

S-T-R-E-T-C-H

with

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I have been teaching these movements for some years at my karate school (Doushikai, Maidenhead) as warm up routines for our students. They form an integral part of our karate training but they are also useful as stand-alone exercises for most individuals with moderate to good fitness levels who are looking for a regular workout to release excessive physical tension and to help maintain good body structure and function. The emphasis is on controlled, progressive articulations & stretching movements, combined with mindful breathing.

(An audio-visual file is also available for downloading. If not accompanying this document, please go to my website for a copy - details below).

Important – please read before starting these exercises:

There are three sections, **Programme 1 – “Mostly Joints”** and **Programme 2 – “Mostly Muscles”** and **Programme 3 – “Deeper Tissues (Fascia etc.)**. Programmes 1&2 each take approximately 7 minutes to complete and Programme 3 takes around 14 minutes. They are ideally performed one after the other, totaling 28 minutes of stretching, but can be performed separately. If desired, try out each individual movement first to master it before moving on to the next and then run the entire group as one routine. **There are also 3 Quick Reference Guides at the end for your use.**

AUDIO-VISUAL - please note the exercises on the a/v track that accompanies these programmes begins approximately 10 seconds after you press PLAY to give you time to find a suitable spot (start from a standing position), settle yourself and take a breath before the first programme begins. **If you do not have the audio-visual track, please contact me using the contact details below to download a FREE copy of the file.**

Please take full responsibility for engaging in these routines and always exercise with mindfulness (and only if you have not been instructed by any healthcare professional to avoid such activity). Under-18's can ask their parents to join in or to guide where appropriate.

Remember, pain is generally a signal to cease the activity causing it, so stay safe, but by taking into account the guidelines in this message, it's also important to have fun and enjoy participating.

Please note that this audio, visual and written training material is for educational and informational purposes only and is not intended for the diagnosis, treatment or management of any medical condition. Please perform these routines at your own pace, based on your current cardio-respiratory fitness, muscular strength and fitness. If you believe the routine exceeds any or all of these, do not engage in the exercise and if in any doubt, take advice from a healthcare professional.

Programme 1 – Mostly Joints (7 minutes approx.)

ANKLES: *Rotate L (clockwise/counterclockwise) & R (clockwise/counterclockwise) - 4 x each way*

Stand with your feet shoulder-width apart.

Lift your RIGHT heel and circle your RIGHT foot 4x to the RIGHT (or clockwise).

Then change direction and circle the foot 4x to the LEFT (or counter-clockwise).

Next, do the same with the LEFT foot, 4x to the LEFT then 4x to the RIGHT

KNEES: *Rotate together - 4 x each way*

Bring your feet together, bend your knees slightly and place your hands over your knees.

Rotate the knees 4x to the RIGHT, locking the knees back briefly every rotation.

Change direction, rotating the knees 4x to the LEFT, again locking the knees after each turn.

HIPS: *a) "Hula hoop" - 4 x each way (clockwise/counterclockwise)*
 b) Knee-high circles - ("in to out" [ext. rot.] / "out to in" [int. rot.] both legs) - 4 x each way

a) Now stand up with feet shoulder-width apart, hands on hips.

Circle your pelvis 4x to the LEFT, making big circles each time (as if you've got a hoola-hoop around your waist)

Then reverse the direction and circle 4x to the RIGHT.

b) Now, balancing on your LEFT leg, lift your RIGHT knee high and circle the leg from the inside to the outside, 4x, pointing your toes down to the ground as you do this.

Then circle the leg 4x in the opposite direction, from the outside to the inside.

Change legs and repeat these movements, with the LEFT knee raised high, first circling inside to outside 4x, then from the outside to the inside, 4x.

WAIST: *Back-slaps – rotate L/R with arms loose – 8x (16 swings total)*

Stand with the feet a little wider now and with your arms raised to the horizontal, swing round first to your RIGHT, then back round to your LEFT and slapping your own back with your hand each time.

Remember to keep looking straight ahead the whole time, focusing your eyes on a point directly in front of you. BREATHE OUT as you turn away and IN as you return to the mid-line. The back foot swivels in as you turn.

