



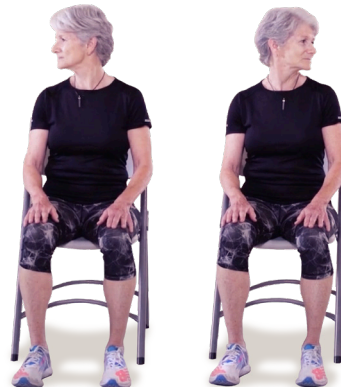
In action

1. HEAD SHAKE

Sit upright with your back straight and feet hip-width apart:

- Slowly turn your head from left to right; right to left.
- Gradually increase the speed of the movement.
- For an added challenge, close your eyes to stimulate your vestibular system.

10-12 REPETITIONS



2. THE WARM WELCOME

Sit upright with your back straight and feet hip-width apart:

- Cross your arms over your chest, placing each hand on the opposite shoulder.
- Inhale as you open both arms outward, keeping your shoulders relaxed and low.
- Exhale as you bring your hands back to your shoulders.
- Alternate which arm opens first with each repetition, gradually increasing the range of

10-12 REPETITIONS



3. FLAT TO ROUNDED BACK

Sit upright with your back straight and feet hip-width apart:

- Exhale, then draw in the navel while rounding the spine.
- Inhale, lengthen the back, then exhale. Round the spine again, tilting the pelvis and pointing the coccyx towards the seat of the chair.
- Alternate the elongated and rounded movements.

10-12 REPETITIONS



4. HIP ROTATIONS

Stand with your feet hip-width apart:

- Placez les mains sur la taille, créez ensuite des cercles avec vos hanches.
- Maintenez les genoux détendus pendant les rotations.
- Faites le dans un sens, et puis dans l'autre.

10 REPETITIONS TO THE RIGHT AND THEN TO THE LEFT



5. CALF STRETCH

Stand with your feet hip-width apart:

- Place one hand on the back of a chair for support and step one foot back.
- Press your heel into the floor and fully extend your leg.
- Hold the stretch for about 20 seconds, then switch legs.

HOLD FOR 20-30 SECONDS PER SIDE



6. HAMSTRING STRETCH

Sit with your feet hip-width apart:

- Extend one leg straight, keeping your toes pointed toward the ceiling.
- Rest your hands on the opposite thigh and reach forward, maintaining a flat back.
- Lean your upper body forward while pushing your hips slightly toward the back of the chair.
- Feel the stretch in the back of your leg.
- Hold the stretch for about 30 seconds, then switch legs.

HOLD FOR 20-30 SECONDS PER SIDE



7. QUADS AND PSOAS STRETCH

While seated, slide your legs to turn your body to the side of the chair:

- Use the backrest for support.
- Extend one leg down and backward, allowing your thigh to rest on the edge of the chair, and place your toes on the floor to keep your knee at a 90° angle.
- Gently push your hips forward to increase the stretch in your hip flexors and thigh.
- Hold the position for 30 seconds, then switch sides.

HOLD FOR 20-30 SECONDS PER SIDE



8. PECTORAL STRETCH

Sit with your back straight and feet flat on the floor:

- Place your fingertips lightly behind your ears, keeping your elbows bent. Gently pull your elbows back to create a stretch across your chest.
- Keep your shoulders relaxed and down, avoiding any shrugging.
- Take slow, deep breaths, expanding your chest.

HOLD FOR 20-30 SECONDS

