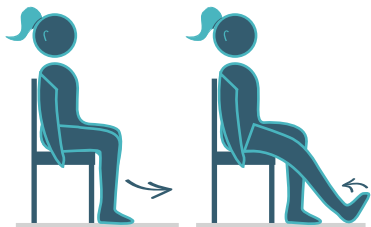


LEVEL 1 | Flexibility exercises (Seated).

Maintaining flexibility is important to aid your muscles and joint health. Aim to do at least one repetition (on each side) of each exercise every day. If you have more time, try to add in 1 or more repetitions of each exercise.

Remember not to hold your breath when holding the exercises and to breathe regularly and evenly throughout.

Calf Stretch | Hold for 12 - 20 seconds, each side.



Benefits: Improves flexibility of the ankle joint.

1. Sit tall with good posture.
2. Legs hip width apart and toes pointing forward.
3. Hold onto the sides of the chair for support.
4. Keep one knee bent and directly above the ankle.
5. Straighten the other leg out in front - heel resting on the floor.
6. Pull the toe back towards the shin.
7. Slide the heel a little further forward to feel a mild stretch in the calf.
8. Hold for 12 - 20 seconds.
9. Repeat on the other leg.

Back of Upper Arm Stretch | Hold for 8 - 10 seconds, each side.

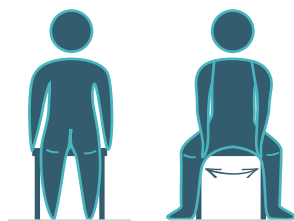


Benefits: Improves flexibility of the shoulder joint.

1. Sit tall with good posture, feet hip width apart.
2. Pull tummy muscles in.

3. Place one hand on the same shoulder and use the opposite hand to ease the elbow towards the ceiling.
4. Try to place the fingers down between the shoulder blades.
5. Feel a mild stretch in the back of the arm.
6. Hold for 8 - 10 seconds.
7. Maintain the arm support as you lower with control.
8. Repeat on the other side.

Inner Thigh Stretch | Hold for 12 - 20 seconds.

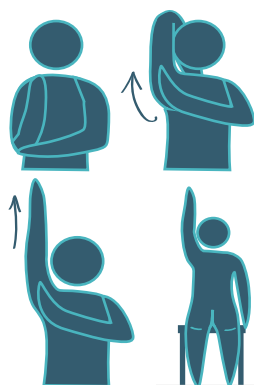


Benefits: Improves hip joint flexibility.

1. Sit tall with good posture towards the front third of the chair.
2. Move legs to shoulder width apart or wider - keep feet flat on the floor.
3. Place hands on inner thighs.
4. Allow the knees to ease outward, gently pressing the thighs open until you feel a mild stretch along the inner thighs.
5. Move a little deeper, then hold for a count of 12 – 20.
6. Release slowly and with control.

Tip: Try to relax into the stretch, If the feeling of the stretch disappears, take it deeper by breathing out and gently easing further into the stretch.

Upwards Side Stretch | Hold for 4 seconds on each side.



Benefits: Improves spine and shoulder joint flexibility.

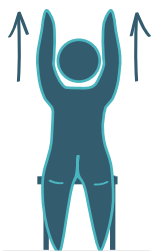
1. Sit tall with good posture, feet hip width apart.

2. Pull tummy muscles in.
3. Place one hand on the same shoulder and use the opposite hand to ease the elbow towards the ceiling.
4. Pause briefly and relax the shoulders.
5. Reach the arm up towards the ceiling - if comfortable, release the support arm and place it onto the chair for support.
6. Feel the stretch in the side of the trunk.
7. Move a little deeper, then hold for the count of 4.
8. Maintain the arm support as you lower with control.
9. Repeat on the other side.

Progression: Try and repeat this exercise when standing.

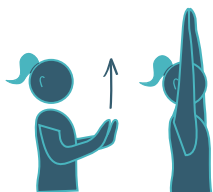
Stand tall with good posture, feet hip width apart (knees soft) and perform exactly as seated.

