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Increasing Physical Activity Post-Pandemic

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The Polish physician Wojciech Oczko said in the 16th century: "Movement will replace almost any medicine, but all medicines together will never replace movement." This statement conveys a universal truth that has been confirmed by numerous scientific studies over the years. Physical activity protects us from chronic diseases, including physical and mental health disorders. Unfortunately, lifestyle changes have led to new behaviors focused on a sedentary lifestyle. Currently, there is a great global need to spread knowledge and activate every social group to ensure a minimum level of physical activity that includes a health component. The outbreak of the COVID-19 pandemic highlighted this problem. Currently, the World Health Organization (WHO) report (Global status report on physical activity 2022 by WHO) indicates that 81% of children and adolescents and 27% of adults do not meet the recommended minimum level of physical activity. According to WHO guidelines, adults (aged 18-64) should engage in at least 150-300 minutes of moderate-intensity aerobic physical activity or at least 75-150 minutes of vigorous-intensity aerobic physical activity each week. They should also perform muscle-strengthening exercises of moderate or greater intensity that involve all major muscle groups on 2 or more days a week as they provide additional health benefits. Replacing sedentary behavior with any level of physical activity (including light) provides health benefits.

The economic burden associated with a lack of physical activity is enormous. Globally, from 2020-2030, nearly 500 million new cases of preventable chronic diseases will occur, costing over \$300 billion in treatment. Almost half of these new cases (47%) will result from hypertension, and 43% from depression.

Given these facts, it is worth paying attention to your health behaviors now and incorporating movement as a cost-free form of health support.

We present you with this guide containing a wide range of activity suggestions that can be performed at home and independently to create good physical condition, well-being, and immunity.

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Exercise 1 - Running in place

Goal:

- improve fitness,
- warm up the muscle pump,
- prepare the body for exercise,
- reduce the risk of injury.

Starting position: Standing position, extended silhouette, abdominal muscles tense, arms along the torso.

Execution: Run in place. Move your arms in sync with your legs.

Duration/Number of repetitions: about 45-60 seconds.

Tips:

- ✓ Start with a jog,
- ✓ control your breathing during the run,
- ✓ keep your back straight and abdominal muscles tight,
- ✓ keep your head in line with your spine,
- ✓ focus your gaze ahead.



Exercise 2 - Boxer's run

Goal:

- warm up the muscle pump,
- prepare the body for exercise,
- reduce the risk of injury.

Starting position: Standing position, abdominal muscles tense, arms along the torso. Feet shoulder-width apart. Extend your silhouette before starting this exercise; tense your abdominal muscles.

Execution: Run in place with slight knee lifts (knees should go up) along with alternating arm swings (like punching a training bag).

Duration/Number of repetitions: 45-60 seconds

Tips:

- ✓ Tips: Start with a jog,
- ✓ punches should be made from chest height to chin height, knees should be lifted so that the thigh is almost parallel to the ground,
- ✓ simultaneously punch straight with arm extensions and flexions,
- ✓ make alternating movements (when the right leg is up, punch with the left hand),
- ✓ focus your gaze ahead.



More Difficult Version:

If the regular boxer's run is too easy for you and you are looking for something that brings significantly better results, you can perform it with dumbbells, for example. When you decide to add them to your workout, you can expect greater engagement of the upper body and stronger development of arm muscles. It is best to start with the lightest models weighing about one kilogram. This way, you will be able to adapt well to the increasing loads. Over time, as your body's fitness improves, you can expect to use even several-kilogram dumbbells, which will provide even better results.

Exercise 3 - Jogging with arm raises

Goal:

- improve fitness,
- prepare the body for exercise,
- reduce the risk of injury.

Starting position: Standing position, extended silhouette, abdominal muscles tense, arms raised to shoulder height, elbows straight.

Execution: Jog in place while raising your arms.

Duration/Number of repetitions: about 45-60 seconds.

Tips:

- ✓ Do not lower your arms below shoulder level,
- ✓ remember to jog, not run,
- ✓ maintain correct posture throughout the exercise,
- ✓ keep your head in line with your spine,
- ✓ focus your gaze ahead.



Exercise 4 - Stationary lunges

Goal:

- Improve fitness,
- reduce the risk of injury.

