



Marching

Sets: 3 | Reps: 10-20

Preparation:

- Stand with good posture, feet shoulder width apart

Execution:

- March forward, lifting knees as high as you can
- Maintain good posture and keep your hips level



Lift knee up high



Alternate legs

Side-Stepping | Eyes Open

Sets: 3 | Reps: 10-20

Preparation:

- Stand with good balance

Execution:

- Step to the side with eyes open



Heel Walking

Sets: 3 | Reps: 10-20 steps

Preparation:

- Stand with good posture and balance

Execution:

- Walk forward on your heels, with the tips of your toes in the air





Toe Walking

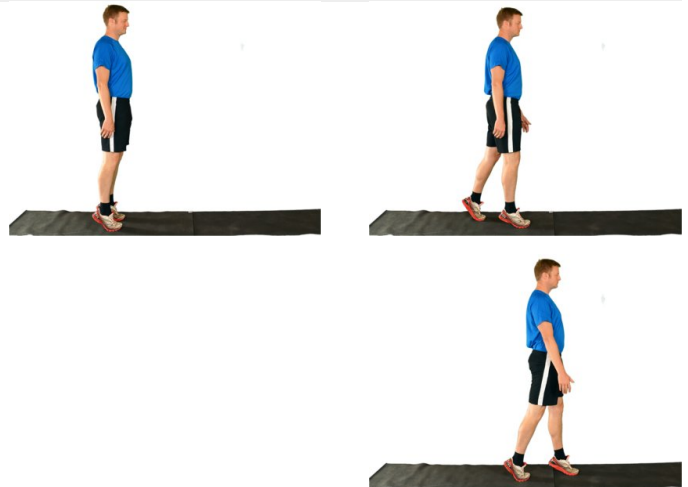
Sets: 3 | Reps: 10-20 steps

Preparation:

- Stand with good posture and balance

Execution:

- Walk forward on the tips of your toes



Partial Squat - Proper Alignment

Sets: 3 | Reps: 10-20

Tips to Remember

- Feet shoulder width apart
- Knees inline with hips and ankles
- Focus on bending at the hip
- When bending, do not let knees travel forward past toes or fall inwards



Start Position



Maintain good alignment



Arm Circles AROM

Preparation:

- Stand with good posture

Execution:

- Make big, slow circles with your arms, like a windmill



Stand with good posture



Make big...



...slow...



...circles...



...with your arms





Stretching

Neck Side Flexion Stretch

Sets: 4 | Reps: 1 | Hold: 30 Sec | Rest: 30 Sec

Preparation:

- Sit with good posture

Execution:

- Slowly lower your ear towards your shoulder as far as you comfortably can
- Use your arm to guide your head slightly further until you feel a gentle stretch in your neck



Start Position



Pull head to side

Shoulder Posterior Stretch

Sets: 4 | Reps: 1 | Hold: 30 Sec | Rest: 30 Sec

Preparation:

- Sit or stand with good posture

Execution:

- Reach across your chest
- Use your other arm to pull a little bit further



Start Position



Pull arm across chest