



Cork  
Sports Partnership  
Comhpháirtíocht  
Spóirt Chorcaí

— SPORT IRELAND —

*Cork Sports Partnership's*  
**Walk Ready  
Programme**



## **WALK READY MOVEMENT CIRCUIT**

The Walk Ready Movement Circuit was designed to help you improve your overall mobility and strength and also to assist you in getting the most from your walking. We recommend completing this circuit before a walk however if you find you are lacking mobility or feel limited in areas such as the ankle, this will be of use at any point throughout your day. Movement circuits are a great way to keep active and can be surprisingly challenging, yet rewarding! They also can serve as a nice way to start your day by waking the body up and preparing it for whatever you have in store.

The Walk Ready Movement circuit works through the entire body targeting areas that are prone to becoming stiff such as the shoulders, ankles and hips. Although absence of mobility can form because of multiple reasons, it commonly occurs due to inactivity. Another plausible cause can be due to injuries you may have suffered from in the past.

Mobility can be improved by dedicating some time to it each day. We recommend you don't force any movement and if an exercises causes some pain, please refrain from using that particular movement. There are many options available that we can provide you with. As always, you have our full support and we are here to help.

Please see below for a description of each movement used throughout this circuit. You will also find a suggested circuit that entails how many of each movement you can complete. There is also a link that provides a full video demonstration of the Walk Ready Circuit. Try it out and take notes on how you feel throughout and after your walk.

## WALK READY MOVEMENT DESCRIPTIONS

### Seated Shoulder Rotations

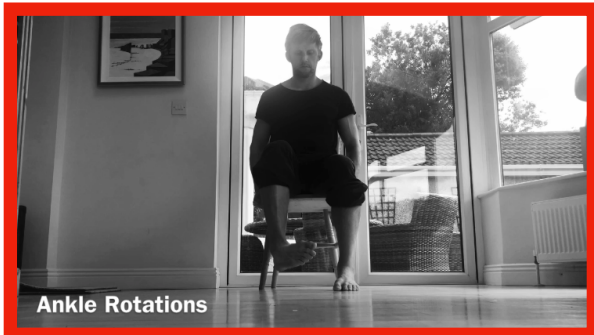


Seated Shoulder Rotations help to increase range of motion in the shoulders and upper back resulting in an improved posture.

#### To perform this movement:

- Sit on the edge of your chair in a strong posture
- Place one of your hands on the side of the chair
- Slowly rotate the opposite arm over your head creating large circles
- Complete 6-10 repetitions on each arm.

### Seated Ankle Rotations



Walking gait can be affected negatively by stiff ankles. Also, by improving ankle mobility stress is taken off the knee.

#### To perform this movement:

- Sit on the edge of your chair in a strong posture
- Place your hands on the side of the chair to hold yourself
- With one foot planted on the floor, remove the other foot.
- Slowly rotate the ankle joint creating large circles in a slow and controlled manner
- Complete 6-10 repetitions on each ankle.

## **Kneeling Hip Flexor Stretch**



Its quite common for the hip flexors to become tight which in turn causes the hips to become inhibited which results in the glutes not doing their job effectively.

### **To perform this movement:**

- Use your chair to maintain balance as you assume the position in the photo
- Place one hand on the side of the chair
- You should have one foot planted on the floor in a kneeling lunge position
- Engage the glute of the knee that is on the floor
- Hold for 20-30 seconds on each leg.

## **Seated Knee Raise**



While stretching the hip flexors can be helpful after long periods of inactivity, If they constantly 'feel', tight perhaps it could mean that they are not strong enough. Seated Knee Raise help strengthen the hip flexors and can improve mobility also.

### **To perform this movement:**

- Sit on the edge of your chair in a strong posture
- Place your hands on the side of the chair to hold yourself
- With one foot planted on the floor, remove the other foot.
- Slowly raise the knee up to without a change in posture and return to the floor
- Complete 6-10 repetitions on each ankle.

## **Chair Assisted Hamstring Stretch**



The hamstrings located in the back of the legs can be another area that get tight and affect the position of your hips. This hamstring stretch is a good option to increase the length of the muscle group.

**To perform this movement:**

- Hold on to the back of the chair and step back 2-3 paces
- Push your hips back whilst keeping your back straight and dropping your chest
- Move back to when you feel the stretch in the back of the legs
- Hold for 5-10 seconds whilst breathing naturally and return to standing
- Complete 3-5 repetitions

**Chair Assisted Calf Raise**



This simple exercise is used to strengthen the calf and ankle complex. Strong calves will help transfer energy through your body with each step.

**To perform this movement:**

- Hold on to the back of the chair
- Push through the floor and come up on your tippy toes
- Focus on pushing through the big toe
- Control back down to the floor until you are standing tall
- Complete 8-10 repetitions

## Glute Activation



The glutes are essential muscles for a powerful walking stride and to help stabilise the hips.

### **To perform this movement:**

- Hold on to the back of the chair
- With one foot planted on the floor, remove the other foot
- Reach the leg away from your body out to the side
- Control back down to centre
- Complete 8-10 repetitions on each leg

## Single Leg Hold



We spend 80% with one foot off the ground when walking! Therefore it is important to improve your strength on each leg.

### **To perform this movement:**

- Hold on to the back of the chair with one hand
- With one foot planted on the floor, remove the other foot off the floor
- Challenge yourself to let go of the chair and balance on one leg
- Please ensure you do so in a safe manner
- Build up to 20-30 seconds on each leg

## **WALK READY MOVEMENT CIRCUIT SAMPLE**

### **Complete 1-2 Rounds of**

6-10 x Seated Shoulder Rotations Each Arm  
10 x Seated Ankle Rotations Each Leg  
20-30 x second Kneeling Hip Flexor Stretch  
6-10 x Seated Knee Raise  
3 - 5 x 5 second Chair Assisted Hamstring Stretch  
8-10 x Chair Assisted Calf Raise  
8-10 x Hip Abduction Glute Activation  
20-30 x second Single Leg Hold Each Leg

**You can see a full demonstration of the above circuit by clicking the link below.**

**Video: [Walk Ready Movement & Activation Circuit](#)**