Starting position: Upright silhouette, shoulder blades pulled back, arms along the body. Tense your abdominal and gluteal muscles.

Execution: Take a breath while maintaining the correct starting position, perform a lunge with one leg so that the knee joint of the leading leg is bent at about 90 degrees. The back leg remains in place, transition to the toes during the lunge. Exhale and return dynamically to the starting position.

Duration/Number of repetitions: 10-15 lunges per leg.

Tips:

- ✓ Control the lunge movement,
- ✓ try to keep your torso stable in one line,
- ✓ focus your gaze ahead,
- ✓ do not let the knees turn inward (keep them slightly outward).



Exercise 5 - Lunge with rotation

Goal:

- Mobilize the thoracic spine,
- mobilize hip and ankle joints,
- improve balance,
- improve joint mobility,
- reduce the risk of injury.

Starting position: Standing position. Upright silhouette, shoulder blades pulled back. Arms along the body. Tense your abdominal and gluteal muscles.

Execution: Maintaining the correct starting position, perform a lunge with one leg, pushing the knee forward and lowering the position so that the heel of the leading leg does not lift off the floor. Deepen the lunge. Move the opposite hand to the floor next to the leading leg and lift the other arm high while simultaneously rotating the torso. Hold the position for 2-3 seconds and then return to the starting position. Perform the entire movement sequence on the other side of the body.

Duration/Number of repetitions: 10-15 lunges per leg

Tips:

- ✓ Remember the correct foot placement,
- ✓ direct your gaze towards the raised hand.



Exercise 6 - Knee lifts with jumps

Goal:

- Improve speed, agility, flexibility, and elasticity,
- strengthen joints, ligaments, and tendons,
- improve muscle endurance,
- reduce the risk of injury.

Starting position: Standing position with slightly bent knees, elbows bent and raised to chest height with clasped hands. Upright silhouette, shoulder blades pulled back.

Execution: Perform a dynamic jump from both legs, pulling your knees up to chest height, trying to touch your hands. Jump as high as possible and then land safely on both feet, cushioning the landing with slight knee bends.

Duration/Number of repetitions: 8-10 jumps

Tips:

- ✓ Perform this exercise on a springy surface and wear appropriate footwear.
- ✓ A surface that is too hard can cause joint damage.



Exercise 7 - Running in plank position

Goal:

- Strengthen abdominal and iliopsoas muscles,
- improve stabilization,
- reduce the risk of injury.

Starting position: Front support. Body straight, arms perpendicular to the body axis, hands aligned and parallel to each other, slightly wider than shoulder-width apart. Legs straight, feet together. Feet firmly planted on the ground.

Execution: Maintaining the correct starting position, dynamically alternate bringing one knee at a time to the chest. Perform the exercise dynamically but try to control the movement.

Duration/Number of repetitions: about 30 seconds.

Tips:

- ✓ Alternate bringing your knees to the chest,
- ✓ keep abdominal and gluteal muscles tight to maintain a correct (straight) posture,
- ✓ do not lift your hips,
- ✓ focus on strong hip and abdominal work.



Easier version:

If running in the plank position is too difficult for you, slow down and perform knee tucks to the chest. This exercise will also heavily engage your abdominal muscles. Over time, as your fitness improves, you can increase the exercise's dynamism.

Exercise 8 - Side jumps in front support

Goal:

- Strengthen abdominal and iliopsoas muscles,
- improve stabilization,
- reduce the risk of injury.

Starting position: Front support. Body straight, arms perpendicular to the body axis, hands aligned and parallel to each other, slightly wider than shoulder-width apart. Legs straight, feet together. Feet firmly planted on the ground.

Execution: The exercise involves maintaining front support and performing quick side-to-side jumps. Try to keep your body in a straight line throughout the exercise.

Duration/Number of repetitions: about 45 seconds



Exercise 9 - Hip lifts in side support

Goal:

- Strengthen abdominal muscles,
- including oblique and rectus muscles,
- strengthen shoulder muscles,
- including deltoid,
- improve balance and body posture.

Starting position: Lying on your side, body supported on the forearm. Elbow under the shoulder. Legs stacked, knees straight.

Execution: Inhale and lift your hips so that your torso is in line with your legs. Simultaneously tense your abdominal and gluteal muscles and extend the non-working arm upwards. Hold this position for 2-3 seconds, then return to the starting position. Repeat on the other side.

