

## JOINT MOBILITY

### 3 • Floor Routine

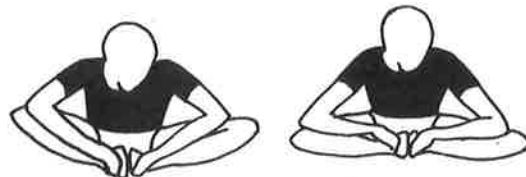
#### STAR POSITION

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.

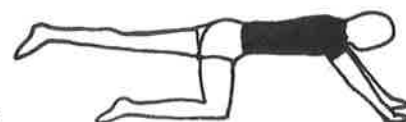
Stretch one leg back as far as possible, keeping the toes pointed.

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.



## JOINT MOBILITY

## 2 • Standing Routine

## SIDE STRETCHES

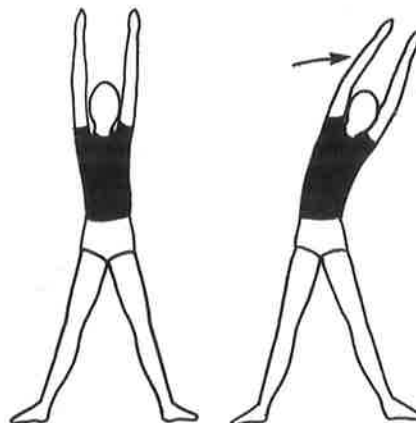
Stand with feet comfortably apart and hands held high above the head.

Slowly stretch as far as possible to one side. Do not bend forward.

Hold for 5 seconds and return to the starting position.

Perform alternately:

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



## TRUNK TWISTS II

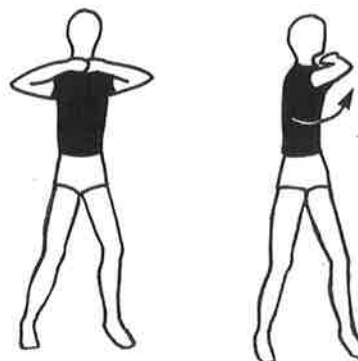
Stand with feet comfortably apart, legs slightly bent, hands clasped in front of the chin and arms held horizontally.

Keeping the hips fixed, slowly twist the body as far as possible to one side, looking behind to achieve maximum rotation.

Hold for 5 seconds and return to the starting position.

Perform alternately:

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



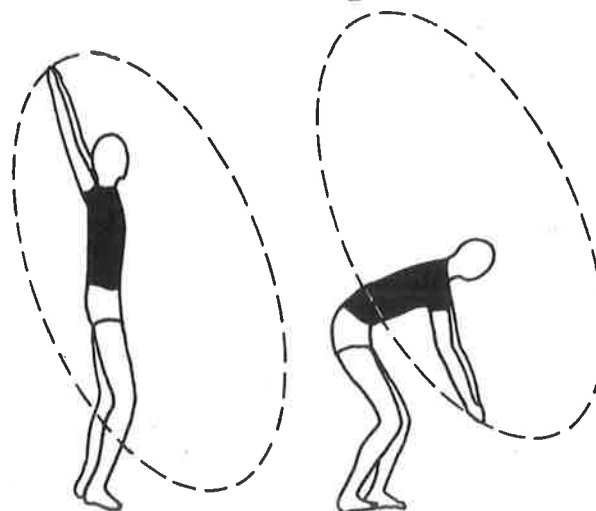
## HIP CIRCLES

Stand with legs slightly bent, feet comfortably apart, arms straight and pointing down with hands clasped.

Slowly transcribe large circles with the hands, bending at the ankles, knees, hips and shoulders. Stretch as much as possible.

\*Perform alternately:

- 3 anti-clockwise circles
- 3 clockwise circles.



Ensure that the legs remain bent throughout the exercise. This will prevent excessive arching of the back.

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**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**

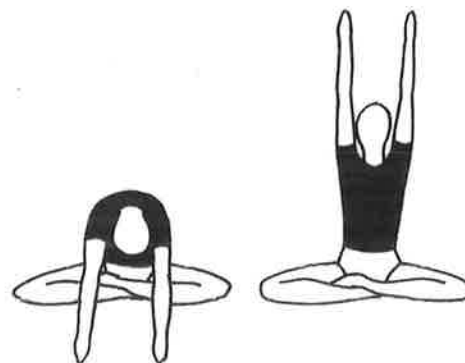
Sit with the legs crossed, body leaning forward in a relaxed position with the arms outstretched and the hands touching the ground in front of the body.

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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#### 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.

