



In motion

1. THREE STEPS HIGH KNEE WITH LATERAL ARM RAISE

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

- Take three steps forward, then lift one knee while simultaneously extending the same-side arm out to the side.
- Take three steps back, then lift the other knee and raise the corresponding arm to the side.
- Continue alternating this movement, stepping forward and back while lifting the knee and extending the arm to the side.

10 REPETITIONS



2. THE PENDULUM

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

- Extend your right hand to the side while simultaneously lifting your left foot off the ground.
- Stretch your body as far as possible.
- Hold the position for 1 to 2 seconds, then switch to the other side.

10-12 REPETITIONS TOTAL



3. TWO LATERAL STEPS TO HIGH KNEE

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

- Take two steps to the side, then lift and hold your knee at hip height.
- Bring your feet back together, hip-width apart, and repeat the movement sequence on the other side.

10-12 REPETITIONS



4. SKATERS

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

- Cross one foot behind you and extend the opposite arm forward, sweeping it in front of you.
- Mimic the movement of a speed skater by alternating the cross steps with your left and right foot.

10-12 REPETITIONS



5. SQUAT TO HIGH KNEES

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

- Bend both knees to a maximum of 90 degrees, lowering your hips back and shifting most of your weight onto your heels.
- Push through your legs to stand up.
- Then, bend your knee to lift your right foot off the ground, and lower it back down.
- Immediately repeat the same high knee motion with your left side.
- Continue the sequence, alternating between squats and lifting both knees.

8-10 REPETITIONS PER SIDE



6. SUPERMAN

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

- Extend one leg backward, pointing the toes toward the ground.
- At the same time, extend both arms in front of you, similar to the "Superman" flying pose.
- Hold the position for 1 to 2 seconds, then return your foot to hip-width apart and bring your arms back to your sides.
- Make sure you have support nearby.
- Repeat the movement with the same leg at least 8 to 10 times, then switch and practice with the other leg.

8-10 REPETITIONS PER SIDE



7. CIRCULAR HIP ABDUCTION

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

- Place your hands on your hips or at your sides to help maintain your balance.
- Lift one leg off the ground in an abduction movement, opening it to the side.
- Hold the position, then draw small circles clockwise (start with 4 to 5 circles), then switch to counterclockwise.
- Lower your foot to the ground and repeat the exercise on the other side.

8-10 REPETITIONS PER SIDE



8. WALL PUSH-UP

Stand upright near a wall or counter, with your feet hip-width apart:

- Place your hands on the wall at shoulder width.
- Keep your back and legs straight.
- Bend your elbows, bringing your nose closer to the wall as you inhale.
- Then, exhale while straightening your arms.

10-12 REPETITIONS