Duration/Number of repetitions: 10-15 repetitions per side

Tips:

- ✓ Perform the exercise slowly to maximally stimulate individual muscle groups,
- ✓ keep your abdominal muscles tight throughout the exercise,
- ✓ breathe while muscles remain in isometric contraction,
- ✓ avoid excessive spine bending and hip thrusting,
- ✓ try to keep the torso in a straight line throughout the exercise.



Exercise 10 - Superman

Goal:

- Strengthen back, abdominal, and gluteal muscles,
- alleviate back pain.

Starting position: Lying face down, arms extended and bent at the elbows to 90 degrees.

Execution: Lift your head, arms, and legs off the mat, tense your glutes. Look down at the mat, keeping your head in line with your spine.

Duration/Number of repetitions: 3 sets of 30 seconds.

Tips:

- ✓ Remember to breathe regularly and calmly,
- ✓ keep your head in line with your spine.



Exercise 11- Plank

Goal:

- Strengthen the abdominal muscles,
- alleviate back pain,
- improve balance and body posture,
- enhance metabolism,
- strengthen the glutes.

Starting position: Lie on your stomach on a stable surface. The support points will be your forearms and feet.

Execution: Lift your torso onto your forearms bent at the elbows. Forearms should be shoulder-width apart, elbows just below the shoulders at a 90-degree angle. Tense your glutes to position the pelvis, pull in and tighten your abdomen to lift the position. Squeeze your shoulder blades. Maintain a neutral head position – do not tilt it up or down. The body should be in a straight line from the top of your head through the shoulder blades, pelvis, and down to the feet.

Duration/Number of repetitions: 30-45 seconds.

Tips:

- ✓ Do not lower your hips too much,
- ✓ move your elbows forward so that they are at the level of your chin or eyes,
- ✓ remember to keep your head in line with your spine.



More Difficult Version:

If maintaining the standard plank position is no longer a problem and you want to progress to a higher level, try this modified version. The body's position remains the same as in the standard plank. Still, squeeze the glutes, abdomen, shoulder blades, and leg muscles tightly. Try to create stronger tension in the thoracic spine by strongly rotating externally and screwing the elbows inward. Engage the legs more by pressing one against the other, which will further tighten the glutes and thighs. To stimulate the abdominal muscles even more, try to move as if you want to pull your elbows toward your feet.

Exercise 12 - Front Squat

Goal:

- Strengthen and build muscles such as the quadriceps, hamstrings, and glutes,
- improve fitness.

Starting position: Stand with feet shoulder-width apart. Hold the resistance band at both ends and step in a wide stance, stepping on the middle part of the band. Keep your back straight and head in line with your spine.

Execution: Inhale and perform a squat by moving your pelvis back and slowly descending. The axis of the knees, ankles, and toes should remain in one place. During the descent, you can extend your arms forward for better stability. Smoothly return to the starting position by activating the front part of the thighs during the exhale.

Duration/Number of repetitions: about 10-15 squats.

Tips:

- ✓ Choose the appropriate resistance of the band,
- ✓ remember the proper range of motion – select a squat depth where you can naturally keep your spine straight,
- ✓ avoid rounding your back in the lumbar and thoracic spine when descending, do not perform hyperextension in the knees,
- ✓ keep your knees slightly outward,
- ✓ distribute the weight evenly across the feet.



Exercise 13 - Hip Lifts in Lying Position

Goal:

- Strengthen and build muscles such as the hamstrings, glutes, and quadriceps.

Starting position: Lie on your back with the resistance band placed under your knees. Head, upper back, and shoulders should remain on the mat. Bend your legs at the knees. You can rest your feet on the mat or only on your heels.

Execution: Activate the glutes and deep muscles, and lift your hips while exhaling. Raise the hips high until the torso is in line with the thighs, the abdomen does not protrude beyond the body's line, and the glutes are maximally tense. Stay in this position for 1-2 seconds. Then return to the starting position while inhaling and move on to the next repetition.

Duration/Number of repetitions: 10-15 repetitions.

Tips:

- ✓ Do not excessively bend your spine,
- ✓ strongly activate the glutes,
- ✓ ensure that during the movement the knees do not move inward,
- ✓ remember to breathe correctly,
- ✓ try to find the proper muscle tension,
- ✓ ensure that the heels are firmly pressed to the floor,
- ✓ perform the exercise slowly and precisely.



