

WARM-UP EXERCISES

Neck 1.



a. As you inhale, bring both hands up slowly.



b. Turn your palms and bring them towards your chest, push your chin backwards gently.



c. Exhaling, press your hands down slowly. At the same time, slowly bring your head down.

Neck 2



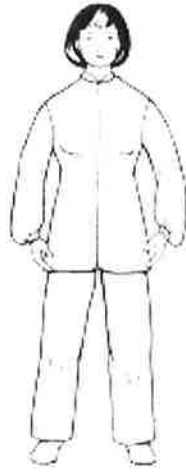
a. Lift up both hands, turn your left hand inwards and push your right hand down near your hip. Look at your left palm.



b. Move your left hand to the left, turning your head slowly to the left, then come back to face the front. Change palms.

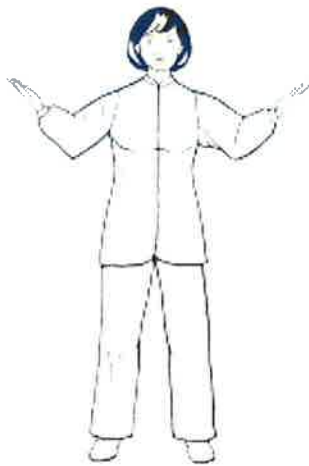
WARM-UP EXERCISES

Shoulder 1



- a. _____
Roll your shoulders gently
backwards three times

Shoulder 2



- a. _____
Inhale and move your arms
upwards above your head.



- b. _____
As you exhale, gently press
your hands down to below
your navel.

WARM-UP EXERCISES

Spine 1



a.
Hold your hands in front of you as though you're carrying a large beach ball. Inhale.



b.
Exhale, push one hand up and push your other hand down, imagine stretching your spine gently. Then change hands.

Spine 2



a.
Hold your hands in front of you as though you're carrying a large beach ball. Inhale.



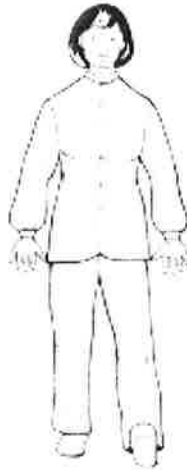
b.
Exhale, with your knees slightly bent, turn your body to the left. Then change hands and turn to the right.

WARM-UP EXERCISES

Hip 1



a.
Stand with your hands up
in front of your chest.

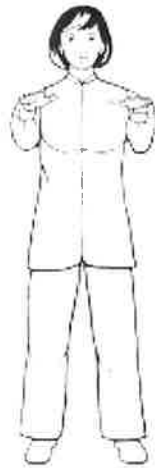


b.
Bend your knees slightly,
placing your left heel out
in front of you; push both
hands back.



c.
Step backward with your
left foot resting on the
toes, stretching your hands
forward.

Hip 2



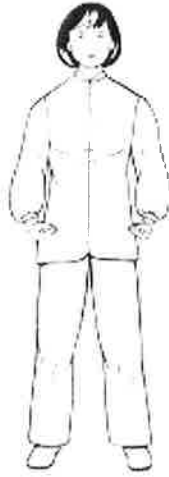
a.
Start in preparatory posi-
tion (hands in front of
chest).



b.
Bending your knees slightly,
push your hands to the left
as if you are pushing against
a wall and stretch the oppo-
site foot sideways. Then
change to the other side.

WARM-UP EXERCISES

Knee 1



a.

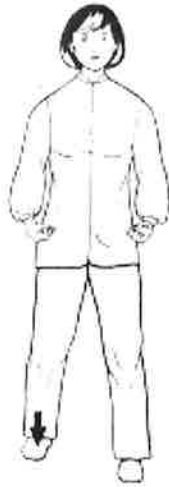
Make loose fists. Bend your knees slightly.



b.

Stretch out one foot slowly and gently. Punch out gently with the opposite fist. Bring your arm and leg back and repeat on the other side.

Knee 2



a.

With your fists next to your hips, bend your knees slightly and step forward with one foot.



b.

Shift your weight onto the front leg, and as your body moves forward, punch out with the opposite fist. Bring your foot back and repeat on the other side.

WARM-UP EXERCISES

Ankle 1



a.
Gently tap floor with your heels.



b.
Gently tap floor with your toes.

Ankle 2



a.
Lift up the heel on one foot, point the toes down and gently rotate your foot in one direction three times, and then in the other direction three times.



b.
An easier alternative: Turn your foot inwards and outwards several times, not putting any weight on the turning foot. Change feet.

COOL DOWN EXERCISES

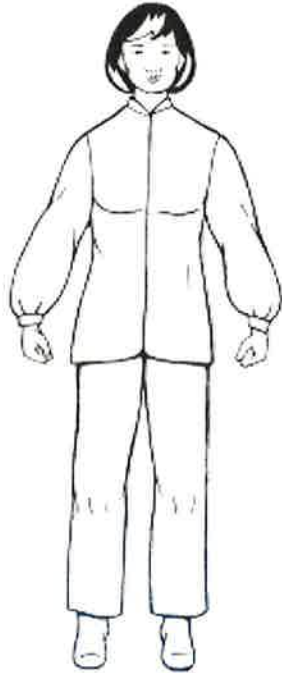
Punching thighs



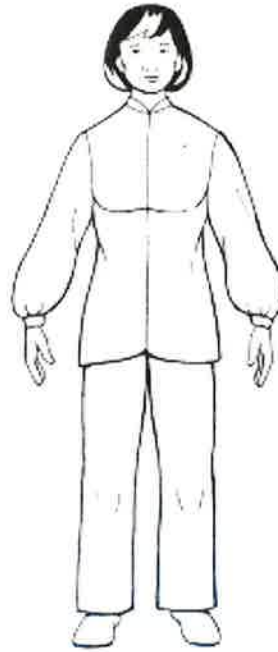
- a. Lift your thigh
to a comfortable height and gently punch it.

COOL DOWN EXERCISES

Tense & Relax



a. Inhale, clench your hands, gently contact the muscles of your body, and stand on your toes if you can.



b. Exhale, letting everything go and relax.

COOL DOWN EXERCISES

Raise hands



a.
Inhale and move your hands
upwards above your head



b.
As you exhale, gently press your
hands down to below your navel.