



En mouvement

1. THREE STEPS TO HIGH KNEE

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

- Take three steps in place, lifting your feet off the ground as you walk.
- Then lift one knee to hip height.
- Repeat the 1-2-3 step sequence, lifting the other knee upwards.

10-12 REPETITIONS



2. HIP EXTENSION TO HIGH KNEE

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

- Extend one leg behind you, then bring your hands into prayer position in front of your chest.
- Lift the toes of your extended foot off the ground and open your arms to each side of your body.
- Extend through your arm and back leg, then bring the knee of the extended leg forward without letting the foot touch the ground during the transition.
- Return to the starting position and repeat on the other side.
- Alternate between the hip extension and knee lift with the left and right legs.

8-10 REPETITIONS



3. TANDEM STANCE WITH OPEN ARMS

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

- Place one foot in front of the other so that the toes of the back foot are touching the heel of the front foot.
- Align your feet forward and hold the position.
- Open one arm to the side, then return it to your body.
- Open the other arm to the side while keeping your feet stationary for at least 30 to 45 seconds.
- Afterward, switch the front foot and repeat the exercise

30-45 SECONDS



4. HIP ABDUCTION AND ADDUCTION

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

- Place a tissue box just in front of you on the floor, about one foot away.
- Extend your right leg in front, so your foot can reach the box. Press your foot against the side of the box.
- Push the box to the left as far as possible without rotating your hips.
- Place your right foot back on the floor, then extend your left leg to reach the box and push it to the right.
- Alternate pushing the box from left to right, switching legs each time.

8-10 REPETITIONS. MATERIALS: TISSUE BOX



5. SUMO SQUAT WITH HEEL LIFTS

Stand near a support with your feet twice the width of your hips and point your toes slightly outward:

- Bend your knees while keeping your back straight.
- While keeping your knees bent, lift both heels off the ground at the same time.
- Lower your heels back to the ground, then straighten your legs and repeat.

10-12 REPETITIONS



6. LATERAL ARM EXTENSIONS

Stand near a support with your feet together:

- Keep your elbows close to your body and bend them at 90 degrees.
- Open your hands to form a 90-degree angle between your hand and your shoulder.
- Extend one arm as far as possible, without moving your feet.
- Return the elbow to your body and extend the other arm.

10-12 REPETITIONS



7. WALL PUSHUPS WITH LATERAL HAND SLIDE

Stand facing a wall or counter with your feet shoulder-width apart:

- Place your hands on the wall at shoulder height.
 - Bend your elbows, then extend one arm out to the side to touch the wall.
- Bring your hand back to the starting position under your shoulder, and then fully extend your arms.
- Repeat the exercise by extending the other hand to the side.

10-12 REPETITIONS



8. WALL DEAD-BUG

Stand with your back against the wall, feet shoulder-width apart:

- Press your back against the wall and step your feet forward slightly to stabilize your position.
- Bend your knees to 45 degrees, pushing into the wall.
- Exhale as you lift the opposite knee and arm during the exhale. Core engaged.
- Return to the starting position and repeat on the other side.

30-45 SECONDS TOTAL