More Difficult Version:

The exercise can be more demanding if you spread your legs hip-width apart and bring them together when returning to the starting position.

Exercise 14 - Clamshell

Goal:

- Strengthen the gluteal muscles and the hamstrings.

Starting position: Place the resistance band above your knees. Lie on your side. Position one hand under your head. Bend your knees at a 90-degree angle. The feet should touch throughout the exercise. Position the heels in line with the torso.

Execution: Maintain the starting position, then lift your knee in a way that the heels remain together while exhaling. Stay in this position for 1-2 seconds. Then return to the starting position while inhaling.

Duration/Number of repetitions: 10-15 repetitions per side; perform the exercise on one side first, then on the other.

Tips:

- ✓ Perform the exercise slowly and consciously,
- ✓ maintain a waist indentation – you can do this by placing one hand under your abdomen and the other under your head, keep the spine in a straight line with knees bent at a right angle, leg on leg.



Exercise 15 - Standing Leg Abduction

Goal:

- Engage the core muscles,
- improve strength,
- strengthen the abdominal muscles, glutes, and hamstrings.

Starting position: Standing position, tighten the abdominal muscles and glutes to stabilize the position, place the resistance band around your ankles. Bend your arms and place your hands on your hips. You can lean slightly forward but try to keep your back straight. Knees are slightly bent, and feet are shoulder-width apart.

Execution: Exhale and lift your leg to the side, then inhale and return to the starting position. Then move on to the next repetition. Perform the exercise first on one leg, then on the other.

Duration/Number of repetitions: 10-15 repetitions per leg in 2 sets.

Tips:

- ✓ Do not lean excessively forward,
- ✓ remember not to bend the spine excessively,
- ✓ control the leg abduction movement at all times.



Exercise 16 - Reverse Lunges with Fly

Goal:

- Improve balance, strengthen the gluteal muscles,
- strengthen the stabilizing muscles of the torso and legs,
- mobilize the thoracic spine.

Starting position: Hold a long resistance band by both ends and extend your arms forward. Stand straight with feet hip-width apart.

Execution: Inhale and perform a lunge with your right leg. Then twist your torso to the right while extending your arms. Inhale and bring your arms and torso back. Exhale and return to the starting position, then perform the exercise on the left leg.

Duration/Number of repetitions: 10 repetitions per side.

Tips:

- ✓ Avoid excessive spinal bending,
- ✓ ensure a wide range of motion,
- ✓ do not lean forward,
- ✓ keep your knees from turning inward,
- ✓ control the torso twisting movement,
- ✓ remember proper breathing.



Exercise 17 - Monster walking

Goal:

- Strengthen the medium and small gluteal muscles,
- strengthen the quadriceps,
- improve balance and stability.

Starting position: Place the resistance band around your thighs above the knee joints. Feet hip-width apart and parallel, back straight.

Execution: Maintain constant tension on the resistance band, perform a half-squat, and take side steps while keeping your knees outward.

Duration/Number of repetitions: 10-15 repetitions per leg in 2 sets.

Tips:

- ✓ Breathe freely during the movement,
- ✓ focus on maintaining a stable posture, keep the natural curves of the spine, do not stick out the buttocks.



Exercise 18 - Bent Over Rows

Goal:

- Strengthen muscles such as the latissimus dorsi, trapezius, and rhomboid.

Starting position: Place the resistance band under your feet. Hold both ends and prepare for the exercise. Standing position with a 45° bent over (more inclined will engage the latissimus dorsi more) arms straight and perpendicular to the floor.

Execution: Maintaining the correct position, pull the band vertically up towards your hips while bringing the shoulder blades close to the spine. You can pause for a fraction of a second when the band is close to your hips, then slowly return to the starting position.

Duration/Number of repetitions: 10 repetitions per set.

Tips:

- ✓ Assume the correct starting position,
- ✓ ensure a proper range of motion,
- ✓ remember to retract the shoulder blades when pulling the band,
- ✓ keep your back straight during the exercise,
- ✓ perform the exercise slowly with full awareness of the engaged muscle group.



