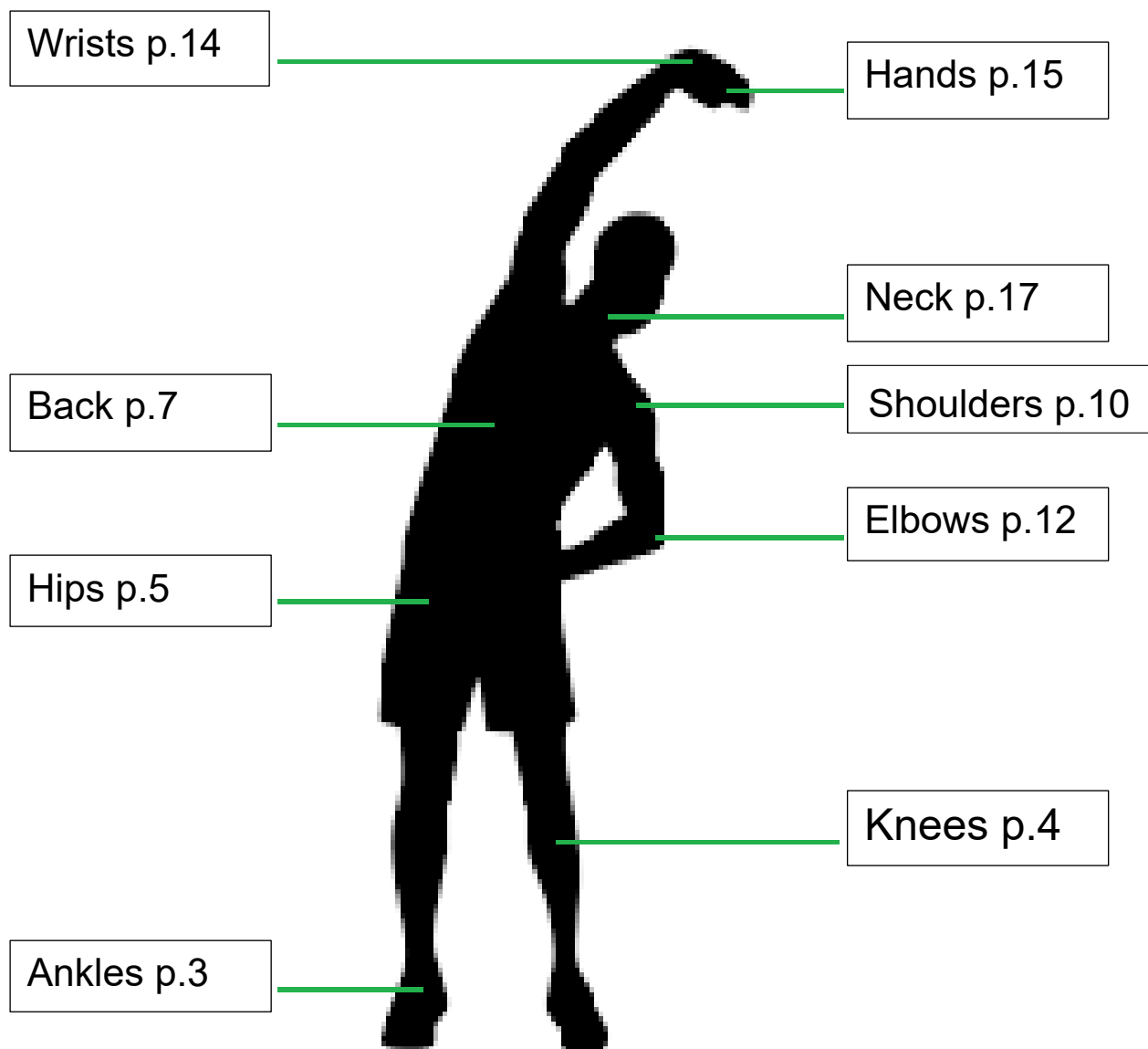


Before you begin

Here are some tips to improve your practice:

- Use a comfortable chair (with back support, arm rests, and with feet touching the ground).
- For each exercise, respect the principle of no pain (stop as soon as any pain starts or becomes too intense).
- Remember to breathe during the exercises (inhale through the nose, exhale through the mouth).
- Do not hold your breath.
- Take breaks and take time to rest between each exercise.
- Drink plenty of water and stay hydrated before, during, and after the exercises.

Overview



Exercising the Ankles

Initial position: Sitting on a chair with feet flat on the floor.

- 1) Tap the toes on the floor to the rhythm, alternating
"Point right toes" and "point left toes".

Repeat this movement 20 times (10 times on each foot).

- 2) Tap your heels on the floor to the rhythm, alternating
"right heel" and "left heel".

Repeat this movement 20 times (10 times on each foot).

- 3) Beat the rhythm with both feet at the same time, alternating
"toes" and "heels".

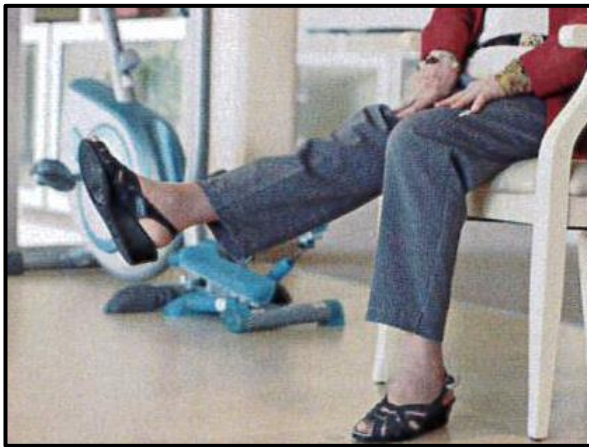


Repeat this movement 15 times.

