

JOINT MOBILITY

3 • Floor Routine

SIDE BENDS

Sit with legs crossed, feet pulled in close to the body and hands on the knees. The knees should be held as close to the ground as possible.

Slowly bend down and place the right ear on the right knee.

Hold for 5 seconds and return to the starting position.

Perform:

- 3 bends to the left knee
- 3 bends to the right knee.

For extra stretching try to put the left ear on the right knee, and the right ear on the left knee.



TAILOR'S EXERCISE

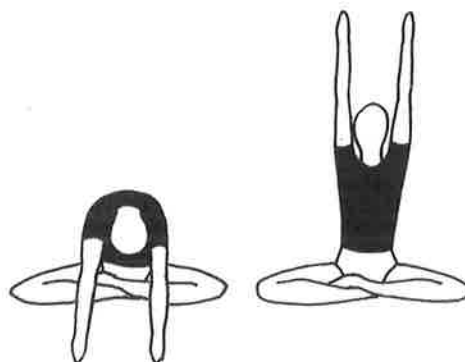
Sit with the legs crossed, body leaning forward in a relaxed position with the arms outstretched and the hands touching the ground in front of the body.

Breathe in, slowly lift the arms and straighten the back to the count of 6. On the sixth count the back should be straight and the arms above the head.

Press the arms backward, keeping the head in line with the back.

Hold for 5 seconds, then breathe out and slowly bend forward into the starting position.

Perform 6 movements.



TOE REACHES

Sit with the feet wide apart and legs straight.

Slowly reach as far as possible toward the toes of one foot, lowering the chin close to the knee.

Hold for 5 seconds and return to the starting position.

Perform alternately:

- 3 reaches to the left foot
- 3 reaches to the right foot.



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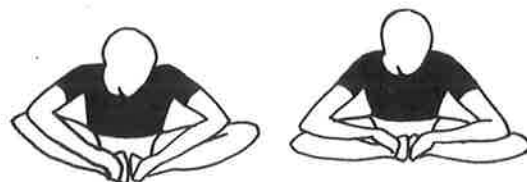
STAR POSITION

Sit with legs bent, knees pointing outward, and soles of the feet pressed together and pulled in close to the body. Hold the feet together with the hands. Rest the elbows on the knees.

Relax the legs and gently apply pressure on the knees from the elbows. At the same time pull on the toes with the hands.

Hold for 5 seconds.

Perform 6 movements.



PADDLING

Sit with legs bent and feet apart.

Clasp the hands and hold them onto the chest in front of the chin with arms held horizontally.

Lean back so that there is tension in the abdominal muscles.

Slowly twist the body lowering an elbow to touch the ground at the side of the body. Do not unclasp the hands or move them from the chest.

Hold for 5 seconds and return to the starting position.

Perform alternately:

- 3 movements to the left side
- 3 movements to the right side.



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SWALLOW PUSH UPS

Begin in a kneeling front support position with arms stretched forward and hands resting comfortably apart.

Lower the body so the chin and the chest are almost touching the ground.

Push the body forward until the head and shoulders are in front of the hands.

Extend the arms from the bent position until they are completely straight, raising the body to a kneeling front support position.

Ensure that the students move through the full range, keeping their backs as straight as possible.



Move the body back to the starting position and continue in a circular fashion.

Perform:

- 3 backward circles
- 3 forward circles.

LEG STRETCHES I

Begin in a kneeling front support position.

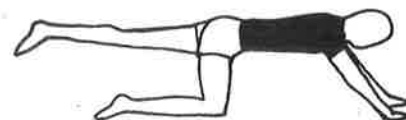
Stretch one leg back as far as possible, keeping the toes pointed.

The leg should be kept at, or slightly above, the horizontal.

Hold for 5 seconds and return to the starting position.

Perform alternately:

- 3 stretches on the left leg
- 3 stretches on the right leg.



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CALF STRETCHES II

Begin in a full front support position with the body arched.

Keeping the toes anchored, slowly push back with the hands, trying to push the heels closer to the ground, thereby stretching the calf muscles.

Hold for 5 seconds.

Perform 6 stretches.



ARM STRETCHES

Lie face down with arms extended forward.

Lift the head slightly and stretch one arm forward as far as possible. Be careful not to arch the back.

Hold for 5 seconds.

Perform:

- 3 stretches with the left arm
- 3 stretches with the right arm.



FORWARD SIT UPS

Lie flat on the back with legs bent at about 90° and hands clasped in front of the body.

