



# Warm-up and Cool-down

## 1. Backward Kicks

Kneel on your hands and knees and kick one leg up behind you as shown in the figure. Bring it down and do the same with the other leg. This makes your back and hip muscles strong.



## 2. Side Lifts

Kneel on your hands and knees. Lift one leg sideways as shown in the figure below. Put it down and switch legs. This helps make your hips and bottoms stronger.



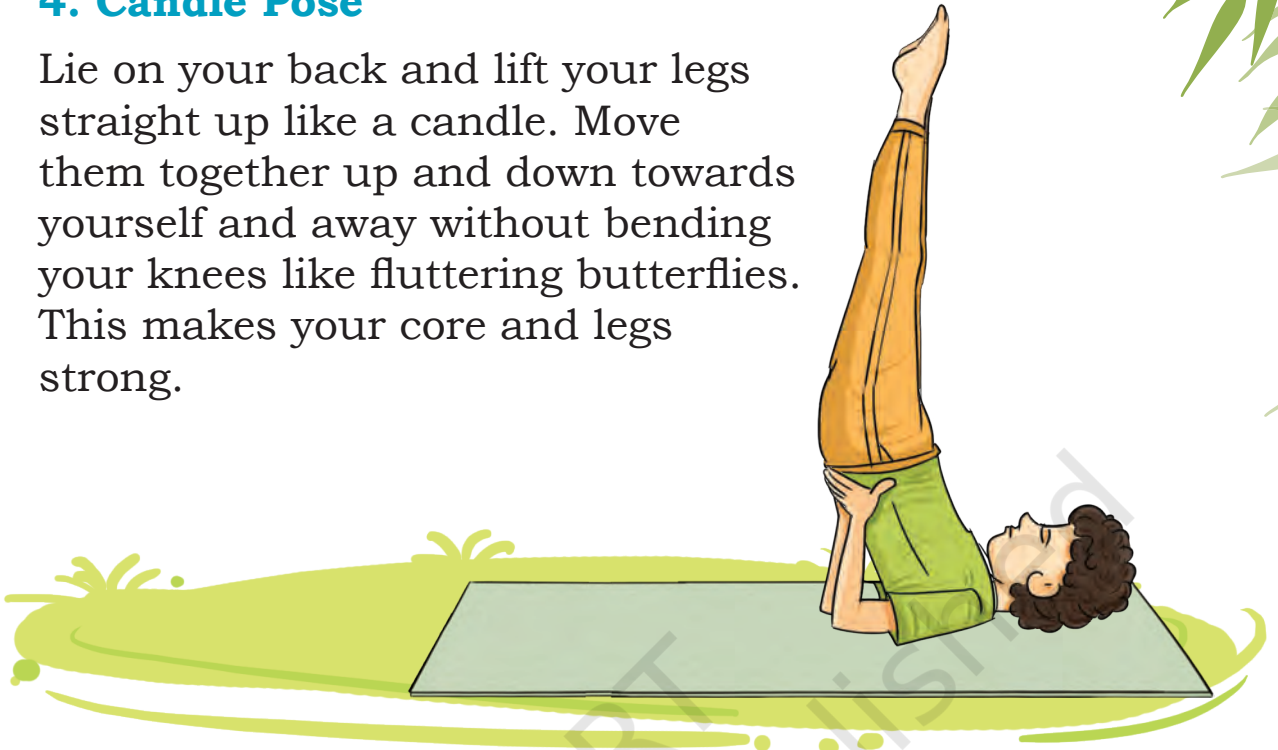
## 3. Seated Twists

Sit on the floor, lift your feet a little, and twist your body from side to side. Pretend you are passing a ball from one side to the other. This makes your core muscles strong.



#### 4. Candle Pose

Lie on your back and lift your legs straight up like a candle. Move them together up and down towards yourself and away without bending your knees like fluttering butterflies. This makes your core and legs strong.



