

¹Mobility

If you have any joint or mobility issues, make sure you ask your GP about whether you should be performing these exercises.

This is a mobility set rather than Pilates and yoga. However, if you already take part in those you can add in the breathing and take more time with each move. This session is to simply get you moving. Do not attempt to over-stretch your muscles or joints. If you experience pain, then stop or adapt the movement.

5 sets of each of the following. This set can be performed as a warm-up, a cool-down or can be repeated as a circuit if you have more time.

1. Scapula press-ups
2. Kneeling Torso Twist
3. Hip Circles
4. Downward dog to giant stretch
5. Toe to twist / Toe to Twists x 3
6. Kneeling Hip Flexor stretch
7. Sumo Squat to hamstring stretch
8. Directional Lunges

Watch the videos for a demonstration and technique cues. Don't worry if you can't do the movements exactly as shown – in fact you might be more flexible than me – so work to your limits. Let's have no injuries please.

by Faye