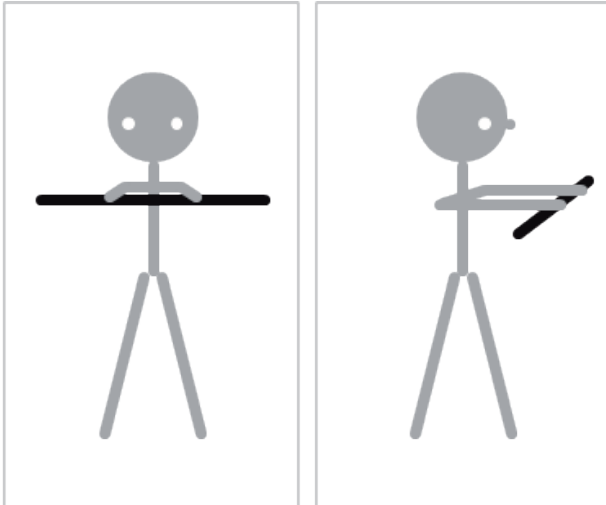




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INSTRUCTIONS FOR STRETCHING WITH A STICK



1. ROTATION 20 repetitions, 10 per side

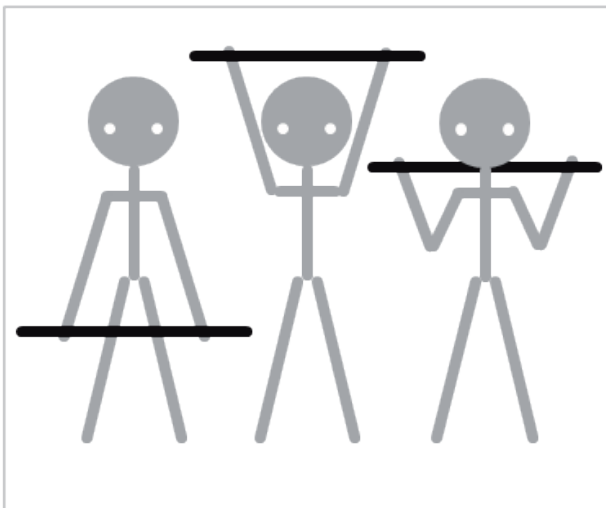
- Stand with your feet hip-width apart
- Bring your arms straight in front of you
- Hold the stick with your arms shoulder-width apart
- Bend your knees slightly

NOTE:

- Midriff support
- Shoulders down
- Hip stays forward
- Warming your upper body
- Inhale: middle, exhale: side

WHAT TO DO:

- Rotate your upper body from side to side in a relaxed manner
- Bend from the elbows
- Keep the stick horizontal



2. LIFT-PULL-UP-DOWN 20 repetitions

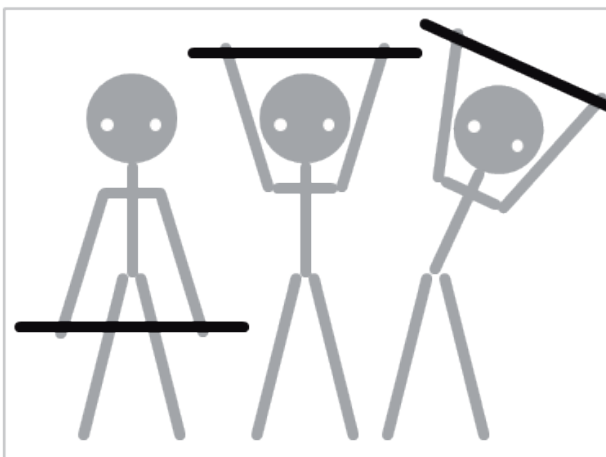
- Stand with your feet hip-width apart
- Hold the stick with your hands wider than your shoulders
- Hold the stick in front of your body
- Keep your arms down

NOTE:

- Midriff support
- Keep your back straight
- Bend from the knees
- Increasing circulation in the neck and shoulder

WHAT TO DO:

