

## *Drills and Conditioning - Downloadable Video 1*

### **Chapter 1: Relaxation & Body Awareness**

- 00:00-01:00 Introduction (1 min 00)
- 01:00-01:45 Breathing & Centering (0 min 45)
- 01:45-13:12 Relaxation & Movement - Legs up against the wall (11 min 27)
- 13:12-14:57 Enhancing Upper Body Movement - Visualisations (1 min 45)
- 14:57-16:30 Smooth Movements Flow with Music (1 min 33)

### **Chapter 2: Martial Arts Inspired Warmup**

- 16:35-17:14 Introduction (0 min 40)
- 17:14-20:14 Martial Arts Cardio (Light) - Leg/Ankle/Hip & Arm Coordination (3 min 0)
- 20:15-20:50 Recovery Breathing Exercise (0 min 45)
- 20:50-23:25 Deeper Leg/Hip Stretches (2 min 35)
- 23:25-27:28 Diaphragm Activation & Anti-Stress Exercise (4 min 03)
- 27:28-32:00 Shimmy Drill with Music (4 min 32)

## *Drills and Conditioning - Downloadable Video 2*

### **Chapter 3: Movement Pattern Progressions**

- 00:00-02:00 Introduction (2 min 0)
- 02:00-28:00 Mobility & Movement Patterns Progression (26 min 0)
- 28:00-33:00 Hip Movement Drills with Music (4 min 0)
- 33:00-33:44 Mini Stretch/Cooldown (0 min 44)

### **Chapter 4: Releasing Feet, Ankles & Hips (AiM COGS)**

- 33:44-34:45 Introduction (1 min 1)
- 34:46-47:25 Releasing & Activating the Feet & Legs (12 min 19)
- 47:25 -59:20 Range of Movement & AiM 'Cogs' (11 min 55)
- 59:20-1:02:57 Rounded Movements Dancealong with Music (3 min 37)