

3. Lying Knee-to-Chest Stretch:
Lie on your back, bring one knee toward your chest, and hold for a gentle lower ba



5. Sit-to-Stand Exercise:
Start seated, lean forward, and push through your heels to stand. Slowly return to



6. Standing Back Extension:
Place your hands on your hips, gently arch your back and look upward. Hold



4. Standing March in Place:
Lift one knee at a time as if marching, keeping the posture upright. This acti



1. Seated Figure-4 Stretch:
Sit tall in a chair, cross your ankle over the opposite knee. Gently press the t



2. Seated Hamstring Stretch:
Extend one leg straight, heel on the ground, and gently lean forward, keeping the