- Inhale: Raise the stick above your head
- Exhale: Bring the stick down behind your shoulders
- Inhale: Raise the stick above your head
- Exhale: Bring the stick down in front of your shoulders



3. SIDE STRETCH 20 repetitions, 10 per side

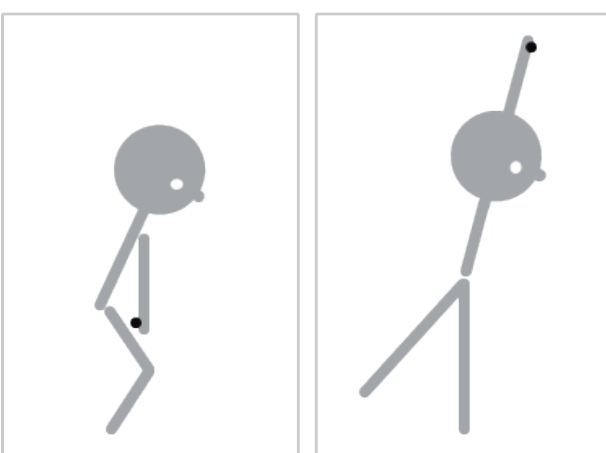
- Stand with your feet hip-width apart
- Hold the stick with your hands wider than your shoulders
- Bend your knees slightly

NOTE:

- Heels on the ground
- Stretch directly to the side
- Listen to your body and make sure you can breathe steadily stretching your sides

WHAT TO DO:

- Inhale: Bring your arms up
- Exhale: Bend to the side and stay there for a moment
- Slowly come back up and lower your arms



4. BODY STRETCH 20 repetitions, 10 per side

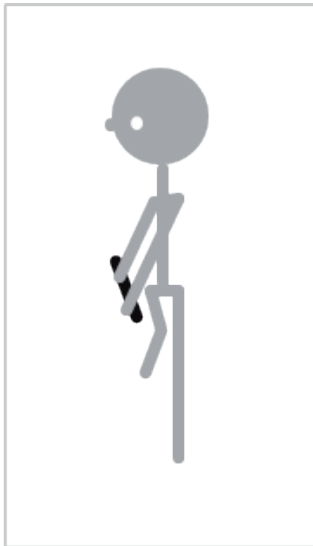
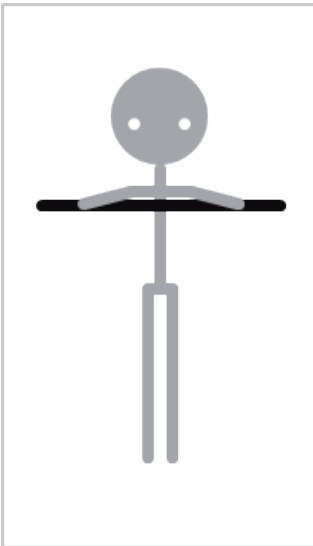
- Stand with your feet hip-width apart
- Take a wide hold of the stick
- Knees and toes pointing forward

NOTE:

- Midriff support
- Your feet do not have to rise from the floor
- Finding length in your spine

WHAT TO DO:

- Squat, stick on thighs
- Stand up and stretch your arms up and to the right while stretching your left leg behind and to the left
- Return to initial position and repeat on the opposite side



5. KNEE RAISE + BODY ROTATION

20 raises, 10 per side

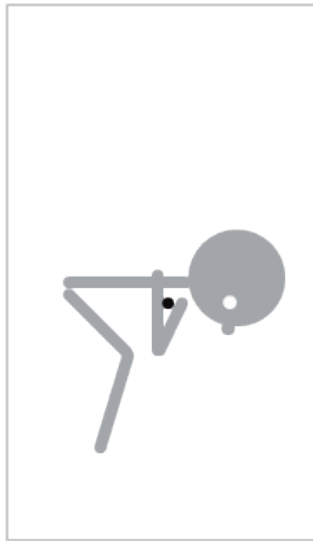
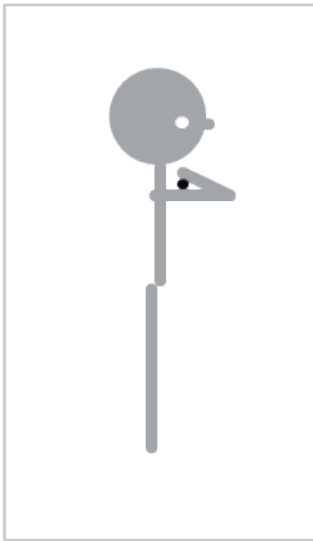
- Legs together
- Take a wide hold of the stick
- Arms straight in front of you

