

# Exercises to do at home

1

## Examples of Stretches

Best done both before and after exercise



### Chest Stretch

This corrects bad posture, prevents back ache and elongates the pectorals.



### Shoulder Stretch

This stretches out the shoulder joints to increase flexibility and relaxation.



### Tricep Stretch

This stretches out the triceps to increase flexibility and relaxation.



### Upper Body Stretch

This stretches out the ribs, shoulders, arms and upper abdominals to increase flexibility and relaxation.



### Hamstring Stretch

This corrects bad posture and prevents back ache by elongating the hamstring.

## Examples of Exercises



### Shoulder Stand

This improves core stability by applying tension to the trunk, thighs and pelvic floor muscles enabling better mobility.



### Press-ups

These improve core stability and shoulder and arm strength. Increases strength enabling better mobility.



### Waist twists

These improve core stability and flexibility by strengthening the waist muscles.



### Sit-ups

These improve core stability and abdominal strength. Increases strength enabling better mobility.