

Extra Time – Suggested Physical Activities

Warm-Up

Do not carry out any of stretches below if you have any underlying issues with that part of the body.

- Move your arms out elbows bent 3 times and then open out completely. Repeat 3 or 4 times.
- Move the ankles around, knees forward and backwards, legs forward and back and sideways. Squat down to your knees 3 or 4 times
- Walk and/or jog for a couple of minutes to warm up the muscles
- Static stretching holding the body part still in a stretched position for 5 to 10 seconds
- For calf muscles put one leg forward and hold the back leg straight
- For lower calf muscles as above except the back leg is bent
- For quads (front of thigh) stand on one leg and bring your other foot to your buttock keeping the knees still and together
- For hamstrings (back of thighs) put one foot forward and point the foot upwards
- For groins push one leg out sideways and hold still
- For gluts (buttocks) hold your knee and lift up and hold
- For your back, legs slightly apart or together and bend over moving your hands towards your toes
- For arms and shoulders cross your hands over your shoulder and hold
- Then stretch the arms right out
- Then bring each one across the other in turn.

There are many other stretching exercises to be found on the internet but remember not to stretch a cold muscle. Always move the limbs first for a few minutes to warm them up.

Circuit Training

Some suggestion for circuit exercises will be sent out in the next few days