



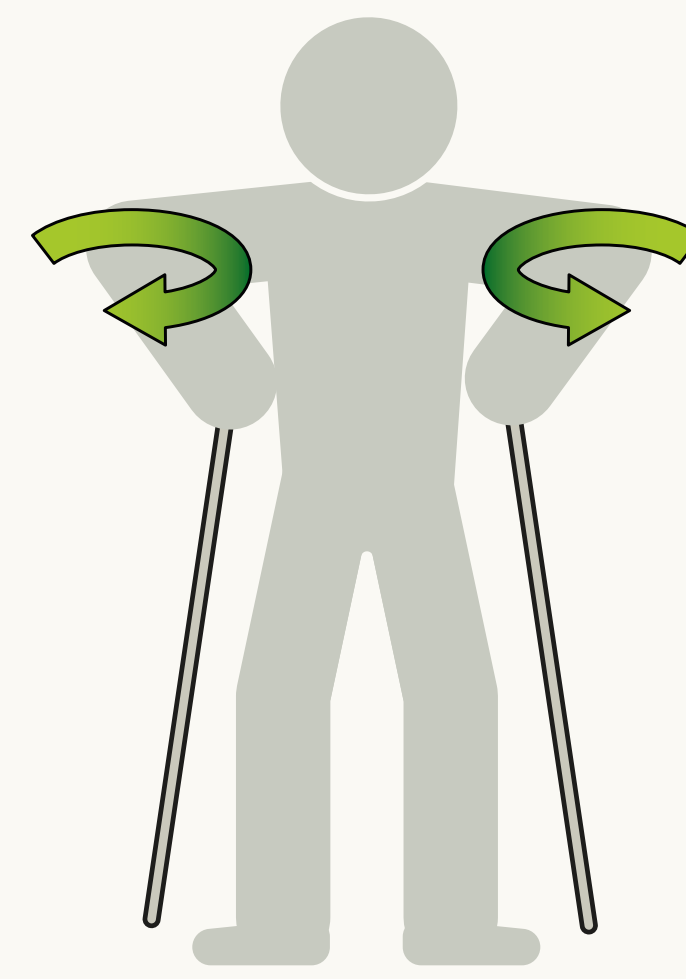
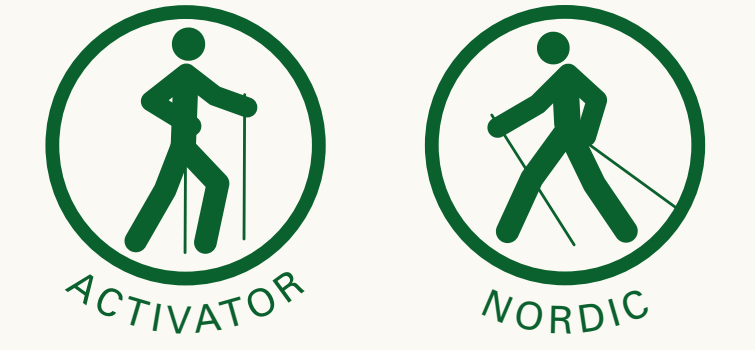
Slievemore Doogort Trail



