

GENTLE EXERCISES

Follow all key points indicated in each exercise to ensure movements are done correctly. At all times, take into account your range of motion.

0. WARM-UP:

- Stand up, then bring your knees up alternately for 1 minute, keeping your back straight (without jumping).
- Rotate your shoulders forward and backward 10 times.
- Rotate your arms 10 times forward and then backward.
- Flex your hips 10 times: slowly sit down on a chair and stand up without using your arms.

1. BREATHING AND SQUATTING

- Bend your knees, so that your thighs are parallel to the floor and raise your arms above your head as you inhale.
- When exhaling, return to your starting position, i.e. a straight posture with your arms at your side.

**2 to 3 sets of 12 repetitions,
1 minute rest period between sets.**



2. THE ARCHER

- Place your feet hip width apart.
- Move your left leg forward and bend your knee.
- As you breathe in put your weight on the supporting leg by joining your two fists together at shoulder height.
- Transfer your weight to the back leg, with your toes pointing forward. Bring your right (opposite) hand under your armpit, keeping your elbow close to your body, as if you were stretching a bowstring. Return to the starting position.
- Between each repetition, outstretch both arms to open up your rib cage, keeping the chest pointing forward and the spine stretched.
- Repeat with the right leg forward.

**2 to 3 sets of 12 repetitions,
1 minute rest period between sets.**



3. BREATHING AND SUMO SQUATS

- Place your feet hip width apart.
- Point your toes outward.
- Bend your knees and raise your arms on each side of the body to form a right angle (90 degrees) when inhaling.
- When breathing out, return to your starting position.

**2 to 3 sets of 12 repetitions,
1 minute rest period between sets.**



4. RAINBOW ON A CHAIR

- One arm at a time, raise your arms over your head moving from one leg to the other.
- Tilt the torso laterally following your arm movement.
- Tuck in your belly button and keep your back straight as if a string was pulling the top of your head towards the ceiling.

**2 to 3 sets of 10 repetitions/arm,
1 minute rest period between sets.**



5. KNEE TO OPPOSITE ELBOW ON CHAIR

- Lower one elbow and raise the opposite knee to bring them closer together.
- Raise the knee as high as possible while keeping the back straight.
- Bring the elbow up and the leg down, then alternate with energy.

Note: If you are unable to place your hands behind your head with your elbows back, start with your arms outstretched.

**2 to 3 sets of 12 repetitions/side,
1 minute rest period between sets.**



6. BREATHING ON CHAIR

- Raise and outstretch both arms over your head as you breathe in.
- Keep your back straight.
- Push your arms in front of you, curling your back as you exhale.

**2 to 3 sets of 10 repetitions,
1 minute rest period between sets.**



7. COOL DOWN:

Standing up, slow your breathing by taking 5 deep breaths. Place one hand on your stomach and one hand on your chest. To do this, make sure to inflate only your lower abdomen when breathing in. Repeat by taking 5 deep breaths in a sitting position.

Photos: Anne-Josée Beaudoin

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The training plans are created by the
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MON OBJECTIF VIEILLIR EN FORME