

Notes : These exercises do not represent a full warm-up but should be included in your normal warm-up routine. They will ensure that the joints/muscles that have become tight with sitting loosens off and that the muscles that have switched off gets activated.. You should not feel any pain during or after doing the exercises. Please consult a healthcare professional if you do.

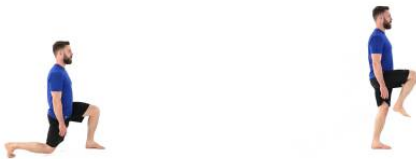
1 Pec stretch



Place your forearm against a wall with elbow bent to 90 degrees. Slowly move forward and turn body away from the arm until a stretch is felt in the chest or the front of the shoulder. Hold the stretch. Repeat on other side.

Reps: 3 Hold: 30sec

2 Lunge steps



Start by standing straight. Take a step forward and lower into a lunge with your knee over your front foot. Sink deep into the lunge to feel a stretch over the front of your thigh and hip. Alternate legs

Reps: 10 Hold: 10sec

3 Active hip flex./ext.



Stand on one foot and hold on to a stable object (wall, chair or table). Keeping your body as stable as possible, swing the elevated leg forward and backwards without bending the knee.

Reps: 20 each leg

4 Glute bridge



Lie on your back and bring one knee in toward the chest- keep it there throughout the exercise. Now slowly lift your bum off the floor until your body forms a straight line. Lower and repeat.

Reps: 10 each side Tempo: Slow

5 Heel raises



Do these on a step or over the sidewalk.

Lift up on your toes as high as you can and then dip back down as far as you can.

Sets: 2 Reps: 10 each foot