



Stretching the chest

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Stand in front of a table and place both of your hands on the table. Press your back and chest down so that your head is between your arms. Hold for 10 seconds and feel the stretch in your chest.



Rotation of thoracic spine

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Place your arms horizontally in front of you. Rotate one arm straight to your side as far as you can. Follow the rotating arm with your eyes. Do the same on the other side. Repeat 6 times.



Windmill

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Rotate your arms forward 5 times and backward 5 times. In the end, try to rotate your arms in opposite directions 5 times.



Shoulder stretch

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Sit or stand with a straight back and tilt your head gently to one side. Feel the stretch in your shoulder. Hold and count to 10 and repeat twice on both sides. Shake your shoulders and arms in the end.



Hug and open

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Open your arms to the sides and breathe in. Cross your arms around your chest and breathe out. Repeat 6 times in the rhythm of your own breathing.



Pair mill

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Find a pair and stand back to back with your pair. Hold each other's hands and turn face to face without releasing your hands - back to back - face to face - back to back.



Hip flexor and quadriceps stretches

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- A) Stand up, place your other foot back and slightly bend the knee of the leg in front. Feel the stretch in your upper thigh. Do the same with the other leg.
- B) Stand with your feet side by side, grab the ankle of the same side with your hand and feel the stretch in the front of your thigh. Do the same with the other leg. Hold the stretch while you count to 10.



Berry picking

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Stand, place your other foot on the floor in front of you and bend the ankle (toes towards the ceiling). Bend forward with a straight back and swing your arms to the front from underneath. Feel the stretch at the back of your leg. Straighten up your back and place the other foot in front of you. Repeat a total of 6 times.



Climbing over obstacles

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Stand and imagine that there is an obstacle in front of you that you have to climb over. Bring one leg at a time under your arm and over the obstacle and then climb over the obstacle with your back first, reversing. Try to climb over the obstacle your side first and both ways.



Curve to the right place

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Stand with your legs apart and place your fists against your lower back. Bend your back backward against the fists 10 times.



Bend and reach

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Sit or stand. Bend down with a round back and touch the floor with your hands. Then straighten your back and reach your arms towards the ceiling, stretching them alternately 6 times.

Repeat the movement 5 times



Exercise song

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Stand or sit. Using your hands, go through a series of head-shoulders-knees and toes-knees and toes 5 times.