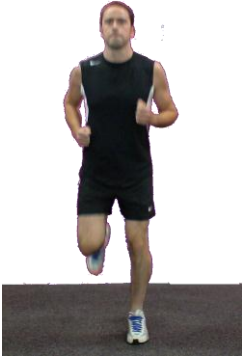






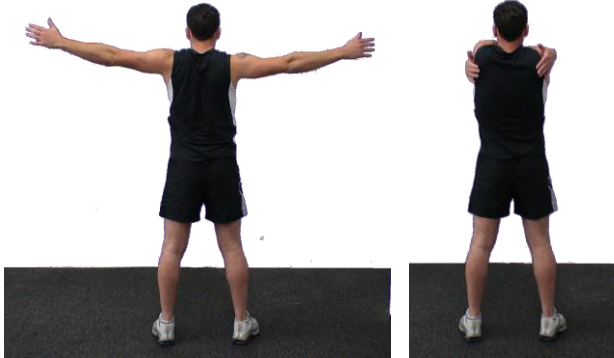
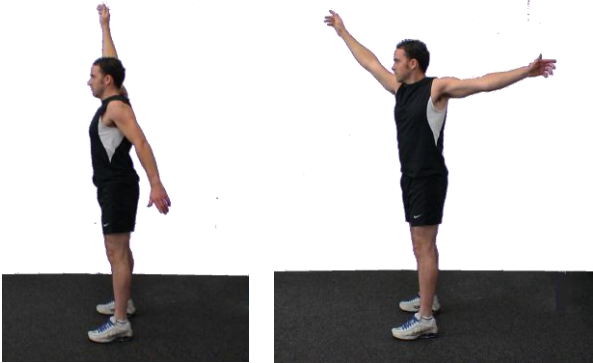



Warm Up

Curling is a power explosive sport requiring leg strength and core strength (ability to hold the body in a good postural shape throughout the game).

ALL PARTICIPANTS TO STAY WITHIN PERSONAL LIMITS!

Aerobic activity	Leg lifts
	
<p>Walk / bounce / jog on spot within personal limit. All participants should be able to talk easily during exercise.</p>	<p>Straight leg, toe to ceiling. Maintain consistent speed on both upward and downward motion.</p>
Butt kicks	Standing squats
	
<p>Lift heel to bottom. Bend at the knee maintains posture.</p>	<p>Feet facing forward and parallel, maintain upright posture, heels remain on the floor throughout movement.</p>

Front Lunges	Side Lifts
	
<p>Feet facing forward & parallel. Ensure that shoulders are kept directly above hips. Front knee does not go in front of toes, back knee bends but does not touch the floor.</p>	<p>Feet perpendicular to body, body upright, feet facing forward. Maintain consistent speed on both upward and downward motion.</p>
High Knees	Back slaps
	
<p>Body upright, knees as high as able. Maintain posture, do not allow trunk to lean forward.</p>	<p>Cross arms in front of body to reach round and slap back. Maintain elbows in line with shoulders.</p>
Shoulder circles	Keyhole arm swings
	
<p>Arms straight. Circle around the body, rotating as close to the head as able.</p>	<p>Palms together, reach up above head, separate hands and bring down to clap.</p>