SHOULDERS: *a) Shrugging - 4 x*
 b) Shoulder rolls (finger tips point to shoulder) – Rotate forwards 4 x / Rotate backwards 4 x
 c) Windmills – both arms together, 4 ways (backwards/forwards/opposite directions/2 ways)
 d) Full arm stretch L/R (hold)

a) Now, standing straight, with arms hanging loose, shrug your shoulders as high as you can and let them drop back suddenly. Do this 4x letting gravity do the work for you.

Next point the fingers of your RIGHT hand and place them on top of your RIGHT shoulder.

Roll the elbow 4x around the side of your head, in a circle rotating forwards.

Reverse the direction of the rolling and make 4 more circles with your elbow rotating backwards.

Now switch to the other arm and do the same movements, firstly rolling the elbow 4x forwards and then 4x backwards.

(Remember to keep your elbow as close to your head as possible).

b) Now engage both arms, fingers on top of shoulders and firstly do 4 forward rolling movements with both elbows, followed by 4 backwards movements, again, keeping your elbows close to your head as you roll.

c) Straighten your arms and rotate the shoulders with both arms making large circles together, like the blades of a windmill.

Do this up to 12x, rotating them backwards and then reverse the direction, rotating both arms forward and at speed.

Notice how your hands cross alternately in front of you.

Next rotate one arm in one direction while the other rotates in the opposite direction.

Do this up to 12 x and then change the directions the arms are moving in and do this for up to 12 full movements.

You'll notice that swinging the hips a little makes this action easier to perfect.

d) Now, use your LEFT hand to pull your RIGHT arm straight across your chest, fingers pointing straight and to your LEFT.

Press your LEFT hand firmly against your upper arm to get more leverage.

Hold this for a count of 12..., then reverse the arms, now keeping the pressure on the LEFT upper arm with your RIGHT hand. Do this for a count of 12 and then drop the arms to your sides.

WRISTS: *Flex/Extend - 4 directions /pull downs/shake-off*

With arms straight out in front, palms facing upwards.

Flex your wrists and draw your fingers towards you, then extend them by drawing the fingers downwards.

Now turn the hands 90° so the palms face each other and flex and extend your wrists once more.

Turn your palms to face down and repeat the flexion and extension movements.

HEAD: *Flex & Extend / rotate L & R / tilt L & R*

Both hands hang by your sides, now slowly, on an OUT BREATH, bend your head forwards taking 4 seconds to do so.

Let your head hang for a count of 4, chin on chest, BREATHING IN & OUT.

On an IN BREATH, slowly raise your head to the mid-line.

BREATHE OUT and let your head slowly stretch back with your mouth open, taking 4 seconds to do so.

BREATHE IN & OUT then on an IN BREATH, slowly raise your head to the mid-line.

Now slowly, on an OUT BREATH, rotate your head to the LEFT taking 4 seconds to do so.

BREATHE IN & OUT then on an IN BREATH, slowly return your head to the mid-line.

BREATHE OUT as you rotate your head to the RIGHT taking 4 seconds to do so.

BREATHE IN & OUT then on an IN BREATH, slowly return your head to the mid-line.

Finally, on an OUT BREATH, tilt your head, slowly taking your LEFT ear to your LEFT shoulder.

BREATHE IN & OUT then on an IN BREATH, slowly return your head to the mid-line.

BREATHE OUT as you tilt your head slowly to the RIGHT side.

BREATHE IN & OUT then on an IN BREATH, slowly return your head to the mid-line.

SPINE: *Arch back and rotate waist (look behind) - 4 secs each movement*

Now, clench your fists and place them behind your back, resting them on the lowest part of your spine.

* BREATHE IN, then as you BREATHE OUT, lean back and twist your body round to the RIGHT so you are looking behind you.

* BREATHE IN as you return to the mid-line and BREATHE OUT as you arch your back and turn round to the LEFT, looking behind you and remaining for a second or two in this position.

* BREATHE IN as you return to the mid-line.

RIBCAGE: *Standing Stretch (L / R / Backwards / Forwards)*

* BREATHE IN and raise both arms above your head, hands touching if possible.

* BREATHE OUT and stretch to your LEFT, feeling the stretch in your RIGHT side and trying not to collapse into the LEFT side of your body.

* BREATHE IN and stand straight again.

