



BLOOD FLOW EXERCISES

<u>EXERCISE</u>	<u>DURATION</u>	<u>NOTES</u>
Skipping or light jogging	5 mins	JOG: Knees up / heels to bottom
Shake body to get loose		
Shoulder swings		
Shoulder shrug forward	30-60 secs	
Shoulder shrug backward	30-60 secs	
Left arm swing forward	30-60secs	
Right arm swing forward	30-60 secs	
Left arm swing back	30-60 secs	
Right arm swing back	30-60secs	
Left arm fig 8	30-60 secs	
Right arm fig 8	30-60 secs	
Front crawl arm action	30-60 secs	
Back crawl action	30-60 secs	
Breast stroke action	30-60 secs	
Butterfly action	30 -60 secs	
Shake body to get loose		
Double arm swing chest	1 min	
Cross country skiing	1 min	Bounce at knees
Monkey arms	1min	
Shake body to get loose		
Left ankle rotation forward	1 min	sit on floor
Right ankle rotation forward	1 min	sit on floor
Left ankle rotation backward	1 min	sit on floor
Right ankle rotation backward	1 min	sit on floor
Jogging	1 min	
Spotty dogs	1 min	
Jumping Jacks	1 min	
Star Jumps		10 -20 jumps
Boxing	30-60 secs	get heart rate high
Approximate time 23 / 30 minutes		