



In motion

1. THREE STEP MARCH TO KICK

Stand upright near a support, with your feet hip-width apart:

- Walk in place, counting 3 steps, then extend your leg on the fourth step to kick forward.
- Repeat, then execute the kick with the other leg.
- Continue this pattern to complete at least 10 to 12 repetitions.

10-12 REPETITIONS



2. ALTERNATING FRONT AND BACK KICK

Stand upright near a support, with your feet hip-width apart:

- Extend one leg forward to execute a kick, then return your foot to its starting position.
- Next, extend the other leg backward to perform a heel kick, then bring your foot back to the starting position.
- Alternate between the forward and backward kicks with each leg, then switch the leading and rear legs.
- Perform at least 10 to 12 repetitions in each direction.

10-12 REPETITIONS IN EACH DIRECTION



3. CARRYING THE BOX

Stand upright near a support, with your feet hip-width apart:

- Imagine you are grabbing a box at the level of your right hip.
- Keep your eyes focused on the "box" as you move it diagonally upward toward your left.
- Maintain visual contact with the "box," then return it to its starting position near your right hip.
- Repeat the movement at least 10 times, then perform the exercise starting from your left hip.

10-12 REPETITIONS



4. LATERAL 2-STEP SHUFFLE

Stand upright near a support, with your feet hip-width apart:

- Slightly bend your knees, pushing your hips back.
- Open one leg and step to the right, performing two lateral steps one after the other.
- Bring your feet back together, then point your toes toward the ground and lift your heels off the floor.
- Then, repeat the movement sequence in the opposite direction.

10-12 REPETITIONS



5. SQUAT

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

- Press firmly into your feet and stand up from the chair, keeping your arms extended forward for better balance.
- Then, bend your knees and push your hips back without touching the chair. Stand up again.
- Lower once again to sit back down on the chair.
- The movement involves performing two squat motions in succession to complete the double squat.

10-12 REPETITIONS



6. STAGGERED STANCE CALF RAISE

Stand upright near a support, with your feet hip-width apart:

- Step forward with the leg of your choice.
- Then, lift your heels off the ground, rising onto the balls of your feet while contracting your calves.
- Hold the contraction for 2 seconds, then release.
- Perform 8 to 10 repetitions with one leg, then place the other leg forward and repeat the exercise.

8-10 REPETITIONS ON EACH FOOT



7. HALF-MOON HIP ABDUCTION

Stand upright near a support, with your feet hip-width apart:

- Have your support (chair or wall) close to your left hand.
- Lift your right leg to the side, raising your foot off the ground in a hip abduction movement.
- Then, cross your foot behind you, creating a semi-circle motion with your foot, and return your right leg to its starting position.
- Repeat the movement at least 10 to 12 times on one side, then switch to the other side.

10-12 REPETITIONS



8. BUTTERFLY TO SHOULDER PRESS PROGRESSION

Stand upright near a support, with your feet hip-width apart:

- Raise your arms, bending your elbows at 90 degrees to form a box shape.
- Close your eyes.
- Then, bring your elbows forward and center, keeping them at shoulder height, and open them again.
- Continue alternating between opening and closing your arms at 90 degrees, like butterfly wings, while keeping your eyes closed.

10-12 REPETITIONS

