

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"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
STANDING	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SITTING ON A CHAIR	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SITTING ON A MAT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TOTAL	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

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



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)..