Exercise 19 - Standing Fly

Goal:

- Strengthen muscles.

Starting position: Hold a long resistance band (underhand grip) and extend your arms forward. Stand straight with feet hip-width apart. Keep your back straight, head in line with the spine, and pull your shoulders back and down.

Execution: Activate the back muscles and, while exhaling, extend your arms forward. Keep your arms at the same height. Then return to the starting position while inhaling and move on to the next repetition.

Duration/Number of repetitions: 10-15 repetitions.

Wskazówki:

- ✓ Ensure each movement is performed with a full range of motion,
- ✓ perform the exercise slowly and consciously,
- ✓ avoid excessive spinal bending.



Exercise 20 - Hip Lifts on a Ball

Goal:

- Strengthen the hamstrings, glutes, and quadriceps.

Starting position: Lie on your back with bent legs and feet on an exercise ball. Position your feet parallel. Keep your arms along your body.

Execution: Tense the abdominal and gluteal muscles, then lift your hips first, followed by your back off the mat to form a straight line with your torso and thighs. The knees should remain at the same distance; lower the hips back down.

Duration/Number of repetitions: 10-15 repetitions.

Tips:

- ✓ Try to keep your hips at an even height,
- ✓ tense the abdominal and gluteal muscles,
- ✓ avoid bending the spine in the lumbar region,
- ✓ ensure the knees do not move inward,
- ✓ try to form a straight line with your torso and thighs,
- ✓ press the heels firmly into the ball,
- ✓ perform the exercise slowly and precisely.



More Difficult Version:

Single-leg hip lifts on an exercise ball.

Exercise 21 - Lying on the Ball and Lifting Limbs

Goal:

- Strengthen core stabilizers.

Starting position: Lie on your stomach on a ball, supporting yourself with your legs and hands on the floor.

Execution: Alternately lift your left arm and right leg, then your right arm and left leg.

Duration/Number of repetitions: 10 repetitions per side.

Tips:

- ✓ Try to keep your hips at an even height,
- ✓ tense the abdominal, gluteal, and limb muscles,
- ✓ avoid bending the spine in the lumbar region,
- ✓ perform the exercise slowly and precisely.



Exercise 22 - Deadbug with an Exercise Ball

Goal:

- Strengthen deep abdominal muscles,
- strengthen core stabilizers.

Starting position: Lie on your back with your legs bent at the knees and hips at a right angle and arms extended in front of you.

Execution: Hold the exercise ball with your knees and hands. Press the lumbar spine into the mat. Inhale and lower the opposite limbs towards the mat. Exhale and return to the starting position.

Duration/Number of repetitions: 10 repetitions per side.

Tips:

- ✓ Remember to breathe regularly using the diaphragm,
- ✓ maintain constant tension in the abdominal muscles,
- ✓ do not lift the lumbar spine off the mat,
- ✓ perform the exercise slowly.



Ćwiczenie 23 – Przyciąganie ciężarków do klatki piersiowej

Goal:

- Strengthen the biceps and triceps.

Starting position: Sit on a ball. Lower your arms with weights along your body. Extend your spine and look ahead. Tighten the abdominal muscles to feel stability.

Execution: Bend your arms at the elbows, tensing the biceps. Keep your back straight, maintaining stability.

Duration/Number of repetitions: 12-15 repetitions per arm.

Tips:

- ✓ Remember to breathe regularly,
- ✓ keep your back straight during the exercise,
- ✓ perform the exercise slowly and consciously with full range of motion.



Exercise 24 - Child's Pose

Goal:

- Stretch the back muscles,
- relieve tension in the chest, back, and shoulders,
- reduce stress,
- stretch and lengthen the spine.

Starting position: Kneel on all fours. Pull the shoulder blades back and straighten your back.

Execution: Sit on your heels and bring your big toes together. When comfortable, spread your knees to hip-width. Lean forward and place your torso between your thighs. Place your forehead on the floor. Spread the sacrum to the width of the pelvis and direct the hip bones towards your navel. Stretch your glutes towards your heels, lengthening the spine (if uncomfortable, place a pillow or rolled-up blanket under your head). Extend your arms in front of you, aligning them with your knees.

Duration/Number of repetitions: 1 minute.

