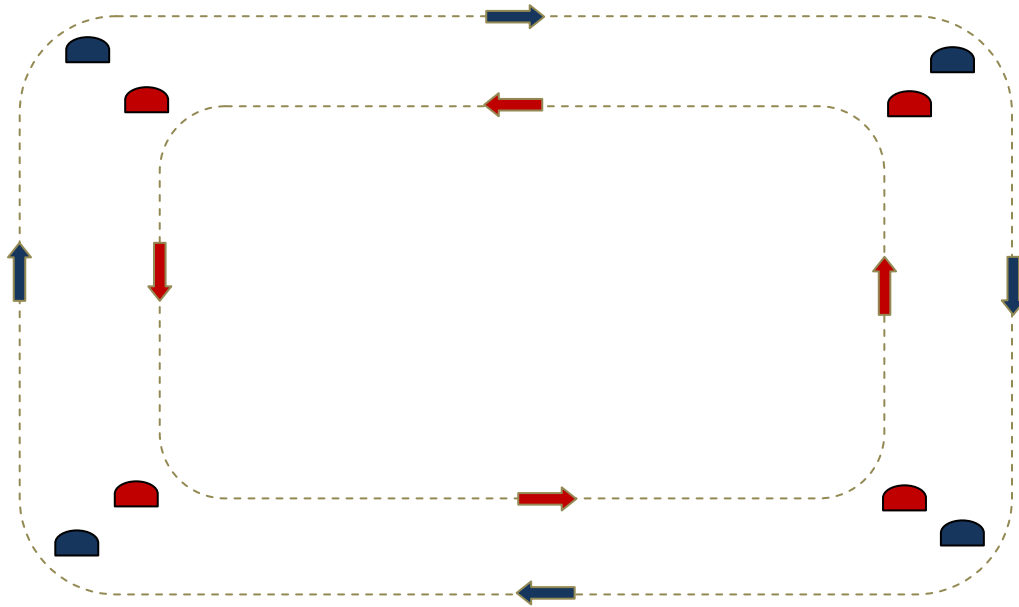


## 1. Sample Warm Up Exercise



### Exercise

- Riders ride around the blue cones in a clockwise direction.
- Riders ride inside the red cones in an anti clockwise direction.

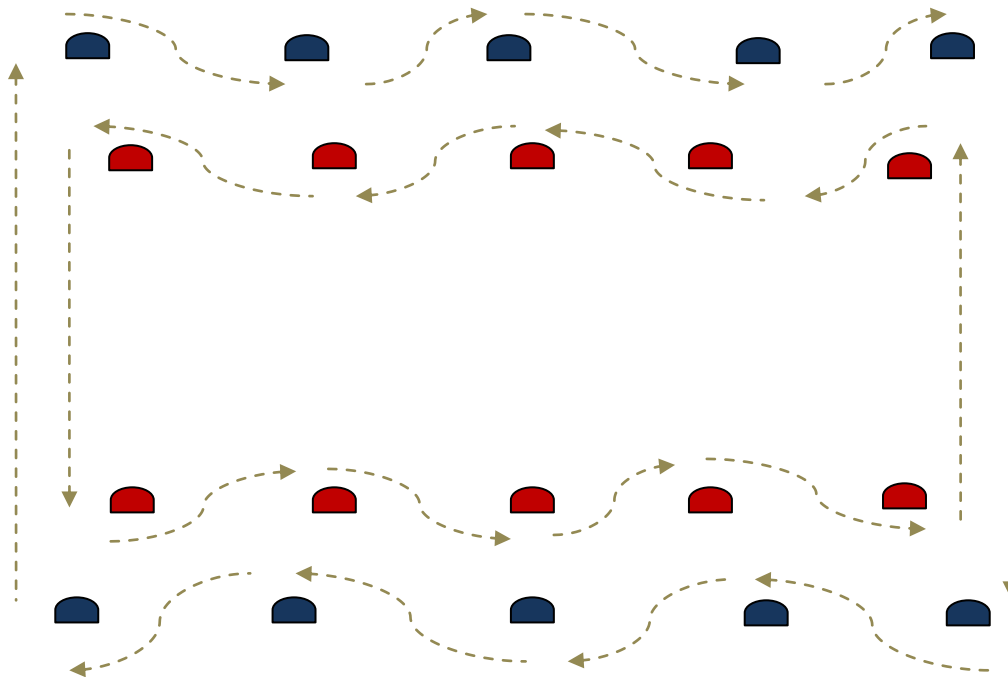
### Adaptations

- Riders change direction.

### Progressions

- Encourage rider to take right and left hand just off the handle bar for a few seconds whilst riding along the straight.
- Rider signals their intention to turn as they approach the cones.
- Place one helper at one side and another helper at the other side. One helper hands rider a bottle and other helper takes the bottle back from the rider.

## 2. Sample Warm Up Exercise



### Exercise

- Riders ride in and out of the blue cones in a clockwise direction.
- Riders ride in and out of the red cones in an anti clockwise direction.

### Adaptations

- Riders change direction.

### Progressions

- Put down more cones closer together.