



In motion

1. SINGLE LEG STANCE WITH FRONT TO BACK KICK

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

- Extend your right leg forward and perform a front kick.
- Swing your foot backward without touching the ground, then extend your leg.
- Perform a back kick.
- Return your foot to its starting position on the ground.
- Repeat the exercise with your left leg.
- Alternate between front and back kicks with the right leg, then switch to the left leg.

10-12 REPETITIONS



2. HIGH KNEES WITH ARM REACH

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

- Lift your right knee while reaching your left hand toward the ceiling.
- Return to the starting position, then lift your left knee while extending your right arm upward.
- Continue alternating sides in a controlled motion.

10-12 REPETITIONS



3. THE PUPPET

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

- Lift your right knee to a 90-degree angle aligned with your hip.
- Place your right hand above your knee as if holding it up with an imaginary string.
- Like a puppeteer, move your hand outward while opening your knee to the side.
- Keep your hips facing forward.
- Bring your knee back to the center by "pulling the string" with your hand.
- Lower your foot back to hip-width position and repeat on the other side.
- Alternate between the right and left leg.

8-10 REPETITIONS PER SIDE



4. ARABESQUE WITH LATERAL ARM RAISE

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

- Extend one leg backward, hinge forward, and lift your foot off the ground.
- Open both arms out to the sides, forming a "T" shape.
- Hold the position for 2 seconds, then lower your foot back to the ground.
- Repeat the exercise on the other side.

8-10 REPETITIONS PER SIDE



5. SQUAT WITH LATERAL REACH

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

- Lower your hips back and bend your knees to perform a squat.
- Hold the squat position, keeping your hips stable, and extend your right leg by sliding your foot along the floor.
- Bring your foot back to hip-width position, then straighten your legs to stand up.
- Repeat the movement on the other side.

8-10 REPETITIONS PER SIDE



6. BUTTERFLY ARMS

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

- Extend one leg back to stabilize your posture, keeping a flat back and slightly inclined forward.
- Bring your hands together in a prayer position at chest level, then open your arms out to the sides at shoulder height, palms facing forward.
- Extend your arms forward alongside your ears, aligning them with your spine.
- Bring your hands back to your shoulders, then return to the prayer position at your chest.
- Repeat the movement while keeping your right foot back for at least 10 repetitions.
- Switch legs by stepping your left foot back and repeat the exercise

10-12 REPETITIONS PER SIDE



7. WALL PUSH-UP ON ONE FOOT

Stand facing a wall or countertop with your feet hip-width apart:

- Place your hands on the wall at shoulder height and slightly wider than shoulder-width.
- Extend your right leg back and lift your foot slightly off the ground.
- Inhale as you bend your elbows, bringing your chest closer to the wall.
- Exhale as you straighten your arms, pushing against the wall.
- Lower your right foot, lift your left foot, and repeat the movement.
- Alternate legs with each push-up.

10-12 REPETITIONS



8. WALL SIDE-PLANK

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

- Place your forearm against the wall for support.
- Step your feet away from the wall and bring them together.
- Firmly press your arm into the wall, engaging your core.
- Hold the position for at least 30 seconds.
- Repeat on the other side.

30 À 45 SECONDES DE CHAQUE CÔTÉ

