

Big Pedal 2021

Warm up and cool down



This is a head-to-toe warm up and cool down routine.

Instructions

- Sit cross legged on the floor nice and straight. Rotate your head five times in each direction.
- Shrug your shoulders in circles, five forward and five back. Tip – try to make big circles.
- Reach out to the side and up high to the sky. Do some wrist circles at the same time.
- Sit with your legs stretched out to the side. Reach for your toes, left hand to left foot. Repeat on the other side. Tip – look back at your opposite foot for a deeper stretch.
- Stand up with feet shoulder width apart. Rotate your hips in big circles in one direction five times and then switch directions.
- Standing up, put your feet together and your hands on your knees. See if you can draw a circle around your toes with your knees.
- Get into a downward dog (with your feet and hands both on the floor) and push your heels down one at a time for a nice stretch in your calves.
- Now time to incorporate your whole body. Squat down with your hands on the ground, then roll up to standing, reaching your arms up high when you reach the top. Repeat a few times.



Top tip

Remember to not hold your breath whilst doing the exercises!



You should now feel warmed up for exercise or cooled down ready to get on with your day.