

Your Morning Exercise Checklist



Instructions: These are low-impact exercises. Do the activities at your own pace. Slowly!
 Decide to commit yourself to do the exercises. Do them daily at the same time and location every morning. Warning* Go slow, nice and easy

<u>Exercise Description</u>	<u>Sets</u>	<u>Reps</u>	<u>Time</u>	<u>Rest Time</u>
<input type="checkbox"/> Ankle Flexor	1		40sec	
<input type="checkbox"/> Toe Raises	1		40sec	
<input type="checkbox"/> Ankle Raises	1		40sec	
<input type="checkbox"/> Thigh (hip) raise Alternate legs	1		40sec	
<input type="checkbox"/> Knee Flexion Bend leg backwards	1		40sec	
<input type="checkbox"/> Arm thrust straight out Hands hanging on side	1		40sec	
<input type="checkbox"/> Arms extended out Bring both arms in to a clapping Position	1		40sec	
<input type="checkbox"/> Shoulder Flex 3 Lower arms to side Raise up to shoulder level Lower to side	1		40sec	
<input type="checkbox"/> Both Arm Circle Rotation	1		40sec	
<input type="checkbox"/> Wrist circles	1		40sec	
<input type="checkbox"/> Elbow Flex Bring arms up To Curl position	1		40sec	
<input type="checkbox"/> Hip Circles Trunk Rotation Each direction	1		40sec	
<input type="checkbox"/> Lateral Flexion Alternative side bends	1		40sec	
<input type="checkbox"/> Trunk twister Arms hanging	1		40sec	
<input type="checkbox"/> Bend forward touch Your toes	1		40sec	
<input type="checkbox"/> Bend Backwards Hands to the side	1		40sec	
<input type="checkbox"/> Pec Squeeze Arm extended straight From the side, bring arms in A criss-cross position	1		40sec	

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