Double Arm Upwards Side Stretch | Hold for 4 seconds.



Benefits: Lengthens muscles in chest and side of trunk to improve shoulder mobility and posture.

1. Sit tall with good posture, feet hip width apart.
2. Ensure shoulders remain pressed down and neck long.
3. Raise both hands up above the head - palms close together, facing inward.
4. Feel a mild stretch in the sides of the body under the shoulders.
5. Hold for the count of 4.
6. Release with control turning the palms towards the face to lower.

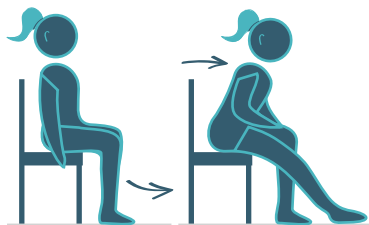


Alternative: Choose whichever option feels more comfortable.

1. Before taking your hands above your head - place one palm against the back of the other hand.
2. Raise hands above the head to feel the mild stretch, holding for 4.

3. Release with control, palms towards the face to lower.

Back of Thigh Stretch | Hold for 12 - 20 seconds, each leg.

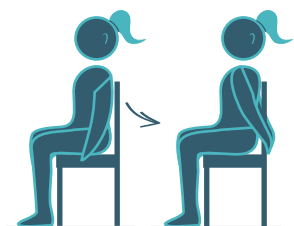


Benefits: Improve movement in the ankles, reduce ankle stiffness and improve ankle stability.

1. Sit tall with good posture towards the front third of your chair.
2. Legs hip width apart and knees bent over ankles.
3. Straighten one leg out in front - heel on floor, foot relaxed.
4. Place both hands just above the opposite (bent) knee to support the back and body weight.
5. Lift chest upwards and forwards, bending from the hips.
6. Hold for 12 - 20 seconds, feeling a mild stretch in the back of the thigh.
7. Release with control and repeat on the other side.

Tip: Try to relax into the stretch. If the feeling of the stretch disappears, take it deeper by breathing out and gently easing further into the stretch.

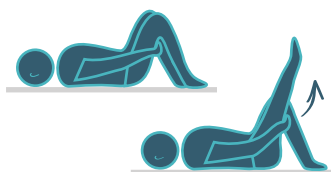
Chest Stretch | Hold for 10 -12 seconds.



Benefits: Lengthens muscles in chest and side of trunk to improve shoulder mobility and posture.

1. Sit tall with good posture, legs hip width apart - toes pointing forwards.
2. Engage tummy muscles.
3. Take the arms back and hold on to the back of the chair with both hands.
4. Lift the chest and draw the shoulder blades together until you feel a mild stretch across the chest.
5. Move a little deeper then hold for 12 - 20 seconds.

Back of Thigh Stretch (lying) | Hold for 12 - 20 second, each leg.



Benefits: Lengthen muscles at the back of the thigh and improve hip and joint flexibility.

1. Lie facing upwards on the floor, knees bent and feet flat on the floor.
2. Take hold of one leg behind the thigh (try to avoid interlocking fingers).
3. Extend the foot up towards ceiling, easing the knee as straight as possible, keeping your bottom on the floor.
4. Feel a mild to moderate stretching the back of the thigh.
5. Move a little deeper, hold for 12 - 20 second - relaxing into stretch.

Tip: Keep head and shoulders resting on the floor throughout.

Front of Thigh Stretch (lying) | Hold for 12 - 20 seconds, each leg.



Benefits: Lengthen muscles at the front of the thigh and improve hip joint mobility.

1. Lie face down with legs comfortably close together, forehead resting on the hands
2. Lift one heel towards the bottom - take hold of foot or trouser leg.
3. Ease the heel gently towards the bottom, until a mild stretch is felt in the front of the thigh.
4. Move a little deeper then hold for 12 - 20 seconds.
5. Release the foot slowly and lower with control, repeat on other leg.