FOR EACH EXERCISE

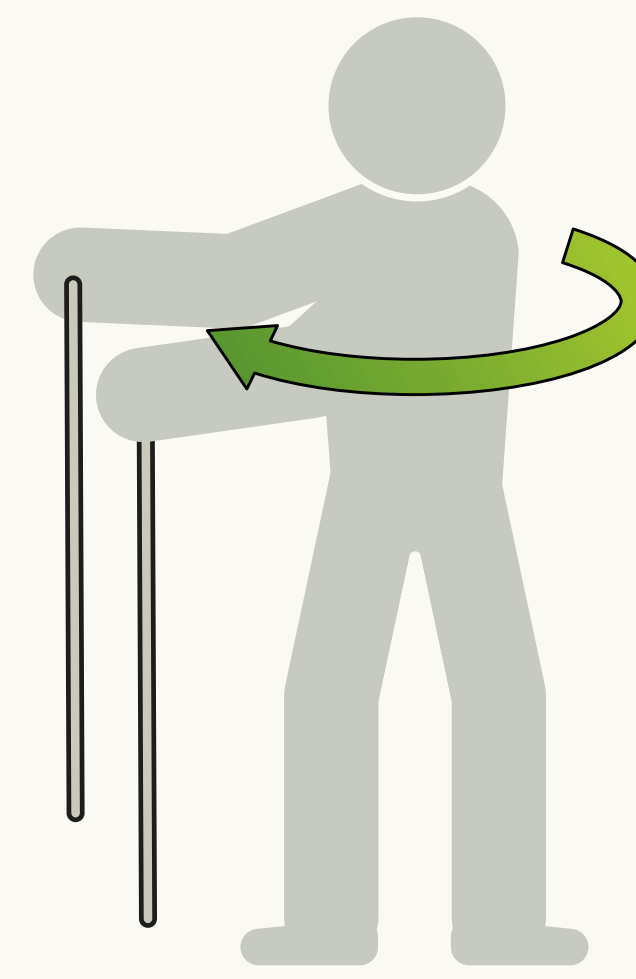
- Start with feet shoulder-width apart, knees slightly bent.
- Extend arms and place poles forward in vertical position.
- Maintain good posture (head up / back straight) throughout the exercise.
- Use slow, steady movements.
- Repeat 8-10 times.
- Do not mobilise if painful.

WARMING UP



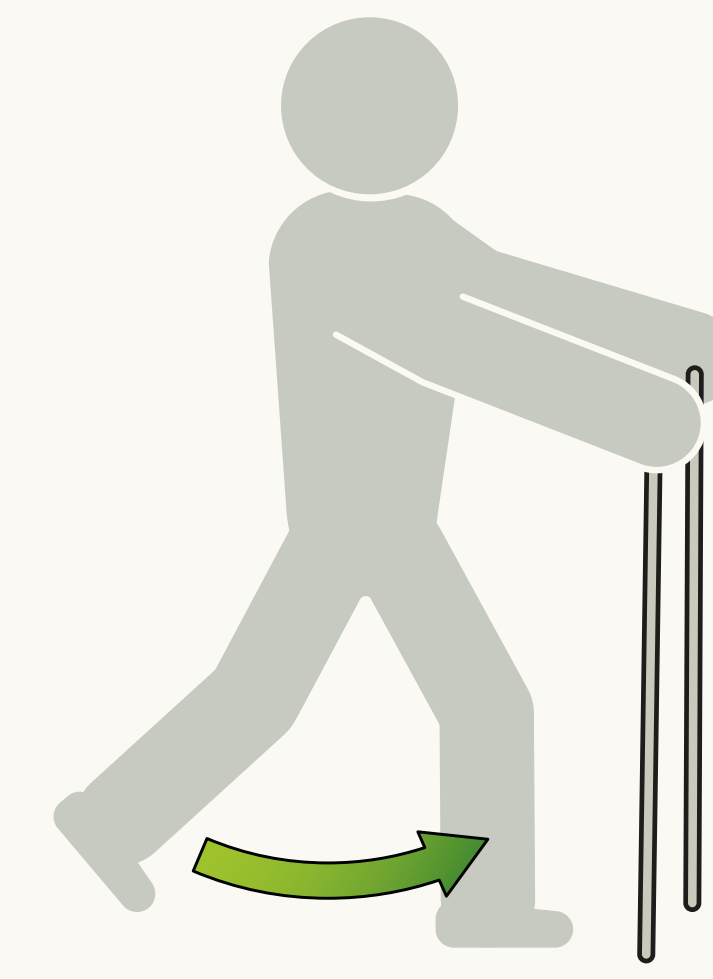
SHOULDERS

1. Slowly circle arms in a 'swimming' motion.
2. Repeat in other direction.



SPINE

1. Slowly raise both poles and twist around to place both poles on ground to side.
2. Return to centre and then to other side.



