



Side stretches

1. Feet 18 inches apart, hand on hip, arm extended upwards.
2. Bend slowly to left and hold pose for five seconds.
3. Repeat to the right.



Pelvic lifts

1. Lie on back, lift knees, keep soles flat, tighten buttock muscles and raise pelvis.
2. Support body with lower arms and feet.
3. Hold for ten seconds and lower.
4. Repeat ten times.



Hamstring stretches

1. Lie on back with knees flexed.
2. Bend one knee, take hold of thigh with hands and pull knee to chest.
3. Extend the lower leg until straight.
4. Bring leg down to floor, bending knee.
5. Repeat with other leg.



Simple sit-ups

1. Lie on back, bend knees, keep feet flat on floor.
2. Raise head, neck and shoulders, after folding arms on chest.
3. Hold position for 5 seconds then lie back down.
4. Repeat ten more times.



Tighten rear muscles

1. Start on your hands and knees.
2. Bring one leg back, up and straight out, holding for 5 seconds.
3. Slowly lower leg and repeat exercise with other leg.



The pretzel

1. Lie on back with legs bent.
2. Cross right leg over left to left knee.
3. Holding left thigh with both hands, pull forward.
4. Release slowly and repeat with opposite legs.



Snake pose 1

1. Lie face down resting on your elbows.
2. Raise your head and chest off the floor.
3. Now go to Snake Pose 2.



Snake pose 2

1. Straighten your arms and raise head, chest and torso as far as possible.
2. Hold for five seconds and return face down to floor.



knee chest stretch

1. Lie flat on back.
2. Bend one leg and hold with both hands below knee, pulling it slowly towards chest.
3. Hold for five seconds and repeat.