* BREATHE OUT as you lean backwards, then BREATHE IN as you straighten up once more.

* BREATHE OUT as you stretch to the RIGHT, feeling the ribs on the LEFT releasing and making sure you are not collapsing into the right side.

* BREATHE IN and straighten up.

WHOLE BODY: *Marching on-the-spot / Cross Crawling - 12 x*

Drop the arms and march on the spot with opposite arm and leg moving together, lifting your arm as high above your head as you swing it up and lifting your rising knee as high as you can in front of you.

Repeat these movements for at least 16 marching steps, making sure you are lifting opposite arm and leg together

This is the end of the joints conditioning session

Now why not drink some water to hydrate yourself?

Programme 2 – Mostly Muscles (7 minutes approx.)

BREATHING WARM-UP (from Chi Gung) (60 seconds)

Stand with feet shoulder-width apart, hands by your sides.

BREATHING IN, raise your hands to chest level, palms facing UP (keeping your hands close to your torso)-

BREATHING OUT, lift your hands ALL THE WAY UP, turning your palms out and away from you.

BREATHING IN, drop the arms to the horizontal, palms facing down, then continue to drop the arms to your sides as you BREATHE OUT. Repeat by:

BREATHING IN, hands lift to the chest

OUT as you stretch up

IN as you drop the arms half-way

OUT as you let the arms drop to your sides

BREATHE IN as your hands rise

BREATHE OUT as they stretch up

BREATHE IN as your arms drop half-way

BREATHE OUT as you let them hang

BREATHE IN

BREATHE OUT

BREATHE IN

BREATHE OUT

For the last time:

BREATHE IN

BREATHE OUT

BREATHE IN

BREATHE OUT

QUAD STRETCH 1 (30 seconds)

Now, hold onto something for balance you if you need to.

Pick up your RIGHT leg at the ankle with your RIGHT hand and pull your foot towards your back as close as you can, keeping the knees close together.

Hold this position for 15 seconds, BREATHING NORMALLY.

Feel the stretch in the front of the thigh, keeping your back straight and lifting upwards the whole time.

Change legs, holding the LEFT ankle with your LEFT hand, and as close to you as possible, BREATHING NORMALLY, DEEPLY and SLOWLY.

If you are not holding on for support, this is a real test of balance as well as providing a deep stretch to your quadriceps muscles.

Then place your foot back on the floor (and stand upright).

HAMSTRINGS & CALF STRETCH – Knees flexed, then extended (30 seconds)

Stage 1:

From standing, turn your feet inwards 45°, with the knees bent, pointing inwards, towards each other. BREATHE OUT, let your upper body drop slowly forwards and simply hang, releasing tension in the lower back.

Stage 2:

After about 10 seconds, turn both feet to the front again and s-l-o-w-l-y straighten your legs, feeling the stretch now in the hamstring and calf muscles at the back of the legs.

Keeping your back relaxed and your neck and head loose and released while you are in this position for a little while longer.

After another 10 seconds, bend your knees slightly, BREATHE IN and slowly uncurl your back and stand upright.

CORE STRETCH (The Fencers Lunge) (60 seconds)

BREATHE OUT and step backwards with your RIGHT leg, which stays straight and your LEFT leg bends, LEFT knee above your LEFT foot, LEFT shin VERTICAL.

Sink down into this lunge position. Now turn the RIGHT foot 90° to the RIGHT and let your RIGHT leg slide further back, if you are able, then roll over on your RIGHT instep as you drop further down. You can raise your arms above your head if you wish or leave them hanging by your sides.

BREATHE IN & OUT for a few breaths and then slowly return to a standing position.

Now drop the LEFT leg behind you and, keeping your back upright, turn your LEFT foot out 90° to the front foot and slowly drop down further, BREATHING OUT as you lower yourself into position, then BREATHING NORMALLY and stretching your arms up if you wish.

Always check your feet position, which should be spread wide, shoulder-width apart and with your hips perpendicular to the way you are facing. If done correctly you should feel this stretch deep inside the lower abdomen on the side of the straight leg.

BREATHE IN and return to standing.

HAMSTRINGS & ADDUCTOR STRETCH – Straight legs throughout (60 seconds)

Stand with your feet two shoulder-widths apart.

