

# Week 1

## Create a stretching habit: Static stretches

### HOW IT WORKS

- ① Choose a moment in your day
- ② Choose a group of exercises
- ③ Do the exercises for 5 minutes
- ④ Fill up the tracker
- ⑤ Enjoy the benefits

### GROUP OF EXERCISES

Lying down  
Standing  
Sitting on a chair  
Sitting on a mat

Find the exercises [page 2](#)



### EXERCISES

### tracker

EXERCISES	MON	TUE	WEN	THU	FRI	SAT	SUN
LYING DOWN	<input type="checkbox"/>						
STANDING	<input type="checkbox"/>						
SITTING ON A CHAIR	<input type="checkbox"/>						
SITTING ON A MAT	<input type="checkbox"/>						
	<input type="checkbox"/>						
<b>TOTAL</b>	<input type="checkbox"/>						

To prepare for week number 3:

We recommend that you work the first group of exercises at least twice this week (lying on the bed or lying on the mat).

# GROUP OF

# Exercises

Week 1

Create a stretching habit:  
Static stretches

OS: REPEAT ON THE OTHER SIDE

## LYING DOWN



## STANDING



## SITTING ON A CHAIR



## SITTING ON A MAT

