

SCHOOL YARD WARM UP

POSITION

1. Legs in squat position with butt back and weight in heels.
2. Arms swing in front of body (Step 1).
3. Stand upright as you swing arms above head (Step 2).
Look with chest and eyes up to hands.
4. Return to starting squat position with arms swinging in front of body again (Step 1).

NUMBER

x 10



STEP 1



STEP 2

Make sure:

- Step 1
 - Butt back and weight in heels.
 - Eyes looking downward (don't look up and jam your neck).
- Step 2
 - Lift chest and eyes to look up at hands.
 - Limit movement if any discomfort in neck or shoulders.

It is good for:

- Mobility chest, upper back, shoulders, hips and lower back.
- Hip joint nutrition.
- Tension release hip muscles, upper and lower back.
- Re-enforcing Balance Principle
 - Butt back, weight in heels.

Breathing:

- Breathe in as arms swing in front of body (Step 1). Breathe out as raise arms up (Step 2).