Tips:

- ✓ For easier positioning,
- ✓ place a blanket under your hips, knees, and/or head,
- ✓ lengthen your spine as much as possible,
- ✓ try to relax,
- ✓ calm your breath.



Exercise 25 - Downward-Facing Dog

Goal:

- Strengthen the oblique, transverse, and rectus abdominal muscles,
- strengthen the shoulder muscles,
- strengthen the arm and leg muscles,
- improve posture,
- stretch the arm muscles, tendons, calf muscles, and hands,
- open the chest,
- stretch the posterior chain including the Achilles tendon,
- stretch the lower back,
- regenerate the nervous system.

Starting position: Kneel on all fours - shoulders over wrists. Pull the shoulder blades back and tighten the abdominal muscles, setting the spine in a neutral position.

Execution: Keep your hands flat on the mat and step back. As you exhale, tuck your toes under and lift your hips up and back. Lift your knees off the mat and raise them up. Focus on keeping your knees straight. Feet should be evenly pressed on the floor. Then focus on lifting your hips as high as possible and stretching your torso by gently lowering your chest and head towards the mat. At this stage, remember to keep your knees and elbows straight. The glutes should be maximally raised, and the shoulder blades directed towards the back ribs and glutes. Finally, relax your neck muscles and extend your entire body. Control your breath.

Duration/Number of repetitions: 30-45 seconds.

Tips:

- ✓ Remember to breathe regularly using the diaphragm,
- ✓ keep your head in line with your spine,
- ✓ maintain a neutral spine position.

Exercise 26 - Position of the mountain

Goal:

- Strengthen muscles
- Improving focus
- Improving concentration
- Improving stability

Starting position: Stand with your toes together and your heels slightly apart

Execution: Arms actively straighten along the torso, fingers of the hands spread wide Spread the toes and evenly distribute the weight of the body on the feet Tighten the thigh muscles and rotate them gently inward Relax the arms and twist them back and down. As you inhale, lengthen your torso, and as you exhale, move your shoulder blades away from your head You can also place your hands in a prayer position in front of your chest or hold them along your body at your sides. Take long, slow, deep breaths

Duration/Number of repetitions: 30s

Tips:

- ✓ You can check your posture by initially standing against a wall.
- ✓ You can raise your arms and stretch them out.
- ✓ Breathe easy.



Exercise 27 - Triangle position (Trikonasana)

Goal:

- Stretching the hip and thigh,
- Building strength throughout the lower body.
- Improving balance

Starting position: Stand in Tadasana (mountain position)

Execution: Walk to a stride, feet parallel. Then twist your left foot slightly inward and your right foot 90° outward. Keep your body weight on both feet. Extend your arms to the side. Perform a side bend resting your left hand by your left foot and extend your right hand upward.

Duration/Number of repetitions: 5-8 repetitions per side

Tips:

- ✓ When you bend your front knee as a beginner you may tend to tilt your pelvis forward.
- ✓ Remember to then move your buttock backward so that your pelvis is horizontal and additionally point your buttocks toward the floor to stretch your sacrum.



Exercise 28 - cat spine

Goal:

- Strengthening of the thoracic spine.
- Relaxing and relieving pressure on the spine
- Warming up and relaxing the muscles
- Making the spinal muscles more flexible
- Easing muscle tension

Starting position: Supported kneeling, transfer your body weight to your arms, straighten your elbows, fingers of your hands. Thighs and arms should be parallel to each other.

Execution: Direct your gaze to the ground. Then move to the cat's back - exhaling through the mouth, push the thoracic spine upward (it should arch, forming a kind of hump), at the same time tucking the head between the shoulders (inward) toward the sternum. Keep your gaze directed at your chest. Move the pelvis forward. Hold in this position for about 5 seconds.

Then lift head toward the ceiling (thereby stretching the neck) and slowly lower the spine, bending it downward so that the abdomen is as close to the ground as possible. Hold in this position also for about 5 seconds.

Duration/Number of repetitions: 5 repetitions



Exercise 29 - Stretching the forearms

Goal:

- Stretching of the forearms.