Keeping your back as straight as possible, for as long as possible, BREATHE OUT as you bend forwards, your hands reaching to the floor.

Feel the stretch in the back of your legs and on the inside of your legs. Stay in this position for a few seconds BREATHING NORMALLY.

Now BREATHE OUT as you slowly walk the hands across towards your LEFT leg and, if you can, hold onto your LEFT shin and feel the increased stretch and a gentle rotation taking place in your back. BREATHE NORMALLY through this movement. Stay in this position for around 10 more seconds.

Next, slowly walk your hands across to the RIGHT leg and repeat this stretch once more, taking your head closer to your leg, millimetre by millimetre, and BREATHING NORMALLY. Stay in this position for another 10 seconds.

Then on an OUT BREATH, and keeping low, take your hands back to the centre, rotate your hands, with your fingers now pointing backwards, and walk your hands between your feet as far as you can go.

HORSE RIDING STANCE (60 seconds)

Keep the feet where they are and make sure both feet point forwards and by bending both knees, raise your upper body, straighten your back and sink into this next posture as if you are sitting on an imaginary horse.

Raise your arms in front of you to chest height, with elbows wide and fingers pointing to each other but not touching, as if you were holding onto an imaginary beach ball in front of you.

Keep the legs strong and the knees pushed out over the feet which are pointed straight ahead and are parallel to each other. BREATHE NORMALLY and a little DEEPER. If you can, breathe continually through your nose during this exercise.

Draw your abdominal muscles in, and in doing so, working to strengthen your core. Lengthen your back, keeping your spine straight and upright, your head lifted with your chin pointed downwards.

If your legs or arms get tired at any point, simply stand up briefly, shake your legs and arms and then return to the position straight away.

This exercise builds strength in many muscle groups and also helps you to root yourself into the ground, helping to improve stability, balance and general posture.

Finally BREATHE IN, stand up and shake your legs and arms if you wish.

FINISH & HYDRATE

This is the end of the muscle conditioning session

Now why not drink some water to hydrate yourself?

The Audio-Visual files for these exercises are available FREE DOWNLOAD by using the link:

www.pHenomenalHealth.co.uk/

and use the PASSCODE: PH2020

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Programme 3 - Deeper Tissues (Fascia etc.) (14 minutes)

TRIANGLE *Lateral stretch exercise from standing* (120 seconds approx.)

Stand with your feet two shoulder-widths apart.

Swivel on the feet to the LEFT (RIGHT foot turned in 45°, LEFT foot turned completely to the LEFT), keeping the legs straight, and where possible, with the knees locked back and the kneecaps “lifted”.

Lift both arms to the horizontal and then, without rotating at the waist, slowly bend to the LEFT.

Your RIGHT arm stretches upwards (palm faces forward) and your LEFT arm stretches down towards the floor, sliding down your shin to your LEFT foot or touching the floor on the outside of your foot – try to make a straight line along your outstretched arms.

Turn your head and gaze up at your RIGHT hand.

Keep moving your RIGHT hip further back and moving your LEFT hip further forward, millimeter by millimeter to maintain the flattest profile you can (imagine doing this exercise “between two panes of glass”).

Keep “working” in this posture for another few seconds. Extending and breathing into the whole body.

Next, slowly come back to standing upright, keeping your arms stretching outwards, before swiveling on the feet to the RIGHT (so now the LEFT foot turns in 45°, and the RIGHT foot turns completely to the RIGHT).

Repeat all of the original moves, but now to the RIGHT side, sliding your RIGHT hand slowly down your RIGHT leg, sending your LEFT arm upwards. Be aware of not letting the body rotate towards the floor. Looking up towards your LEFT hand. Keep a flat profile. Keep both legs straight and strong. Keep strong in thigh muscles.

Remember to keep stretching both sides of your rib cage in this posture. Breathe deep and expand your chest.

After a few more seconds of stretching, slowly come back to a standing position and lower the arms to your sides.

V-SPREAD *Seated floor stretch for legs and spine* (90 seconds approx.)

Sit on the floor with both legs straight out in front of you.

Next, open legs out as wide as you can, using your hands to push your heels away from each other as far as you can. Sit upright, keeping your back as straight as possible, if necessary, using your hands behind you on the floor, to lever yourself forward, holding this position for 15 seconds.

