



# WAKE UP: Warm Up

2025

Stretches to complete on waking. Approx. 6 mins

Working from top to toe:

- Turn head from right to left pausing in centre. Exhale on turn inhale to centre
- Dip ear to shoulder alternating. Exhale on dip
- Shoulder rolls forward 10 & Backward 10. Inhale Up. Exhale Down
- Arm Circles, RHS: FWD > BWD. LHS. FWD > BWD. Arm swings 1 FWD 1 BWD then reverse
- Interlace fingers stretch up to sky
- Lean spine to right then left. Inhale to centre, exhale on lean
- Clocks: Imagine you're standing on a clock face:
  - Tap right foot to 12 then 3. repeat 5 times. Lift toe and float 12 to 3 5 times. Lift knee to hip height 12 to 3 5 times
  - Tap left foot to 12 then 9. repeat- 5 times. Lift toe and float 12 to 9 - 5 times. Lift knee to hip height 12 to 9 - 5 times
- Roll down
- Hands on mat - bend knees, stretch glutes to sky
- Rag doll - grab opposite elbow - let head hang long, Shake head, nod head (repeat twice)
- Walk Hands out to down dog. Walk dog (pedal feet)
- Child's pose

**Enjoy your day!**