

## Feis Day Warm Up

**Raise the Heart Rate x20 secs each. 2-3 times**

**Prances  
Butt Kicks  
A-Skips  
Lateral Bounds**

### **General mobility**

**Ankle rolls x5 each way/ per foot  
Hip Rotations x5 each side  
Shoulder rotations x5  
Hip Hinges x10  
Inchworms x5  
Worlds greatest stretch x5/s  
Boot strappers x5  
Cossack squats x10  
Stiff bear x20-30 seconds  
Duck walks x20-30 seconds**

### **Activations**

**Calf raises x10  
Toe taps x10  
Squats x10  
Reverse lunges x8 per side**

### **Core**

**Deadbugs x12  
Glute bridge extensions x12  
Bird dogs x12**



# **Feis Day Warm Up**

## **Dance specific Mobility & Activation**

**Knee pulls x10**

**Knee pull to extend x5 per side**

**Horse squat hold x20-30 secs**

**Leg swings (forward & back & across) x10-15 per side**

**Mini band knee drive x10 sec/s**

**Mini band hamstring hold x10 sec/s**

**Glute Abduction x10 sec/s**

**Glute Kick back x10 sec/s**

**Inner thigh press x10 sec/s**

## **Potentiate/prepare**

**1,2 holds x10**

**Sharp butt flicks x5 per side**

**Single leg lateral hops x10 secs per side**

**Tuck jumps x5**

**Split squat drop x3-5 per side**

**Lateral hop to tuck x5 per side**

## **Dance warm up**

Then it's time to put your dance shoes on.  
I recommend that you start about about 50-75% effort  
then gradually increase your intensity  
until you're at 100%

