






Core Strengthening and Stretching

This session covered stretch exercises targeting muscle fatigue from prolonged sitting as well as core strengthening exercises for better sedentary posture.

All the exercises can be performed at home 2-3 x per week, 2-3 sets of 10-15 repetitions (unless otherwise stated).

<p>Warm-up and Dynamic Stretching</p> <p>This section aims to get the body well prepared for the upcoming activities by increasing blood flow, joint range of motion, soft tissue extensibility and neural muscular activation</p>	 <p>Jumping Jacks</p>	 <p>Lateral Lunge with Toe Touch</p>
	 <p>High Plank Mountain Climber</p>	 <p>High Plank Leg Jerk</p>
	 <p>Plank Walkout</p>	 <p>Spider Elbow Down</p>
	 <p>Sumo Squat to Toe Touch</p>	

Core Strengthening

In this section we are not only aiming to strengthen the muscles groups around the spinal area, but also the major muscle group around the hip for building up a strong functional kinetic chain

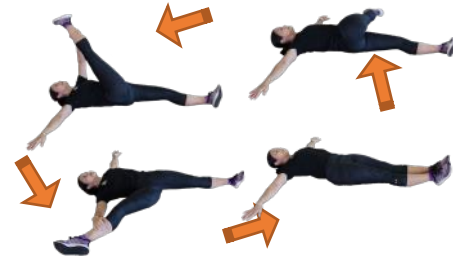
 <p>Plank Up</p>	 <p>Ab Tuck</p>
 <p>Kneeling Superman (alternating)</p> <p><i>(Variations for Advanced Participants)</i></p>  <p>Superman (alternating) Bear Crawl (knee off ground; alternating)</p>	
 <p>Dead Bug-Alternate Side</p> <p><i>(Variations for Advanced Participants)</i></p>  <p>Dead Bug with Straight Legs</p>	
 <p>Glute Bridge with Leg Lowers</p>	
 <p>Side Plank (20-30seconds)</p> <p><i>(Variations for Advanced Participants)</i></p>  <p>Side Plank with Leg Raise; 10-15 repetitions</p>	
 <p>Single Leg Stiff Leg Deadlift</p>	

Cool Down and Static Stretching

Slow and deep breathing helps you to lower down the heartbeat. Incorporate deep breathing with static stretching not only relaxing, it also allows you to improve the range of motion and body alignment



Quadriceps
(Lying, On the Side)



Around the World
(can be done with the raised leg bent)



Glute Medius & Minimus, Piriformis



Lower Back



on elbow

raised (advanced)

Abdominals and Obliques



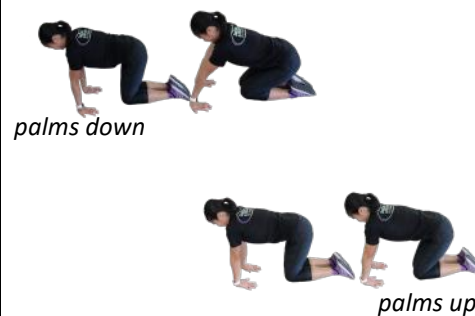
Chest and Anterior Deltoid



Upper Back and Mid-Posterior Deltoid



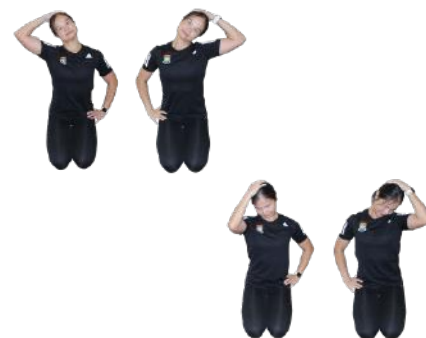
Triceps and Latissimus Dorsi



palms down

palms up

Forearm and Biceps



Neck