

Get festival fit with Mr Motivator

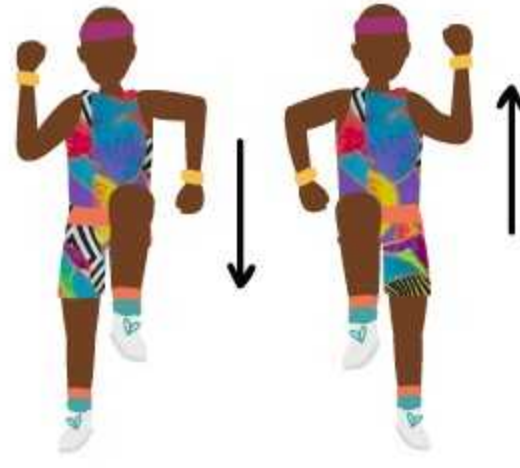
A 12-minute workout to limber up this summer

The warm up act



Light feet

Take fast, light steps, imagining the floor is hot (30 seconds, 15 seconds rest, repeat)



Dancing hops

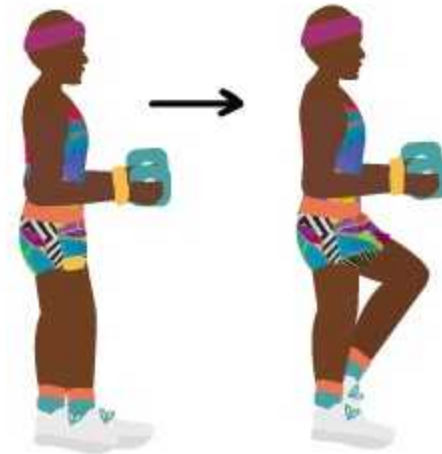
Take large steps from side-to-side, with arms raised (40 seconds, 15 seconds rest, repeat)

Prepare to rock



Backpack stair climb

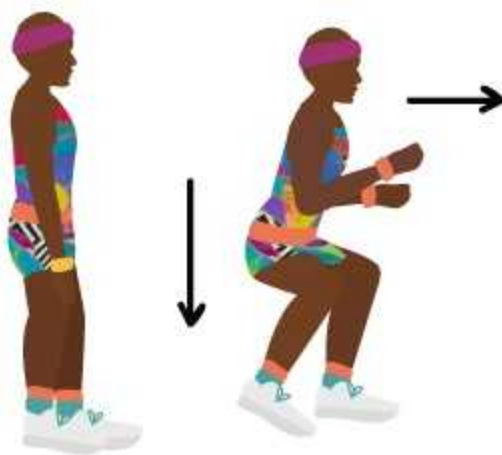
Load a backpack and walk up and down stairs (40 seconds, 15 seconds rest, repeat)



Weighted walking

Hold arms at right angles with weighted objects. Walk in any direction five times (30 seconds, 15 seconds rest, repeat)

Make your way through the mud



Sumo squat walk

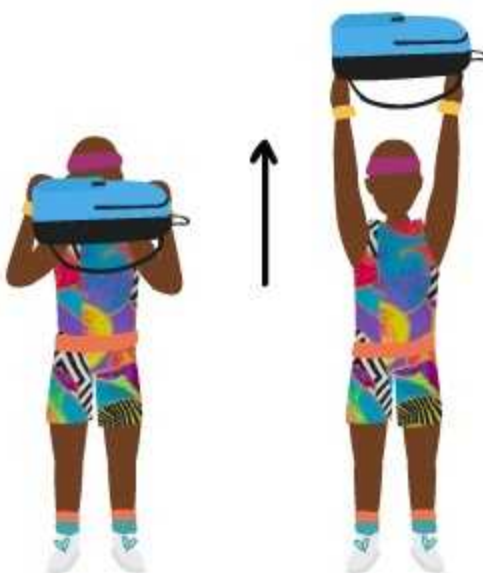
Squat and walk forward and backwards five times (30 seconds, 15 seconds rest, repeat)



Squat with backpack

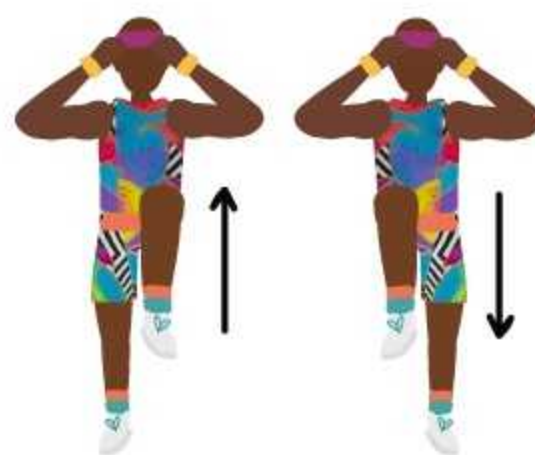
Put the backpack on again and squat with the added weight (30 seconds, 15 seconds rest, repeat)

The headline act



Shoulder press

Hold the backpack at chest height and extend arms. Then lower to chest height (20 seconds, 10 second rest, repeat)



Standing core crunch

Stand and raise each alternate knee to chest, meeting elbows (30 seconds, 10 seconds rest, repeat)