Knee Exercise

Initial position: Sitting on a chair with your feet on the floor.

- Straighten the legs by alternating the right leg and the leg left.



Repeat this movement 10 times (5 times on each side).

Take a break then repeat the exercise a second time.

Hip exercises

Initial position: Sitting on a chair with your feet on the floor.

1) Raise the right knee, rest it, then raise the left knee.



Repeat this movement 10 times (5x on each side).

Take a break then begin a second set of this exercise.

2) Straighten both legs at the same time, pulsing the legs in little kicks (keeping the legs engaged).

Perform this exercise for 15 seconds.

3) Stretch both legs at the same time, with the feet touching each other.

Slightly spread your legs then bring them back together (while keeping the legs straight).

Perform this exercise for 15 seconds.

Back exercises

Initial position: Sitting on a chair, back straight, hands on the thighs.

1) Inhale through your nose, then slowly slide your hands down the legs to the ankles as you exhale.

Blow gently through your mouth on your way down and inhale gently through the nose while going up.



Repeat this movement 5 times.

2) Without moving the buttocks and legs, turn the shoulders and head to the left and place both hands on the left armrest of the chair.

Then turn to the right in order to place both hands on the right armrest of the chair.



Inhale deeply through your nose between the 2 positions (at the center position) then blow gently through your mouth while turning.

Repeat this movement 10 times (5 times on each side).

Initial position: Sitting on a chair, back straight, arms hanging on either side of the chair.

3) Keeping your back straight, inhale deeply through the nose then tilt the torso slightly to the left, bringing the left hand closer to the ground.

Return to center, then tilt slightly towards the right to bring the right hand closer to the ground.



Repeat the movement 10 times (5 times on each side).

Shoulder exercises

Initial position: Sitting on a chair, back straight, hands on the thighs.

1) Shrug your shoulders.



Repeat this movement 15 times.

2) Bring the hands to the shoulders then extend both arms in front self.

Inhale through the nose while bringing the hands to the shoulders then blow through the mouth while extending the arms.

Repeat this movement 10 times.

3) Bring the hands back to the shoulders then extend both arms towards the sky.

Inhale through the nose, bringing the hands to the shoulders then blow through the mouth while extending the arms.

Repeat this movement 10 times.

Elbow exercises

Initial position: Sitting on a chair, back straight, hands on the thighs.

1) Bring the hands up to touch the shoulders.



Repeat this movement 10 times.

2) Arms extended to the sides.

Touch the shoulders with your hands.



Repeat this movement 10 times.

Wrist exercises

- Bring the palms together, then tilt the hands alternately left and right.



Repeat this movement 10 times.

Hand exercises

- Open your hands wide then close them.



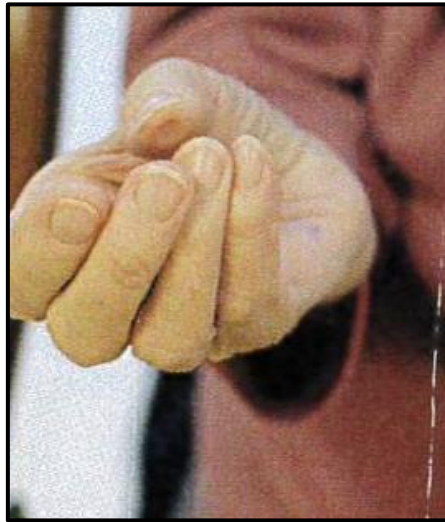
Repeat this movement 10 times.

This exercise can be done with a foam ball.

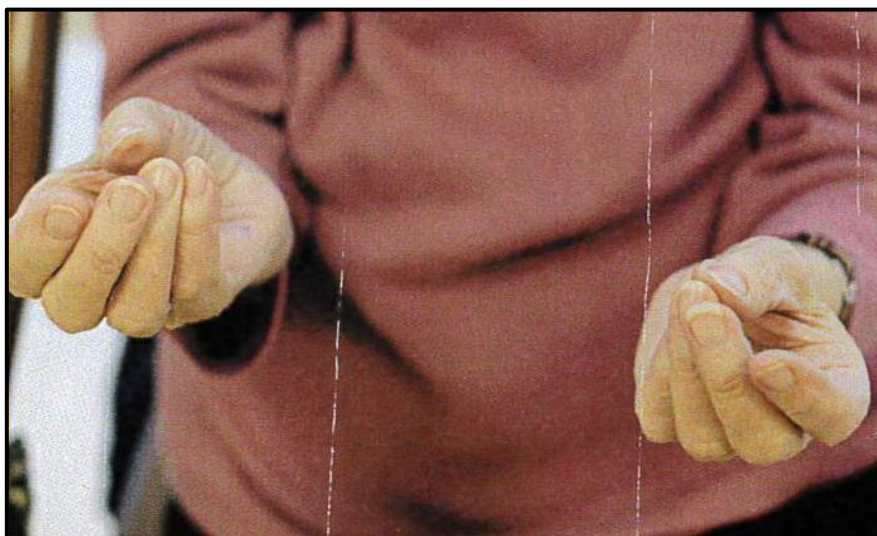
Exercises for the fingers

1) With your thumb, touch the tip of each finger.

Repeat on the second hand.



2) Perform the same exercise with both hands at the same time.



Exercises for the neck

It is important to perform the following movements as slowly as possible to avoid dizziness.

Initial position: Sitting on a chair, back straight, hands on the thighs.

- 1) Slowly bring your chin to your chest then lift your head to look at the sky.



Repeat this movement 5 times.

2) Slowly turn your head from right to left.



Repeat this movement 5 times.

3) Slowly tilt your head from one side to the other side,
trying to touch the shoulder with the ear.



Repeat this movement 5 times.