

1	Standing on one leg, rotate foot on free leg clockwise x10 then anti clockwise x10 repeat with other leg.
2	Standing with feet shoulder width apart, stand tall and rotate hips clockwise x10 then ten times anti clockwise
3	Head, turn head, left, right, up, down and stick chin out, hold each position for 10 seconds, do not rotate head.
4	Raise and lower shoulders x10, rotate shoulders backwards then forwards x10
5	Raise arms overhead touching hands, rotate arms in opposite directions x10 then change direction of rotation
6	With arms raised in front at shoulder height and not moving feet, twist body keeping arms at shoulder height and turning head to keep eyes on furthest away hand, hold for 10 seconds, then twist to the other side .
7	Standing tall clasp hands at lower back, then raise arms hold for 10 seconds
8	Standing, place one foot forward with heel on ground, straight leg, bend standing leg as if you are going to sit on a small stool and hold for 10 seconds, repeat on other leg. Do not lean on knee joint.
9	Side lunges, keep back straight, stretch right leg out to side keeping feet flat on the ground, bend left leg to bring knee over left foot, hold for 10 seconds, repeat for the other side, repeat x3
10	Forward lunge, keep back straight, stretch back with right foot, bend left knee until it is over left foot, hold for 10 seconds, repeat for the other side, repeat x3, do not lean on knee joint with hands
11	Lie flat on your back, legs straight and arms on ground above head, point left foot away from you and stretch right arm out keeping arm on floor, hold for 10 seconds, repeat for the other arm and leg, repeat x3
12	Lie flat on your back, feet together and arms out on floor at shoulder height, bring left leg across body to touch right hand, keep both legs straight, hold for 10 seconds, repeat for the other side, repeat x3