



In action

1. THE RAINBOW

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

- Place both hands on your right hip, shift your gaze in that direction
- Next, draw a semi-circle upward, like a rainbow, and move your hands towards your left hip.
- As you perform the movement, follow your hands with your gaze.
- Repeat the same movement in the opposite direction.

10-12 REPETITIONS



2. THE MAMBO

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

- Step forward with your right foot, then shift your body weight onto the front foot.
- Next, move your right foot back into a step.
- Return to the forward step in a dance movement known as the mambo.

10-12 REPETITIONS



3. THE HIP PENDULUM

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

- Place your arms at your sides to help stabilize your position.
- Lift one foot off the ground, extending your leg forward.
- Then, swing the leg from front to back without letting your foot touch the floor.
- Repeat the exercise with the other leg.

10-12 REPETITIONS



4. HIGH KNEES TO HEEL TAPS

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

- Lift your right knee, then your left knee, alternating twice.
- Next, bring your right heel toward your glute, then do the same with your left leg and repeat.
- In total, perform 4 high knees followed by 4 heel-to-glute movements.
- Repeat the exercise.

12-16 REPETITIONS



5. QUADRICEPS STRETCH

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

- Bend your right knee, bringing your heel toward your glute. Hold your ankle from behind.
- Keep your foot aligned with your leg and glute.
- Hold the position for 30 seconds, then repeat on the other side.
- If you experience knee pain, avoid this exercise.

30 SECONDS PER SIDE



6. LATERAL LUNGE STRETCH

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

- Step to the side with your right leg, bending your right knee.
- Straighten your left leg while pushing your hips back.
- Hold the position for at least 30 seconds, then repeat the movement on the other side.

30 SECONDS PER SIDE



7. PECTORAL STRETCH

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

- Take a large step forward and extend your arms out to the sides as wide as possible.
- Bring your feet back to hip-width apart, then repeat the movement with the other leg forward.
- Continue alternating between your right and left legs.

30 SECONDS PER SIDE



8. BACK STRETCH

- Stand near a support, with your feet hip-width apart or slightly wider:
- Slightly bend your knees, then round your lower back and tuck your belly button in.
- Extend your arms forward and bringing your hands together. Exhale.
- Next, inhale, straighten your legs and open your arms wide.
- Alternate between rounding your back and lengthening your spine, coordinating your breath with each movement.

8 REPETITIONS

