



GMVA 2020 WARM UP AND COOL DOWN

Warm Up:

Squat with arm raise and hold for 5 seconds, thumbs point backwards
5 times 5 seconds

On all fours, 1 hand behind head, open and close chest
6 each side

Glute bridge and 2 hands and 2 feet, thrust and hold
3 times 10 seconds

Lunge position, hands on hips/bum, hip stretch, tense bum
15 seconds each leg forward

Prone side to side hover. Feet and hands shoulder width apart
15 glides each way

Forward then backwards walking lunge. Hands on hips
9 meters each way

Forward then backwards prone crawl
9 meters each way

Broad jump and land, watching knees to stay in line
8 jumps

Upper and lower body jump twists, with fast feet contact
30 reps

Handstands
2 times 10 seconds

Warm Down:

Prone alternate foot to hand, 5 second hold
10 alternating

Angry cat, happy cat, 3 second hold
8 up and 8 down

Prone hips up walk back with hands and hold 5 seconds
5 times

All fours, lats stretch alternating on 5 seconds
3 each arm

