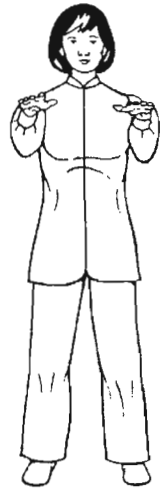


## WARM-UP EXERCISES

### Neck 1



a. \_\_\_\_\_  
As you inhale, bring both hands up slowly.

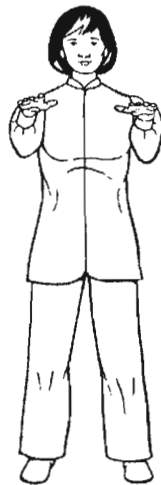


b. \_\_\_\_\_  
Turn your palms and bring them towards your chest, push your chin backwards gently.



c. \_\_\_\_\_  
Exhaling, press your hands down slowly. At the same time, slowly bring your head down.

### Neck 2



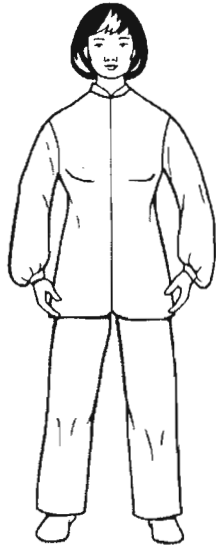
a. \_\_\_\_\_  
Lift up both hands, turn your left hand inwards and push your right hand down near your hip. Look at your left palm.



b. \_\_\_\_\_  
Move your left hand to the left, turning your head slowly to the left, then come back to face the front. Change palms.

## WARM-UP EXERCISES

### Shoulder 1



a. \_\_\_\_\_  
Roll your shoulders gently  
backwards three times

### Shoulder 2



a. \_\_\_\_\_  
Inhale and move your arms  
upwards above your head.



b. \_\_\_\_\_  
As you exhale, gently press  
your hands down to below  
your navel.

## WARM-UP EXERCISES

### Spine 1



a. 

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Hold your hands in front of you as though you're carrying a large beach ball. Inhale.



b. 

---

Exhale, push one hand up and push your other hand down, imagine stretching your spine gently. Then change hands.

### Spine 2



a. 

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Hold your hands in front of you as though you're carrying a large beach ball. Inhale.



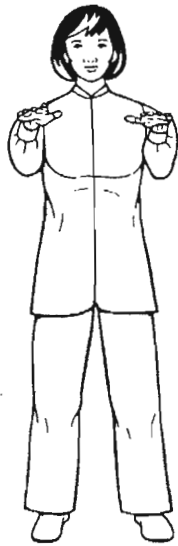
b. 

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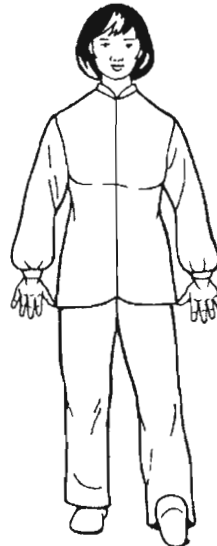
Exhale, with your knees slightly bent, turn your body to the left. Then change hands and turn to the right.

**WARM-UP EXERCISES**

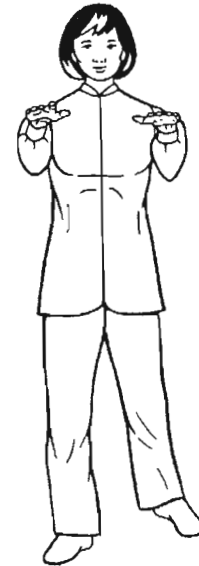
Hip 1



a. Stand with your hands up in front of your chest.

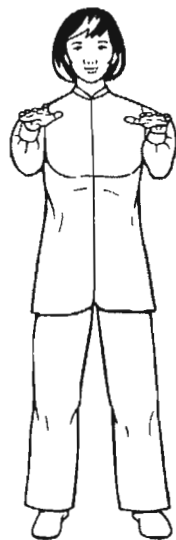


b. Bend your knees slightly, placing your left heel out in front of you; push both hands back.



c. Step backward with your left foot resting on the toes, stretching your hands forward.

Hip 2



a. Start in preparatory position (hands in front of chest).



b. Bending your knees slightly, push your hands to the left as if you are pushing against a wall and stretch the opposite foot sideways. Then change to the other side.

## WARM-UP EXERCISES

### Knee 1



a. 

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Make loose fists. Bend your knees slightly.

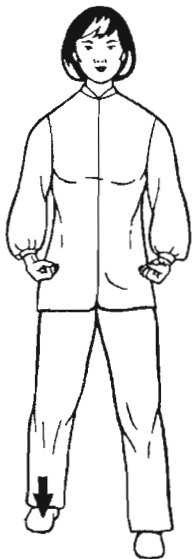


b. 

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Stretch out one foot slowly and gently. Punch out gently with the opposite fist. Bring your arm and leg back and repeat on the other side.

### Knee 2



a. 

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With your fists next to your hips, bend your knees slightly and step forward with one foot.



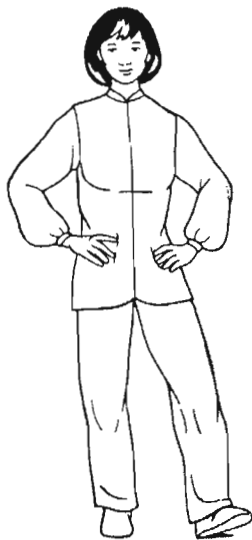
b. 

---

Shift your weight onto the front leg, and as your body moves forward, punch out with the opposite fist. Bring your foot back and repeat on the other side.

## WARM-UP EXERCISES

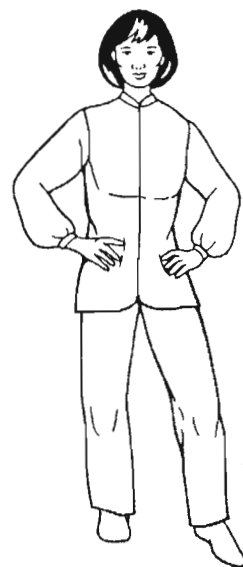
### Ankle 1



a. 

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Gently tap floor with your heels.



b. 

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Gently tap floor with your toes.

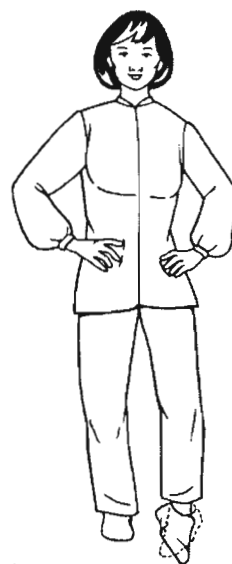
### Ankle 2



a. 

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Lift up the heel on one foot, point the toes down and gently rotate your foot in one direction three times, and then in the other direction three times.



b. 

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An easier alternative: Turn your foot inwards and outwards several times, not putting any weight on the turning foot. Change feet.