Starting position: Kneeling sit

Execution: Rest your palms on the floor in front of you so that your fingers are facing your knees. Keep your arms straight at the elbows, your shoulders away from your ears and your back straight. If you don't feel a stretch in the front of your forearms move your palms forward so that the whole remains glued to the ground. Do not pull your buttocks away from your heels. Hold the position for 30-60 seconds gently increasing the stretch range. Without changing the position of your body, rest your palms with the dorsal part on the floor in front of you so that the fingers still point toward your knees, while the insides of your open palms face the ceiling. Hold the position for 30-60 seconds, then gently increase the stretch by moving your hands slightly forward.

Finally, braid your hands together and perform several relaxing wrist circles and a few seconds of self-massage, applying pressure to the inside of each hand with the opposite hand.

Duration/Number of repetitions: 30s



Exercise 30 - Stretching on the abdomen

Goal:

- Stretching the abdominal muscles
- Strengthening the abdominal and back muscles

Starting position: Lying forward on the stomach, legs straight, arms bent at the elbow joints at shoulder width and height.

Execution: Try to straighten your arms while tilting your head and spine back.

Duration/Number of repetitions: 5 repetitions



Exercise 31 - Forward bends from a seated position

Goal:

- Stretching the back muscles

Starting position: Straddle sit, hands up overhead

Execution: Try to straighten your arms while tilting your head and spine back.

Duration/Number of repetitions: 7 repetitions of 5-10 seconds each

Tips:

- ✓ Remember to breathe regularly, engaging the diaphragm
- ✓ Keep your head in extension of the spine
- ✓ Maintain neutral spinal alignment



Exercise 32 - Forward stride

Goal:

- Stretching the calf muscles

Starting position: Standing in a wide stride, one leg bent at the knee positioned in front; torso straight, slightly leaning forward.

Execution: Press the heel of the corner leg into the mat.

Duration/Number of repetitions: 20 seconds per side

Tips:

- ✓ Remember to breathe regularly, engaging the diaphragm
- ✓ Keep your head in extension of the spine
- ✓ Keep your spine straight with a slight forward bend
- ✓ Look straight ahead



Exercise 33 - diagonal bends from a seated position

Goal:

- Stretching the back muscles
- Stretching the sciatic and shin muscles

Starting position: Straddle sit, hands up overhead

Execution: Lean into the leg and grab the ankle or foot as far as you can, then return to the starting position

Duration/Number of repetitions: 5 repetitions

Tips:

- ✓ Remember to breathe regularly
- ✓ Do not exceed the pain threshold



Exercise 34 - Pranayama

Goal:

- Reduction of stress
- Improving lung function

Part 1

Starting position: Sit with your legs crossed in lotus flower (padmasana) or sage (sidhasana) position. Your chin should be pointed to the floor, your shoulders should be loose, the backs of your hands resting on your knees, and your thumbs connected to your index fingers (known as mudra).

Execution: Close your eyes. Take a deep breath in pushing the abdomen outward and dynamically let the air out while pulling in the lower abdomen and navel. With inhalation pull your spine upward, with exhalation lower your head toward your sternum. Inhalation should be slow and gentle, exhalation dynamic.

Duration/Number of repetitions: 10-15 repetitions

Part 2

Starting position: Sit with your legs crossed in lotus flower (padmasana) or sage (sidhasana) position. Your chin should point to the floor, your shoulders should be loose, the backs of your hands resting on your knees, and your thumbs connected to your index fingers (known as mudra).

Execution: Raise your right hand and bend your index and middle fingers inward. Use your thumb to press the right wing of your nose to close the pinhole and inhale with your left pinhole. Hold your breath for a moment, pinch the left wing with your heart finger, and release the right wing and let the air out with the right hole. Without changing the position of your fingers, now take an inhalation with your right hole, then plug it and exhale with your left hole. Both inhalations and exhalations should be calm and long. The whole cycle should end with an exhalation with the left hole.

Duration/Number of repetitions: 10-15 repetitions



Exercise 35 - breathing exercise

Goal:

- Learning to breathe with the diaphragmatic track

Starting position: Sit comfortably on a chair or in a cross-legged sit maintaining a straight posture

Execution: Place your left hand on your chest and your right hand in the middle of your abdomen. Make a slow inhalation with your nose so that your left hand rises upward. As you exhale, the hand located on your abdomen slowly descends.

Duration/Number of repetitions: 10 inhalations

Tips:

- ✓ Try to relax.
- ✓ You can imagine the air you inhale has a color, e.g., blue – try to visualize it.



