

Sitting & Standing travel Programme



- Standing with 1 hand against the wall
- Inhale and draw up pelvic floor muscles, as you exhale pull in abdominals & open the chest/reach the arm up and back.
- Then take the same hand and reach under the body.
- Aim for as big a reach through as is comfortable.

Complete 5 times each side.

Standing Thread the Needle

(Spinal Mobility and Chest Opener)



- Interlock the fingers and push the hands away
- Keep the abs engaged so you feel a stretch through the upper back
- Hold for a count of 5 and release
- **Repeat x 4**

Upper Back Release







- Seated on a chair roll the shoulders back and down whilst inhaling to try and let the rib cage lift and release.
- Lean back into the chair & let the

Seated Chest Stretch

(Release the Chest and unlock the Rib Cage)



<p>arms float up and back.</p> <ul style="list-style-type: none"> • Draw the abs in as you return to centre. <p>Repeat 3 times.</p>		
<ul style="list-style-type: none"> • Sit tall on the chair with the arms crossed in front of the chest • Inhale ignite pelvic floor, exhale and start to rotate towards on side • Inhale return to centre and as you exhale rotate towards the other side. • Continue with a fluid pace for 6 repetitions • Try to keep seated tall and not slouch forwards 	<p>Seated Rotations (Spinal Mobility)</p>	
<ul style="list-style-type: none"> • Extend one leg keeping it as straight as possible. • Inhale and draw up pelvic floor. • As you exhale hinge forwards from the hips until you feel mild tension in the back of the thigh. • Hold for a count of 10. • Now come back to centre and turn your foot in and repeat. • Then turn foot out and repeat. 	<p>Seated Hamstring Stretch (Release to Back of The Legs)</p>	

<ul style="list-style-type: none"> • Switch to other leg and repeat all 3. 		
<ul style="list-style-type: none"> • Lay a band or scarf flat on the floor • Use the foot to scrunch up the band- about 8 “scrunches” each side. • Use a tennis ball to massage the inner arch, outer arch and ball of the foot. • If you sit on a chair you can vary the pressure you apply. 	<p>Foot Work (Foot Muscle Releases)</p>	
<ul style="list-style-type: none"> • Cross right leg in front of left- reach up and over with right arm(hold for 10 seconds) • Release and lift left arm. • Switch legs and repeat arm reaches. • Open up from the ribs. 	<p>Standing Mermaid (Side Stretch & Balance)</p>	

All releases to be done when you are warm and have been up for 10 minutes in the morning to allow the body to respond at its best.

As with all exercise programmes, when using our workout videos, you need to please use common sense. To reduce the risk of injury please consult your doctor before beginning any exercise programme.

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