



In motion

1. HIGH KNEES

- Stand with your fingers near a stable surface, with your feet hip-width apart:
- Walk in place naturally, lifting your right foot off the ground, then your left foot.

MARCH FOR ONE MINUTE



2. DOUBLE LATERAL TOE TAPS

- Stand with your feet hip-width apart, near a stable support:
- Point one foot laterally while maintaining your balance on the supporting leg.
 - Lift and lower the foot twice, returning the foot to the starting position between each point.
 - Repeat the exercise on the other side, then alternate again.

10-12 ALTERNATING REPETITIONS



3. ALTERNATING FORWARD STEP

- Stand close to a chair or stable surface, and position your feet hip-width apart:
- Step your right foot forward, shifting your body weight onto it and gently bending the knee.
 - Return the foot to the starting position, then repeat the movement with your left foot.
 - Continue alternating the forward steps.

10-12 ALTERNATING REPETITIONS



4. ARM CIRCLES

- Stand with your feet hip-width apart close to a stable support for balance:
- Bring your hands together, palms touching at the center of your chest.
 - Lift your arms towards the ceiling, tracing a circular shape with your hands from right to left. Allow your gaze to follow.
 - Return to the starting position, then repeat five times before switching directions.

5 TO 8 REPETITIONS PER SIDE



5. SIT TO STAND

Sit upright with your feet flat on the floor, hip-width apart:

- Place one hand on the seat for support.
- Extend your other arm forward to help counterbalance the movement.
- Press firmly through your feet and straighten your legs to stand up fully from the chair.
- Engage your glutes, extend your legs, then slowly sit back down.
- Repeat the movement, alternating hands between right and left.

8-12 REPETITIONS



6. EXTERNAL SHOULDER ROTATIONS

In a chair, sit upright with your back straight and feet flat on the floor, hip-width apart:

- With your arms long by your side, turn your palms upward.
- Then bend your elbows to 90 degrees, your forearms reaching out in front of you.
- Simultaneously open both arms to the sides while keeping your elbows close to your body. Hands are out wide.
- Bring your arms back to the starting position.
- Repeat the movement.

10-12 REPETITIONS



7. CALF CONTRACTIONS

Stand with your feet hip-width apart, close to a stable support:

- Press the balls of your feet into the floor to lift your heels completely off the ground.
- Hold the position for 1 to 2 seconds, then lower your heels back down to the floor.
- Repeat the calf contraction.

10-12 REPETITIONS



8. KNEE FLEXION WITH TOWEL

Sit upright in your chair with your feet hip-width apart:

- Place your hands on your hips and extend one leg forward.
- Position the heel of the extended leg on a towel placed on the floor.
- Press firmly into the towel, then slide it back toward the chair while maintaining pressure throughout the movement.
- Repeat the movement.

10-12 REPETITIONS