Reach forward with your hands to slide down your legs to your shins, feet or beyond, whatever your body allows. Your RIGHT hand moving to your RIGHT foot and your LEFT hand to your LEFT foot. Hold this position for 15 seconds.

Next, move your RIGHT hand over to reach out towards your LEFT foot and keep stretching with both arms to the LEFT. Hold this position for 15 seconds.

Next, repeat this move to the RIGHT side, with both arms stretching to the RIGHT foot. Hold this position for 15 seconds. Finally, return to the central position, with LEFT hand stretching to the LEFT foot and the RIGHT hand stretching to the RIGHT foot and hold this position for a further 15 seconds.

Then sit upright again.

QUAD STRETCH 2 *From face down on floor (thigh stretch) (60 seconds approx.)*

Lie face down on the floor, resting your head on your LEFT forearm and bend your RIGHT knee so that your RIGHT foot points upwards. Then, grasping your RIGHT ankle with your RIGHT hand gently but firmly pull your foot toward you, thereby increasing the stretch in your RIGHT quadriceps (thigh) muscles. Continue to do this for 20 seconds,

Next, let that leg go and repeat the movements but this time on the LEFT side, again, for 20 seconds.

Next grasp your LEFT ankle with your LEFT hand and your RIGHT ankle with your RIGHT hand and pull both toward you, lifting your head and chest up as you do so to achieve a stretch across the whole of the front of your body. Do this for 20 seconds then release the ankles and relax for a couple of breaths.

COBRA – low level *From face down on floor (back extension) (60 secs. approx.)*

Remain lying face down and stretch both arms out to the front.

Draw your head and torso up whilst dragging your hands on the floor towards you, using only the strength of your back muscles to do this. At the point where you cannot extend your spine any further, straighten out (extend) your arms with your palms still on the floor. This will now give you a little extra extension on your spine.

Hold this position for 20 seconds, then release yourself back to lying flat on the floor, resting your head on your hands for a few breaths.

When you have rested for a little while, repeat the above movements. (If you have no spinal related problems you may intensify the stretch each time by drawing the hands a little closer to you on each subsequent movement.)

Repeat one more time and then rest for a couple of breaths.

FOLDED POSITION *From face down on floor (back stretch) (30 seconds approx.)*

From the face down position, slowly push yourself back so that your bottom moves towards your feet, using your hands to gently push you further back. Rest your forehead on your hands or on the floor if you can.

Stay in this position for 20 seconds, feeling the stretch in the lower part of your spine.

CAT/COW SEQUENCE *From all fours on floor (spinal flex/ext) (30 secs approx.)*

From the Folded Position, push forward into a kneeling (or four square) position.

On an OUT-BREATH, push your back upwards and let your head gently drop downwards, then reverse this position on the next IN-BREATH by pushing your back down towards the floor and raising your head upwards.

Make the movements as smooth as possible, transitioning seamlessly from the Cat (head down) to the Cow (head up) positions

Repeat this sequence 4-5 times and finish in the starting position.

ARM-LEG BALANCE *From all fours on floor (opp. arm/leg (30 secs approx.)*

From the kneeling (four square) position, lift your LEFT leg off the floor behind you to the horizontal ,(pointing your toes downwards) and lift your RIGHT arm up in front of you to the horizontal (stretching the fingers as far as you can away from you). Hold this balance position, breathing steadily for approx. 10-15 seconds.

Gently return to the kneeling position and then repeat the movements with the opposite limbs and hold for the same length of time, breathing steadily, working the tissues constantly.

Return to the kneeling position, then stand up.

FULL SQUAT *Use support if required by holding onto an anchored object in front (30 secs)*

From standing, and if the condition of your knees & hips allow, drop slowly into a full squat position (or however low you can manage). Use a firmly anchored object in front of you to hold on to if needed.

Make sure that both your feet (heels and toes) are on the floor (in other words, the entire sole of each foot is flat on the floor). Keep your back as straight as possible throughout this movement.

Have both your arms outstretched in front of you to balance, if necessary, or raised horizontally in front of you, or above your head if you can do so easily.

Stay in this position for up to 30 seconds and then stand up slowly.

