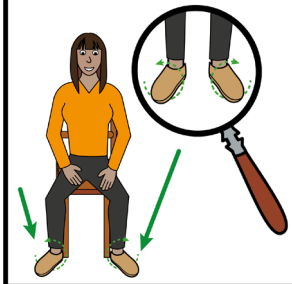




# Warm Ups Seated

## ankle rotation seated



Hold **one leg up** and make **circles** with your **toes**.

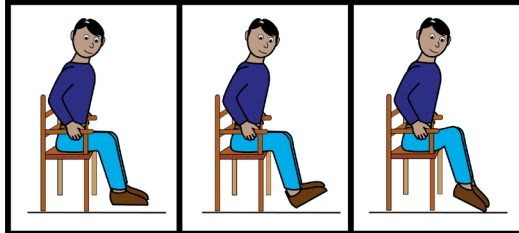
Do **10** in one direction then **10** in the other direction.

## heel and toe raise seated

step 1

step 2

step 3



Bring your **heels up** from the floor - keeping your **toes on the floor**.

Then keep your **heels on the floor** and **bring up your toes**.

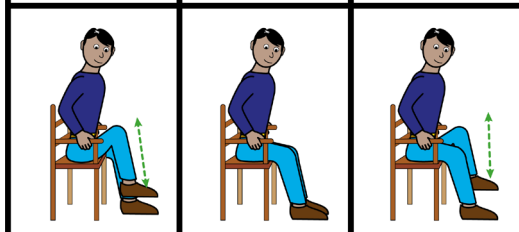
Do **10**.

## seated march

step 1

step 2

step 3



Sitting down **lift one leg up** then the other into a **march**.

You can then bring **up the knee higher**.

You can make this **harder by going faster**.

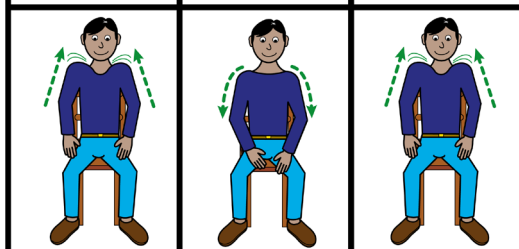
You can change this by **taking the legs wider**.  
**30 marches**.

## seated shoulder shrug

step 1

step 2

step 3



Sitting down bring your **shoulders up towards your ears** and **back down again**.

Do **10**.

You could also try doing **one at a time**.