

Warm up Exercises 1 - 12

EXERCISE 1

Bounces:

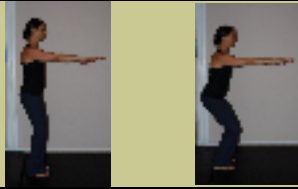
Place feet and knees shoulder width apart and gently bounce by bending and straightening your knees. These should be gentle and quick. Repeat for about 1 minute.



EXERCISE 2

Mini Squat:

Stand with feet shoulder width apart and squat JUST A LITTLE way down. Going up and down with a steady rhythm. Continue for 30 seconds to 1 minute.



EXERCISE 3

Marching:

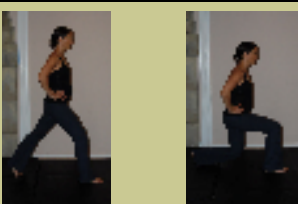
Stand in place and march. (Be sure to stay light on your feet when you replace your foot.) Emphasize bringing your knees higher and higher up your chest each time. Repeat for 30 seconds to 1 minute.



EXERCISE 4

Lunge:

Stand with feet in a stride stance with knees and feet in line with each other. Drop the back knee down towards the floor keeping the weight primarily on the front leg. Repeat 10 times, then switch sides.



EXERCISE 5

Calf Raises:

Rise on balls of feet and slowly lower down. Repeat 10 times and then do little bounces again for about 30 seconds. You can also do this on one foot at a time.



EXERCISE 6

Heel-Toe Rocking:

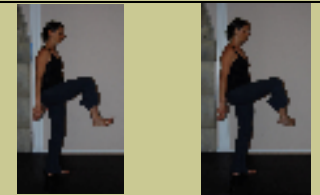
Rock back on heels, then up onto your toes. Repeat 20 times.



EXERCISE 7

Ankle Circles:

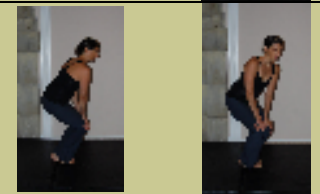
Hold one leg out in front of you and circle it around. Go 8 times in one direction, and then reverse for 8. Repeat on the other leg. Make sure to hold your balance the whole time!



EXERCISE 8

Standing Knee Circles:

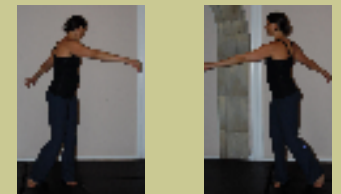
Stand with your hands on your thighs with your knees bent. Circle the knees in one direction then reverse to the other direction. Repeat 8 times in each direction.



EXERCISE 9

Standing Rotation:

Gently rotate from the hips, keeping your knees bent all the time. Turn from one direction to the other being careful NOT to use too much force. Remember this is a warm up exercise only, it is not the time to try to increase your range of motion. NOTE: this exercise is contraindicated for those with spinal discomfort and/or Osteopenia and osetoperosis.



EXERCISE 10

Arm Reaches:

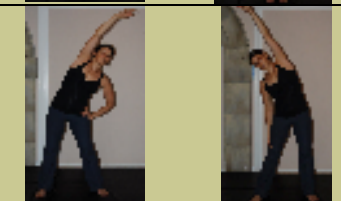
Reach the arms up, and then let them slowly fall back down. Repeat 10 times. Progress to arm circles one armed or both arms together



EXERCISE 11

Side Bend:

Stand with legs wide. Reach to one side with arm over head. Repeat on other side. Repeat about 10 times per side.



EXERCISE 12

Neck Rotation:

Bend head forward and let it hang comfortably. Roll it to the right until you feel a stretch on the opposite side, then roll it back to the left. Repeat 10 times on each side. Stop if you feel any discomfort in the Neck or upper back.

