

This standing warm up will mobilise joints, and warm up muscles to prepare your body and mind for a workout. Try it before your gym session to help you tune in, focus, and prevent injury.

1



Stretch and Sigh

Start with knees bent and arms down.

Breathe in reaching up.

Sigh out lowering arms.

Do 5 times.

2



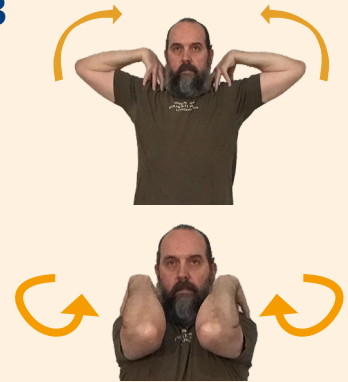
Hip Circles

Bend knees and circle hips.

Keep circling as you breathe in and out 5 times.

Change direction.

3



Shoulder Circles

Circle the elbows 5 times backwards.

Repeat 5 times forward.

Move with your breath.

4



Side stretch

Breathe in, raise left arm.

Breathe out, sideways bend to the left. Hold for 5 breaths.

Repeat on other side or alternate left and right side.

5



Eagle

Cross forearms.

Lift to shoulder height.

5 slow steady breaths.

Change sides.

6



Warrior 1

Hips face forward.

Bend front leg. Keep body upright.

5 breaths, change sides.

Cautions

- Listen to your body. Modify or miss out poses that may cause injury or pain.
- Protect your knees in postures 6, 7, and 8. Keep your bent knee above or behind the ankle.
- For posture 9 and 10, if you have high or low blood pressure, return to standing slowly.

(Please turn over)

Tips

- Practice on a non-slip surface. Clear the space around you.
- In each posture notice your feet and feel the strong connection to the ground beneath you.
- Repeat postures 1 to 3 between any of the others to gradually mobilise and ease any stiffness.

7



Stretched Flank

Rest forearm on thigh.

Extend other arm overhead.

Do this for 5 breaths on right and then left side.

8



Side Lunge

Wide stance, hips face forward.

Bend right knee, move left toes.

Stay for up to 5 breaths.

Repeat both sides.

9



Shoulder Stretch

Clasp hands behind back.

Let head hang loose.

Lift arms away.

Stay for 5 breaths.

10



Rag doll

Relaxed forward bend.

5 slow steady breaths.

Bend knees.

11



Stork

Stand tall, weight on left leg.

Lift right leg, hold foot.

Raise right arm when steady.

Hold for 5 breaths each side.

12



Mountain

Return to standing.

Relax face.

Notice how you feel.

5 slow steady breaths.

“Yoga means union of heart, mind, body, and spirit. It unites us and the people around us.”

Gurudev Sri Sri Ravi Shankar, Yoga Guru and Spiritual Leader