CROSS CRAWL *Cross-lateral exercise (marching on spot) (30 secs)*

In standing, take some time to march on the spot, raising OPPOSITE arm and leg (e.g. RIGHT arm with LEFT leg and then LEFT arm with RIGHT leg)

Lift each arm or leg as high as you can manage and let the arms really SWING, keeping them fully extended (straightened) as you swing them.

Keep marching for 20-30 seconds

LOOSE JUMPING *Loosening up from a standing position (15 seconds)*

This is a loose, random skipping or jumping on the spot, with a little side-to-side movement, shaking loose any residual tension from your body. Let your hands arms and flap about like a loose puppet.

FINISH: In standing

HYDRATE

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QUICK REFERENCE GUIDE

Programme 1 – Mostly Joints (7 mins total)

- ANKLES:** Rotate L (clockwise/counterclockwise) & R (clockwise/counterclockwise) - 4 x each way
- KNEES:** Rotate together - 4 x each way
- HIPS:** a) “Hula hoop” - 4 x each way (clockwise/counterclockwise)
b) Knee-high circles - (“in to out” [ext. rot.] / “out to in” [int. rot.] both legs) - 4 x each way
- WAIST:** Back-slaps – rotate L/R with arms loose – 8x (16 swings total)
- SHOULDERS:** a) Shrugging - 4 x
b) Shoulder rolls (finger tips point to shoulder). Rotate forwards 4 x / Rotate backwards 4 x
c) Windmills – both arms together, 4 ways (backwards/forwards/opposite directions/c. 12 x each way
d) Full arm stretch L/R (hold)
- WRISTS:** Flex/Extend - 4 directions
- HEAD:** Flex & Extend / rotate L & R / tilt L & R
- SPINE:** Arch back and rotate waist (look behind) – Left & Right
- RIBCAGE:** Standing Stretch (L / R / Backwards / Forwards)
- WHOLE BODY:** Marching on-the-spot (Cross Crawling) - 12 x
- FINISH:** In standing

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QUICK REFERENCE GUIDE

Programme 2 – Mostly Muscles (7 mins total)

BREATHING WARM-UP (from Chi Gung) :

Hands rising up and returning with deep, slow breathing - 5x
(1min total)

QUAD STRETCH 1 :

Standing on one leg, holding the other by ankle, (15 secs each side)
(30secs total)

HAMSTRINGS & CALF STRETCH – (Knees flexed then straightened) :

Slowly bend forwards; stay in forward bend position; slowly return to standing
(1min total)

CORE STRETCH (The Fencers Lunge) :

Switch from regular lunge position to Fencers Lunge (back foot at 90° to front foot, legs shoulder width apart
Left leg leading first for 30 seconds then Right leg leading
(1min total)

HAMSTRINGS & ADDUCTOR STRETCH – Straight legs:

Straight legs, feet wide apart, forward bending and then stretching to one leg, then the other, then to centre, 15 seconds each direction, 4 directions in all.
(1min total)

HORSE RIDING STANCE :

Feet wide apart, knees flexed (135°), back straight, arms at chest height, fingers pointing inwards, stay in position for 1 minute, breathing deeply

FINISH: In standing

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QUICK REFERENCE GUIDE

Programme 3 - Deeper Tissues (Fascia etc.) (14 mins total)

- TRIANGLE:** *Lateral stretch exercise from standing
(120 seconds approx)*
- V-SPREAD:** *Seated floor stretch for legs and spine
(90 seconds approx.)*
- QUAD STRETCH 2:** *From face down on floor (thigh stretches)
(60 seconds approx.)*
- COBRA – low level:** *From face down on floor (back bend)
(60 seconds approx.)*
- FOLDED POSITION:** *From face down on floor (back stretch)
(30 seconds approx.)*
- CAT/COW SEQUENCE:** *From all fours on floor (spinal flex/ext)
(30 seconds approx.)*
- ARM-LEG BALANCE:** *From all fours on floor (opp. arm/leg)
(30 seconds approx.)*
- FULL SQUAT:** *Use support if necessary by holding onto an
anchored object in front
(30 seconds approx.)*
- CROSS CRAWL:** *Cross-lateral ex. (marching on the spot)
(30 seconds approx.)*
- LOOSE JUMPING & FINISH:** *Loosening up from position (15 secs)*