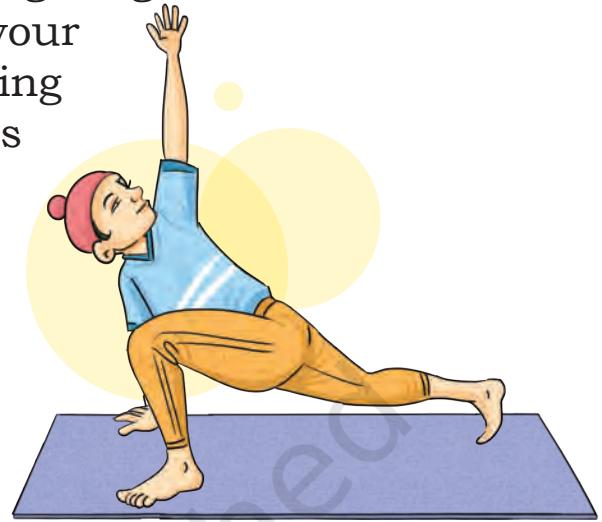
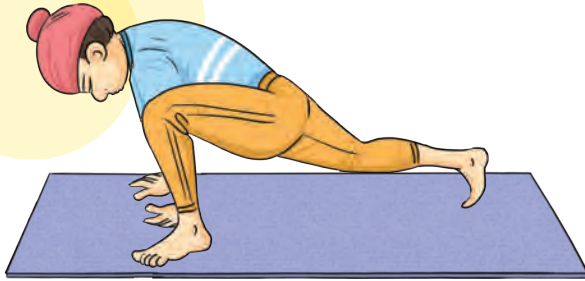
#### 5. Bear Crawl Hold

Kneel on your hands and feet without touching your knees to the ground. Stay still like a bear ready to crawl. This strengthens your arms, legs, and core.



## 6. Full Body Stretch

Step forward with one leg like a big lunge. Put your hands down and twist your body toward the front leg stretching your arm upwards. This stretches your whole body.



## 7. Ankle Rockers

Stand tall, then kneel down on your knees a little and rock your weight from toes to heels. This helps in warming up your feet and legs.



## 8. Wide-legged Forward Fold

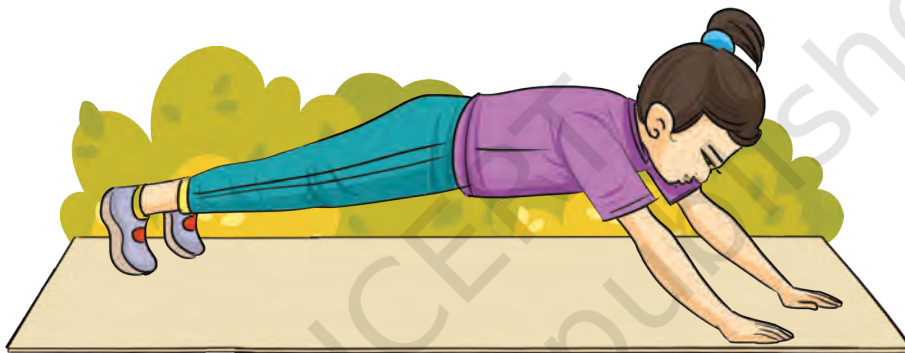
Stand with your legs wide apart. Then bend at the waist, hold your toes with your hands and try to touch your forehead to the floor. It stretches your legs and back.