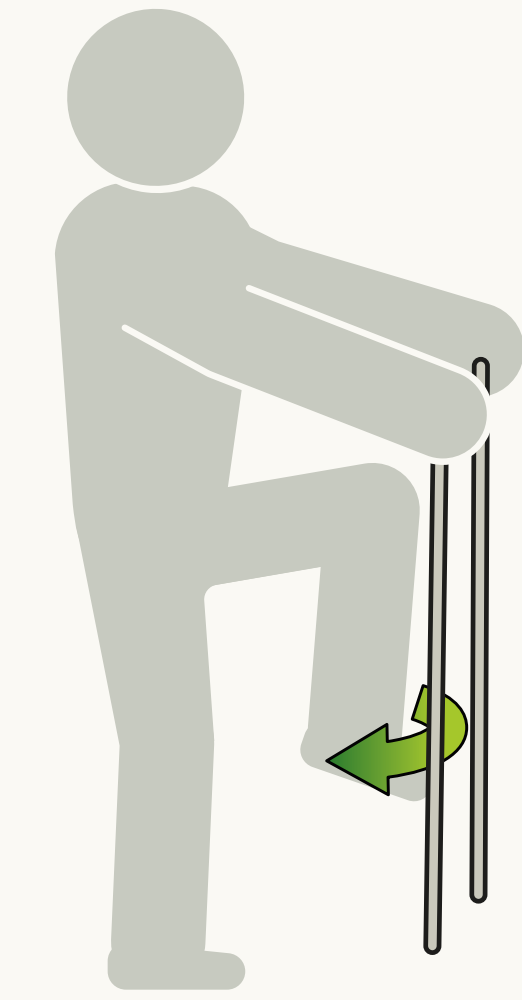
HIPS

1. Extend arms and place poles forward in vertical position.
2. Slowly swing one leg backward and forward from hips.
3. Repeat on other leg.



KNEES

1. Raise one knee and gently swing foot forward and backward from knee.
2. Repeat on other leg.



ANKLES

1. Raise one knee and gently rotate ankle clockwise and then anti-clockwise.
2. Repeat on other leg.

FOR EACH EXERCISE

- Start with feet shoulder-width apart, knee's slightly bent.
- Extend arms and place poles forward in vertical position.
- Maintain good posture (head up and back straight) throughout the exercise.
- Use slow, steady movement.
- No bouncing.
- Stretch to the point of mild tension, and hold for 5 to 8 seconds.
- Breathe normally - do not hold breath.
- Repeat 3 times.
- Do not stretch if pain presents.

