



WORKSHEET 1



Stretching exercise – (you can close your eyes while doing these)

1 Sit down with your legs stretched out.
Bend your left leg at the knee and put it behind your right leg, placing your foot at the height of the knee of the straightened leg.
Turn your torso to the left and lean on your left hand. Place your right hand on your left thigh (arm from elbow to palm should be adjacent to your thigh).
Gently deepen the twist to the left until you feel a slight stretch in your back muscles.
Hold the position for 5–30 seconds.
Now change to the right side.
Repeat 10 times on each side.

2 Lie on your left side, bend your right leg at a right angle and hold it with your left hand.
Slowly lie down on your back while twisting your torso to the right until you feel a slight stretch in your spine and buttock muscles. Place your right arm on the floor.
Hold the position for 5–30 seconds. Change sides.
Repeat 10 times on each side.

3 Sit with your legs apart, put your hands on your legs, keep your back straight.
Stretch your legs apart until the first feeling of a gentle stretching of the muscles of the inner thighs.
Hold the position for 5–30 seconds.
Repeat 10 times

4 Sit with your legs apart, put your hands on your legs, keep your back straight.
Put your hands on your thighs.
Bend to the left and right.
Repeat 3 times per side.

