

Week 2

Create a stretching habit: Dynamic 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 2

PERFORM 5 REPETITIONS OF EACH SEQUENCE (3) DYNAMICALLY. THEN HOLD EACH OF THE POSTURES (1 AND 2) FOR 30 SECONDS. REPEAT THE SAME DYNAMIC WITH THE OTHER EXERCISES IN THE SERIES...NAMASTE

Create a stretching habit:
Dynamic stretches

LYING DOWN



STANDING



SITTING ON A CHAIR



SITTING ON THE MAT



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