WARMING DOWN



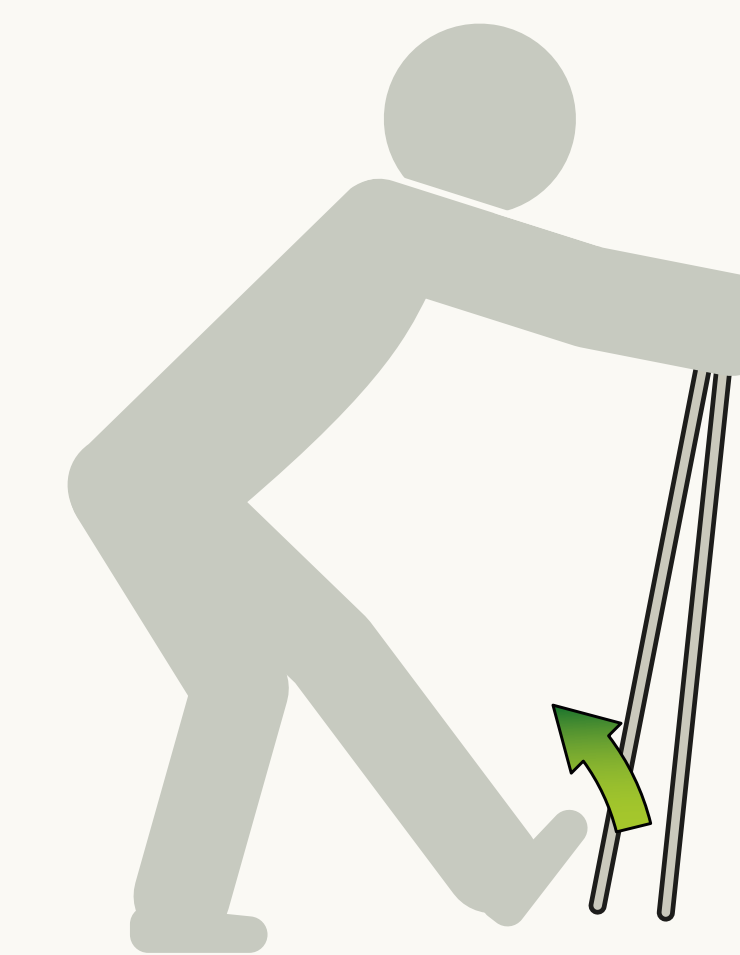
SHOULDERS & SPINE

1. Push bum backwards!
2. Extend arms fully (poles firmly planted).
3. Lean forward from hips - back straight and head up.



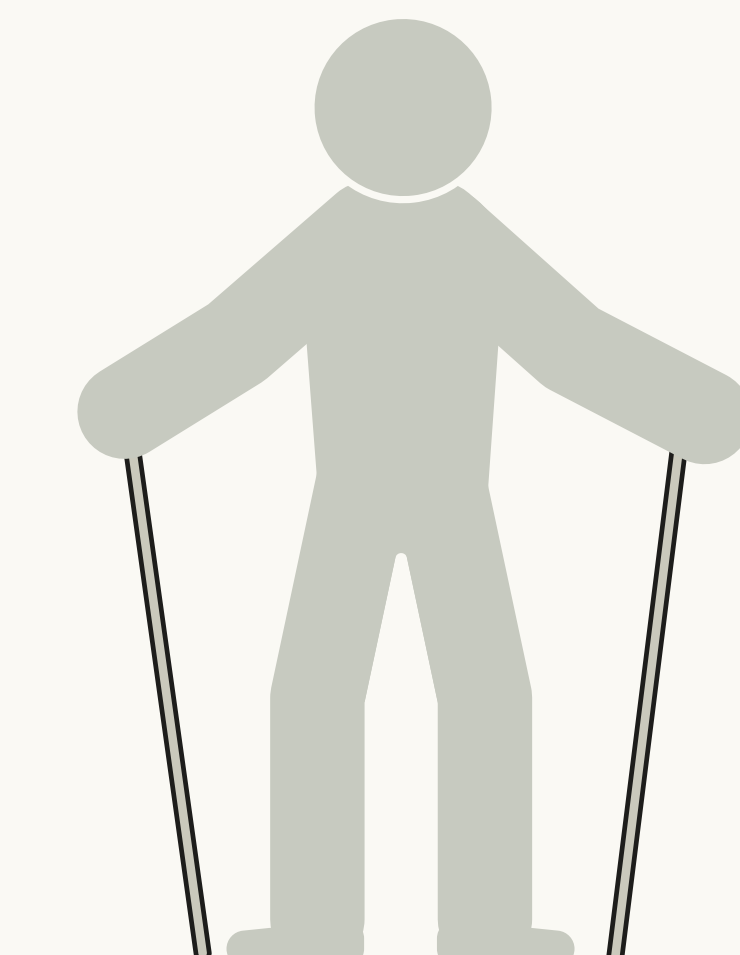
LEGS (HAMSTRINGS)

1. Place one heel forward.
2. Push bum backwards!
3. Extend arms fully (poles firmly planted).
4. Lean forward from hips - back straight and head up.



LEGS (CALVES)

1. Place one heel forward.
2. Pull toes back.
3. Push bum backwards!
4. Extend arms fully (poles firmly planted).
5. Lean forward from hips - back straight and head up.



SHOULDERS & CHEST

1. Plant poles firmly.
2. Extend arms forward.
3. Slowly *open* arms to side and *push* them behind.
4. Then *push* chest through.



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