






Exercise		Reps
<p>Forward Leg Swing</p> <ul style="list-style-type: none"> - Stand on one leg and swing the other leg forwards and backwards. - Try and keep you torso stable, as the movement should come from your hips. 		10 / leg
<p>Lateral Leg Swing</p> <ul style="list-style-type: none"> - Stand on one leg and swing the other leg from side to side. - Try and keep you torso stable, as the movement should come from your hips. 		10 / leg
<p>Hip Circles</p> <ul style="list-style-type: none"> - Stand with your hands on your hips around in a big circle. - Repeat the hip circles in both directions. 		6 / direction
<p>Diagonal Hand Crossovers</p> <ul style="list-style-type: none"> - Start with your top hand externally rotated and your bottom hand internally rotated. - Cross them in front of your body as you reverse each arms rotation. - Reverse the movement back to the start position. 		6 / direction
<p>Arm Circles</p> <ul style="list-style-type: none"> - Swing your arms around in big circles forwards and backwards. - Start slowly and gradually increase the speed 		10 / direction