

March and Arm Swing

Purpose

- Promotes circulation and warms the muscles.

Position

- In standing, ensure the feet are shoulder width apart, knees are soft and the back is upright.
- In sitting, the person should be seated forwards in the chair with an upright back and right-angles at their knees.

Action

- Keeping the posture upright, start marching feet.
- Ensure the march is a heel to ball action of the foot.
- Swing arms from the shoulder joint keeping a right angle at the elbow.
- Avoid stomping the feet.
- Look straight ahead.



Warm Up

Contact us

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