



Rapunzel Warm Up

Wake Up Warm Up

Before beginning our 'Wake Up Warm Up' video please ensure you are in a clear space with plenty of room to move.

If you haven't participated in any of our videos before, please read through our tips for working safely below.

If you have already read these, you can skip straight to page 2 to see our Exercise Breakdown with useful tips!

SAFE PRACTICE

BEFORE YOU BEGIN – CHECK LIST

Are you dancing safely?

Don't do anything that hurts or feels uncomfortable!

If the movement from our videos hurts or feels uncomfortable – change it! You can always adapt or change the movement, so it feels comfortable for your body.

Are you injured?

If you are injured, we suggest you don't take part in these videos, or make sure you are able to adapt the material safely.

If you do hurt or injure your body – rest and seek medical advice.

Is your space safe?

Make sure you are in a clear space with lots of room to dance around, especially if you are dancing with other people.

THINGS TO CHECK:

Are there any objects on the floor that you could stand on or trip over?

Are there any things in the space that you could break?

Anything else?

We suggest wearing comfortable clothing that you can move easily in and bare feet.

Make sure you're not wearing anything slippery on your feet!

Go at your own pace – you can stop and start the videos at any time, and go back if you missed any instructions or moves. We suggest you watch each video once before joining in so that you know what to expect.

Have fun dancing!

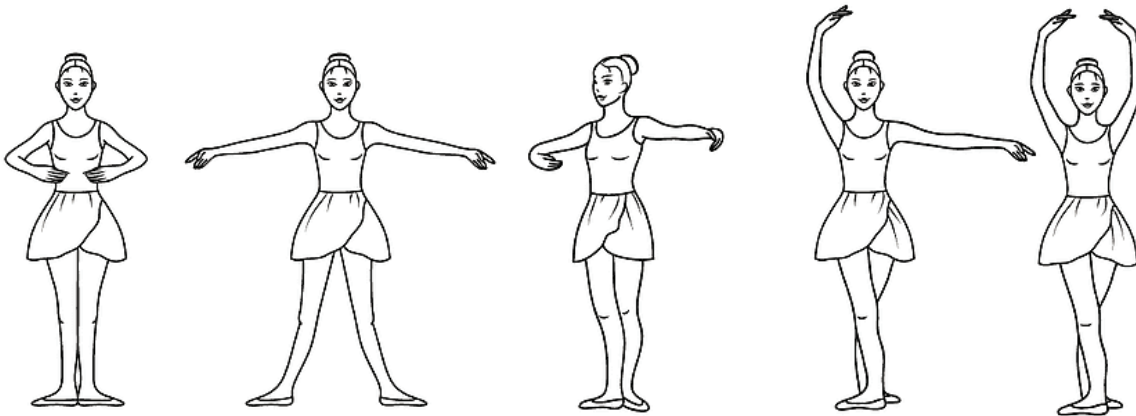
Wake Up Warm Up Exercise Breakdown with useful tips!

When doing our 'Wake Up Warm Up' video, it's important to remember it's not about doing every movement perfectly but having fun whilst dancing along

- Stand tall, with feet in parallel position and arms hanging down by your sides.



- Ballet arm positions, 1st, 2nd, 3rd, 4th & 5th.
Make sure your arms are long and you move them smoothly between the positions.



- Open your arms and legs to make a big starfish shape.
Draw a big circle with both your arms, thinking about dropping your head to begin to warm up the back and spine. Keeping your arm stretched, reach one hand towards the opposite leg and repeat on the other side.
- Melt your whole body down to the floor to sit cross-legged
- Place each hand on your knee, palm towards the ceiling, one at a time
- Reach both hands forward and up, to press the hands together in a prayer position above your head and bring them down past your face and torso. Do this twice.



- Big long side stretch on both sides.
Think about drawing a big semi-circle over you.
- Place both hands in front of you, palms facing forwards
- Hands get pulled together to interlock the fingers and then pull apart.
Repeat this a few times. Think about your hands being magnetic and they are pulling towards each other, imagining also you have to put some effort into pulling them apart like you are pulling two magnets apart.
- The final time your hands are pulled together your fingers stay interlocked in front of you and you create big wave-like movement with your arms locked together
- Using the whole of your fingers, hands and arms, you reach towards the front.
Imagine you are picking oranges from a tree, grabbing the fruit as you reach.
You will do two single reaches with one arm and then two reaches with both arms together
- Using the same reaching movement, do two single reaches and two double reaches to the sky
- Then same routine but with punches. Make sure you are punching from your shoulders, using your back to do the movement
- 2 x taps on the floor, 2 x taps with your arms crossed on the knees, 2 x taps on the shoulders and 2 x claps above the head.
Keep repeating this and then speed it up!
- Bring all your limbs together to curl into as small a ball-shape as you can.
Then reach your limbs out to the sides making a big starfish shape whilst still sat on the floor. Repeat a few times.
- Last time reach legs out in front of you and hands up to the sky, trying to sit up as tall as possible
- Fall to one side, using your hands to slow your fall.
Repeat on the other side. End in a squat position.

Cool Down

After dancing we recommend that you give yourself time to cool down.
You can either follow one of our cool down videos or do your own stretches.