

KAGE



ROOT

1/5

ROOTED WARM UP & COOL DOWN

PREPARE • MOVE • RECOVER



IMPROVE
PERFORMANCE



REDUCE
INJURY RISK



MOVE
BETTER



SUPPORT
RECOVERY



SAFETY FIRST

Move gently within a comfortable range. Stop if you feel pain, dizziness or unusual symptoms. If you are injured, pregnant, have a health condition or are unsure whether these movements suit you, ask a qualified healthcare professional.

PREPARE THE BODY. **RESPECT** THE RECOVERY.

STAY ROOTED.

WARM UP

01 / PREPARE THE BODY

Before activity • Around 5–10 minutes • Move gently and build up.

1 NECK TURNS

Stand tall and keep your chin level. Slowly look left, return to centre, then look right. Keep the neck relaxed and stay within an easy range.

5 EACH DIRECTION

2 SHOULDER ROLLS

Let your arms hang loosely. Lift the shoulders gently, roll them backwards and down, then change direction. Avoid shrugging hard or rushing.

8–10 EACH DIRECTION

3 ARM CIRCLES

Hold arms out comfortably. Make small circles forwards, then backwards. Gradually increase the size only if shoulders feel comfortable.

8 EACH DIRECTION

4 TORSO ROTATIONS

Stand with feet hip-width apart and knees soft. Rotate your upper body slowly from side to side; allow your arms to follow naturally.

8 EACH SIDE

5 HIP CIRCLES

With feet planted, place hands on your hips. Draw small, steady circles with your hips, then change direction. Keep your knees relaxed.

8 EACH DIRECTION

6 BODYWEIGHT SQUATS

Stand with feet comfortably apart. Bend at hips and knees as if sitting onto a chair. Keep heels down; stand again without rushing.

6–10 CONTROLLED REPS

ROOT TIP A warm-up should leave you more prepared to move, not exhausted.

WARM UP / CONTINUED

02 / CONTROLLED MOBILITY

Use support when needed. Choose movements that suit your activity.

7 REVERSE LUNGES

Hold a stable support if helpful. Step one foot back, bend both knees a little, then return to standing. Keep your balance steady.

4-6 EACH LEG

8 FRONT / BACK LEG SWINGS

Hold a sturdy support. Swing one leg forwards and back in a small comfortable arc. Keep your upper body steady; do not kick high.

6-8 EACH LEG

9 SIDE / SIDE LEG SWINGS

Face a stable support. Move one leg gently across your body and out to the side. Avoid twisting your torso or forcing the range.

6-8 EACH LEG

10 ANKLE CIRCLES

Hold a support and lift one foot slightly. Draw slow circles with the ankle in both directions, then switch to the other foot.

8 EACH WAY

11 OPTIONAL WALKOUT

With knees soft, hinge forwards. Walk hands out to an easy plank, then slowly walk back. Skip if wrists or shoulders hurt.

2-4 SLOW REPS

12 EASY MOVEMENT

Walk or march on the spot. Gradually increase your pace until you feel ready for the activity ahead. Let your breathing stay natural.

30-60 SECONDS

PICTURE HELP / TWO LESS-FAMILIAR MOVEMENTS



FRONT/BACK LEG SWING

Hold a support; keep the swing small.



OPTIONAL WALKOUT

Only move as far as feels comfortable.

COOL DOWN

03 / SLOW DOWN AND RESET

After activity • Around 5–10 minutes • Stretch without forcing.

1 SLOW WALK

Gradually reduce your pace after activity. Walk slowly and breathe normally while your heart rate settles.

1–2 MINUTES

2 GENTLE NECK STRETCH

Keep shoulders low. Slowly tilt one ear towards the same-side shoulder until you feel a light stretch, then change sides. Do not pull on your head.

15–20 SEC / SIDE

3 CHEST OPENER

Stand upright. Let arms move gently back and out to the sides without arching your lower back. Feel a comfortable stretch across the chest.

15–20 SECONDS

4 UPPER-BACK STRETCH

Clasp your hands in front at chest height and reach forwards. Let shoulder blades move apart; relax your neck and breathe evenly.

15–20 SECONDS

5 HIP FLEXOR STRETCH

Take a short split stance or kneel with padding. Keep your body tall, tuck your pelvis slightly and shift forwards until the front of the rear hip feels a mild stretch.

15–20 SEC / SIDE

KEEP IT GENTLE

You should feel mild tension, not pain. Avoid bouncing, pulling hard or trying to force a bigger stretch.

REMEMBER: Your body does not have to stretch perfectly. Move at your own pace, and skip anything that does not feel right.

COOL DOWN / CONTINUED

04 / MOVE GENTLY • RECOVER WELL

Easy, comfortable finishes for the muscles you have used.

6 QUADRICEPS STRETCH

Use a wall or chair for balance. Bend one knee and bring your heel towards your bottom. Keep knees close; do not tug hard.

15-20 SEC / LEG

7 HAMSTRING STRETCH

Place one heel forwards with the knee softly bent. Keep your back long and hinge at your hips until you feel a gentle pull behind the thigh.

15-20 SEC / LEG

8 CALF STRETCH

Face a wall. Step one foot back with its heel on the ground. Bend your front knee slightly while keeping the back foot pointing ahead.

15-20 SEC / LEG

9 CALM BREATHING

Sit or stand comfortably. Allow your breathing to become steady. Inhale and exhale naturally; do not force deep breaths or hold your breath.

30-60 SECONDS

PICTURE HELP / GENTLE STRETCH POSITIONS



HIP FLEXOR STRETCH

Tuck hips gently; stay upright.



HAMSTRING STRETCH

Soft knee; hinge at the hips.

YOUR BODY IS SOMETHING TO LOOK AFTER, NOT PUNISH. Prepare it. Move it. Let it recover.

General fitness information only. Stop if you feel pain, dizziness or unusual symptoms. If an injury or health condition makes an exercise uncertain, get individual advice from a qualified professional.