



In action

1. HEAD CIRCLES

Stand next to a support, with your feet hip-width apart:

- Perform small circles with your head in one direction, then reverse and circle in the opposite direction.

4-5 REPETITIONS PER SIDE



2. STATIONARY KNEE BOUNCE WITH ARM SWING

Stand next to a support, with your feet hip-width apart:

- Extend one arm forward, then slide the other arm backward.
- Perform small knee bends by gently lowering your knees, resembling tiny bouncing motions.
- Alternate swinging your arms forward and backward while continuing the small knee bounces.

10-12 REPETITIONS



3. CROSSED KNEE

Stand next to a support, with your feet hip-width apart:

- Place your hands on each side of your body to help maintain your balance.
- Lift your knee diagonally towards the opposite side, then alternate to the other side.

10-12 REPETITIONS



4. HAMSTRING CURLS

Stand next to a support, with your feet hip-width apart:

- Bend one knee, bringing the heel of that leg towards the same-side glute. Activate the muscles at the back of your leg.
- Lower the foot back to the ground and repeat on the other side.
- Continue alternating between the right and left sides.

10-12 REPETITIONS



5. STANDING CALF STRETCH

Stand next to a support, with your feet hip-width apart:

- Step one foot back, pressing the heel firmly into the floor.
- Fully extend the back leg while keeping a slight bend in the front knee.
- Hold the position to stretch your calf.

30 SECONDS PER SIDE



6. SHOULDER STRETCH

Stand next to a support, with your feet hip-width apart:

- Extend one arm straight in front of you. Then move the same arm across your body towards the opposite side and grab the elbow with your other hand.
- Gently press the arm against your chest.
- Hold the position for 30 seconds.

30 SECONDS PER SIDE



7. HAMSTRING STRETCH

Stand next to a support, with your feet hip-width apart:

- Step one foot forward, lifting your toes towards the ceiling.
- Push your hips back, to feel the stretch in the back of your extended leg.
- Place your hands lightly above the knee of the supporting leg.
- Hold the position for 30 seconds.

30 SECONDS PER SIDE



8. GLUTEAL STRETCH

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

- Cross one leg over the other, then gently pull the knee toward your chest, using your hands to hold it in place.
- Hold the position.

30 SECONDS PER SIDE

