

Shoulder Circles



- 1) Start with arms at approximately 70 degrees
- 2) Move arms in small circles forwards for 10 seconds
- 3) Move arms in backwards circles for 10 seconds

Leg Swings



- 1) Stand on one foot and hold onto something
- 2) Swing opposite leg backwards and forwards continuously for 20 seconds
- 3) Swap to the opposite side for another 20 seconds

Wrist Circles



- 1) Stand with 90 degree bent in elbows
- 2) Hands outstretched
- 3) Move wrists in a circular motion going clockwise for 10 seconds, then anticlockwise for 10 seconds

Neck Extension



- 1) Bring chin to chest and slowly raise back so you are looking upwards
- 2) Continue for 10 seconds

Hamstring Stretch



- 1) Stand with feet together and step out with right leg
- 2) Slightly bend your back (left) leg
- 3) Gently lean forward at the waist and bring your head towards your right knee
- 4) Hold for 25 seconds then stretch opposite side

Chest Stretch



- 1) Place one arm at a 90° angle up against a window frame, door way or partners elbow
- 2) With feet facing forward, gently twist away from bent elbow to feel a stretch through the chest
- 3) Hold for 25 seconds then stretch opposite side

Glute Stretch



- 1) Sitting on a chair, bring one leg up to chest
- 2) Place raised leg over grounded leg and pull into chest
- 3) Hold for 25 seconds then stretch opposite side

Back Extension



- 1) Stand with feet shoulder width apart
- 2) Place hands on low back with thumbs at the side on your waist
- 3) Gently lean backwards, from the waist ensuring your head moves backwards as well
- 4) Hold stretch for 5 seconds and repeat 3 time