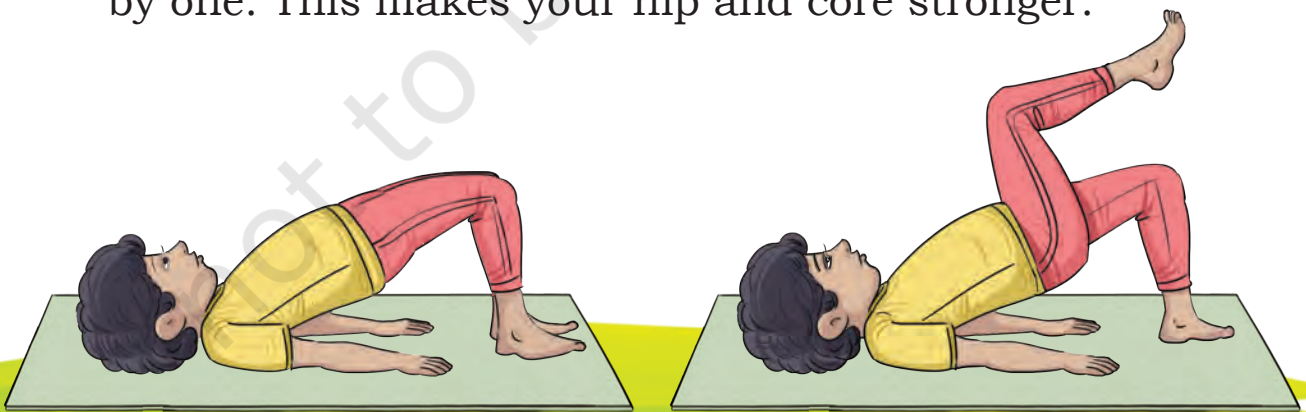
## 9. Inchworm Walkout

Bend down and touch your toes. Without moving your feet, crawl forward. Then using your hands like an inchworm until you are flat on your face like a plank. Crawl back similarly and stand up when you reach your toes again.



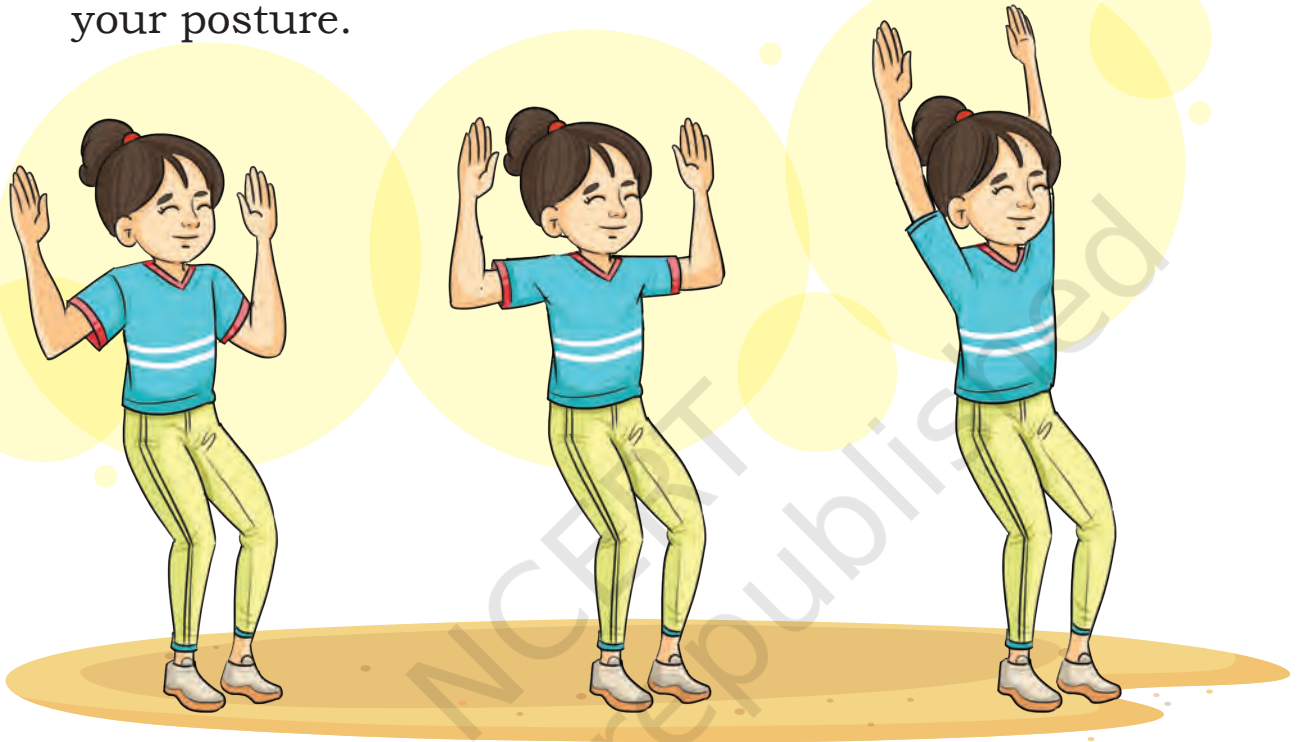
## 10. Glute Lift

Lie on your back with your knees folded and feet on the ground. Lift your hips and march your feet one by one. This makes your hip and core stronger.



