer thigh

17. Sit to Stand

18. Wrist

19. Ankle

20. Chest

CIRCULATION LOWERER -

Repeat CB1

STRENGTHENING EXERCISE –

21. Pelvic floor

**FLEXIBILITY STRETCHES (repeat
7-11)**

RELAXATION (BRIEF)

REVITALISER