Slowly sit up, pushing the hands between the legs as far forward along the ground as possible.

Hold for 5 seconds and return to the starting position.

Perform 6 sit ups.



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SHOULDER STRETCHES III

Sit comfortably with back straight, arms held horizontally, elbows bent and fingertips touching.

Slowly move the elbows back as far as possible.

Hold for 5 seconds and return to the starting position.

Repeat, but this time straighten the arms on the backward movement.

Perform alternately:

- 3 stretches with arms bent
- 3 stretches with arms straight.



TRUNK TWISTS III

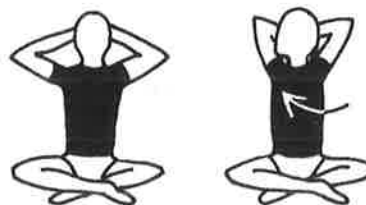
Sit comfortably with back straight, hands clasped behind the head and elbows out.

Slowly twist around as far as possible to one side. To help achieve maximum twist look as far behind as possible.

Hold for 5 seconds and return to the starting position.

Perform alternately:

- 3 twists to the left side
- 3 twists to the right side.



FORWARD STRETCHES I

Sit with feet together, legs straight and hands resting lightly on the thighs.

Slowly reach forward to try and touch the toes. Keep the legs straight.

Hold the maximum stretch position for 5 seconds and return to the starting position.

Perform 6 stretches.



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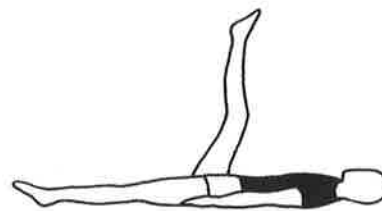
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LEG RAISES

Lie flat on the back with hands by the sides.

Bend one knee and bring it up toward the chest.

Keeping the hip flexed (bent), straighten the leg vertically. This should stretch the back thigh (hamstring) muscle.



Hold for 5 seconds and return to the starting position.

Perform alternately:

- 3 raises of the left leg
- 3 raises of the right leg.

FLAT BACK LYING

Lie flat on the back with hands by the sides and legs straight and together.



Tilt the pelvis back so that the lower back is flat on the ground. Keep the legs straight.

Hold for 5 seconds and return to the starting position.

Perform 6 movements.

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4 • Floor Routine

FORWARD TWISTS

- Sit with legs straight in front of the body and hands clasped behind the head.

Slowly twist one elbow to touch the opposite knee. If possible move the elbow past the opposite knee.

Hold for 5 seconds and return to the starting position.

Perform alternately:

- 3 sit ups to the left knee
- 3 sit ups to the right knee.



Some children may have difficulty keeping their hands clasped behind their head. They may perform the movement with their arms crossed in front of the body and hands on the shoulders.

SLOW SWIMMER

Begin in a full front support position.

Raise one hand off the ground and slowly turn the body, moving the raised hand back and across to touch the opposite hip. Look back toward the hip to achieve maximum rotation.

Keep the back as straight as possible.

Hold for 5 seconds and return to the starting position.

Perform alternately:

- 3 movements to the left side
- 3 movements to the right side.



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HURDLING POSITION

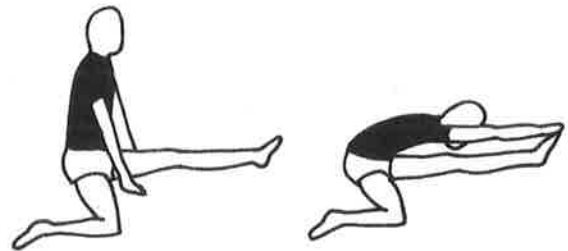
Sit with one leg straight out in front and the other bent to the side forming a 90° angle both at the hip and at the knee. If necessary, a hand may rest on the ground to keep the body balanced.

Slowly lean forward along the straight leg, placing the hands as near as possible to the toes and the chin as near as possible to the knee. Do not bend the leg.

Hold for 5 seconds and return to the starting position.

Perform alternately:

- 3 stretches with the left leg leading
- 3 stretches with the right leg leading.



LEG BENDS AND LIFTS

Sit with feet together, legs stretched out in front and hands on the ground behind the shoulders.

Slowly bend the legs and bring them into the chest.

Extend the legs at the knees, pushing the feet up into a V-sit position.

Hold for 5 seconds, return the knees to the chest and then to the starting position.

Perform 6 movements.