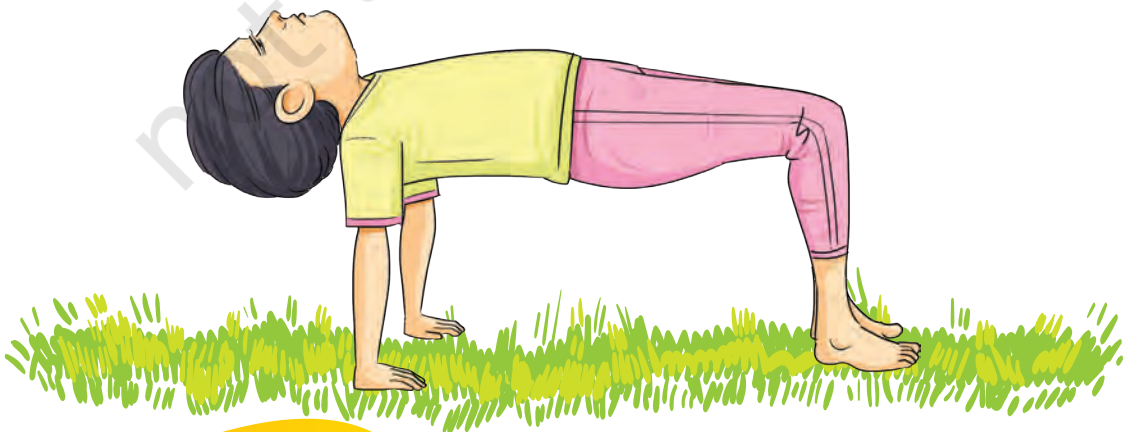
## 11. Shoulder Freehand Exercise

Stand against an actual or imaginary wall and raise your arms as shown in the figure below. Move your arms up and down slowly. This helps to improve the mobility of your shoulders and your posture.



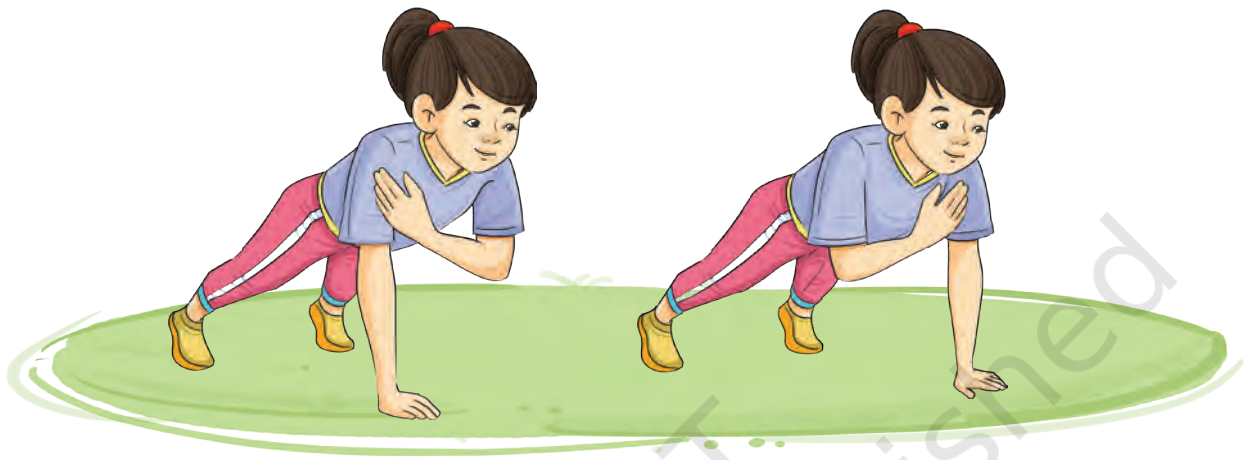
## 12. Reverse Tabletop Hold

Sit with your feet on the floor and hands behind you. Lift your body to look like a table and hold this position. This makes your arms and core strong.



### 13. Shoulder Taps (from knees or plank)

Get into a plank position (or on your knees), and tap your opposite shoulder with one hand. Keep switching. This will strengthen your core muscles.



### 14. Side Shuffle with a Cross

Move sideways with one foot behind the other, then step out again, like a dance move. This will develop balance and coordination.





### 15. Namkaran

Lie down and lift your left leg. Write your family name in the air using this leg, your first name using the right leg, and your full name with both legs. This is a fun name game that works your brain and body and helps in the development of core muscles.



### 16. Clamshells

Lie on your side with the knees bent together. Open your top knee as shown in the figure. This helps strengthen the hips and the legs.