NOTE:

- Keep the arms straight and lower them to the sides
- Midriff support
- Your gaze can follow the movement or you can look at a spot in front of you to make balancing easier
- Increasing the mobility of the spine & improving balance

WHAT TO DO:

- Bend the other knee and raise your leg up
- Rotate your upper body towards the bent knee
- Return to initial position



6. BOW 10 repetitions

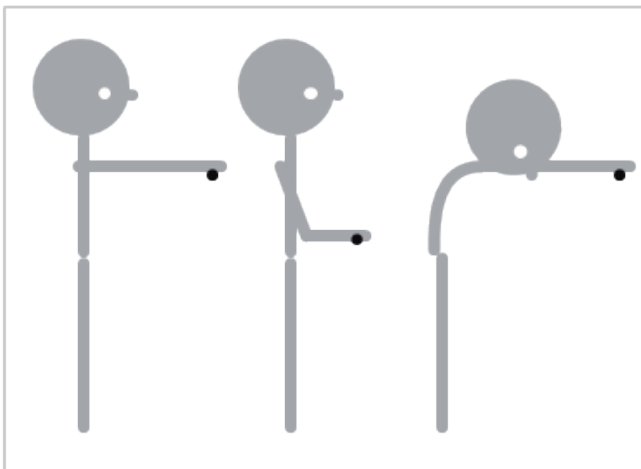
- Stand with your feet hip-width apart, knees and toes pointing forward
- Bend your knees slightly
- Hold the stick in front of you and let it rest on your shoulders
- Hold the stick with your arms crossed

NOTE:

- Your hip joint is what makes the movement
- Let your gaze follow the movement
- Spine in its normal position
- Exhale: Bow forwards
- Inhale: Stand up straight
- Stretching the hamstrings

WHAT TO DO:

- Bow forwards into a 90-degree angle, keeping your back straight
- Return to initial position



7. ROW 20 repetitions

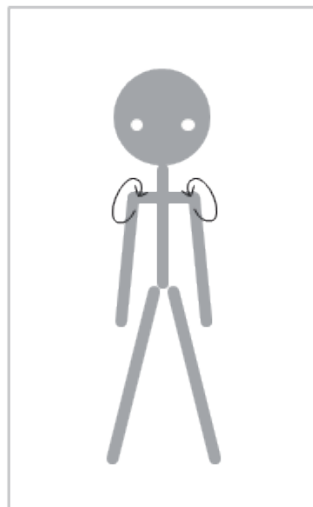
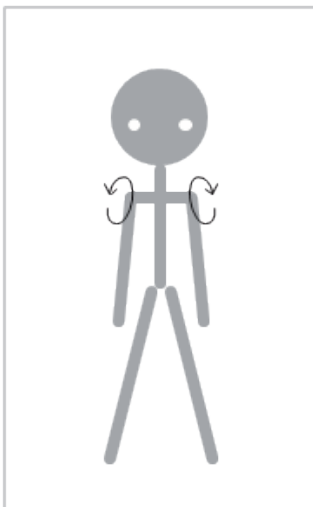
- Stand with your feet hip-width apart
- Hold the stick in front of you with your arms straight and shoulder-width apart

NOTE:

- Your hip should stay still
- Increasing the mobility of the upper back
- Inhale: Pull back
- Exhale: Push forward/arch your back upwards

WHAT TO DO:

- Pull your elbows back on your sides by pulling your shoulder blades together
- Push the stick forwards and arch your upper back upwards



8. ROLLING SHOULDERS

WHAT TO DO:

- Both ways
- No stick