

Personal exercise program

Standing stretch routine

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Dynamic Hamstring Stretch

Start in standing with your feet at hip-width or wider.

Bend down so that you can grasp your toes.
Then in turns squat down and straighten your knees while holding on to your toes. Keep the movement relaxed.

Note that it is OK to round your back and bend your knees in order to reach the toes.

Repeat 10 times.



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Latissimus Stretch

Stand tall and cross one leg in front of the other. Take the same side hand behind your head with your elbow pointing upwards.

Using your other hand gently press the elbow further back and bend your trunk to the side until you feel a stretch along your side.

Hold for 5 sec. Left and right sides. 1 to 3 each side. Perform throughout the day



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Back Extension in Standing

Stand and place your palms above your buttocks on your lower back.

Open your chest, straighten your hips and bend your body backwards.
Return to the starting position.

Hold for 5 sec. 5 times. 1-2 sets. Perform throughout the day



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Bent-over Trunk Rotation

Stand with feet hip-width apart or slightly wider and bend forward from the hips.

Keep your pelvis still and your lower back in neutral position. Rotate your upper back/trunk by swinging your arms from side to side.

Repeat 10 times. 1-2 sets. Perform throughout the day
