

England Warm Up

See video

Jogging x 6 laps/ 90s

Knees up jogging x 2 laps/ 30s

Heel flicks jogging x 2 laps/ 30s

Skipping high knees x 2 laps/ 30s

Cat leaps x 2 laps

Side gallops x 2 laps/ star jumps 30s

2 x or 30s of: Straight leg runs forwards/ side/ back

Heel toe walks x 2 laps/ 30s

Double hops sharp x 2 laps/ 30s

Step over gate/ stroke the grass x 2 laps/ 30s

Low Sumo Squat 10es plus wrists circles and waves

Lunges x 10es

Spiderman lunge (with torso twist) x 10es

Caterpillars forwards with pushup x 10

Caterpillars backwards arms stretched x 10

Elephant walks x 20

Beetles 10s on spot, 10s moving forwards

Dish, pike straddle (+ around the works) x 10

Downward dog- plank- crocodile- cobra x 5

Arm rotations with small knee bend 10 forwards, 10 back

Support scull with band x 20)

Over Head with band x 20) repeat x 2

Behind back with band x 20)