

7 exercises to get you moving in the morning



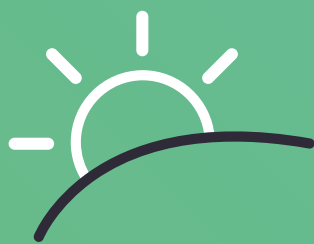
Your morning workout



Only takes
5 minutes



Perform all
7 exercises



Ideally in
the morning



It's easy
and enjoyable

Benefits

- Improved balance
 - Flexibility
- Joint stability
 - Strength

Exercise 1

Shoulder rotations



Description

1. Start with your feet together
2. Extend your left arm
3. Rotate your arm forwards in a clockwise motion, drawing the biggest circle you can
4. Repeat 5 times then do the same movement with your right arm

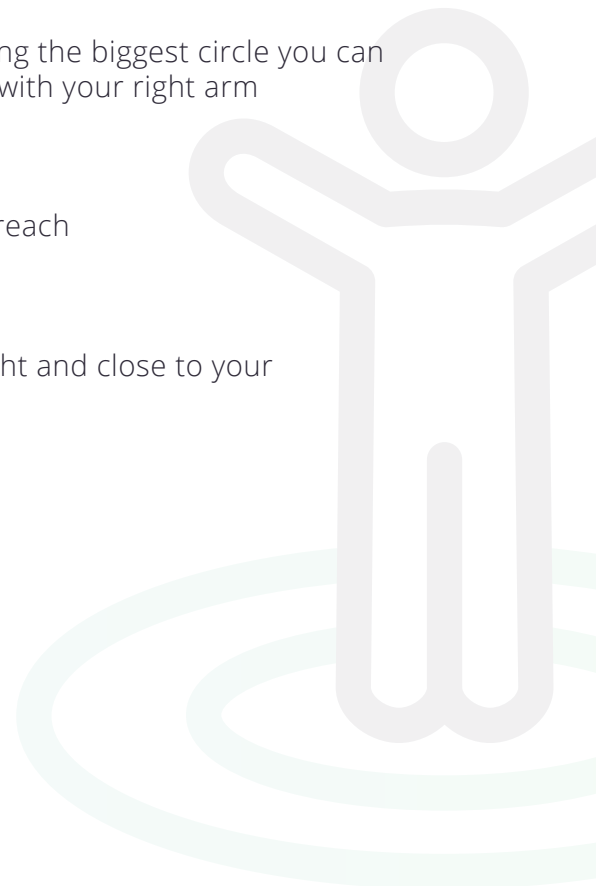
Benefits

Shoulder flexibility and improved reach

Tips

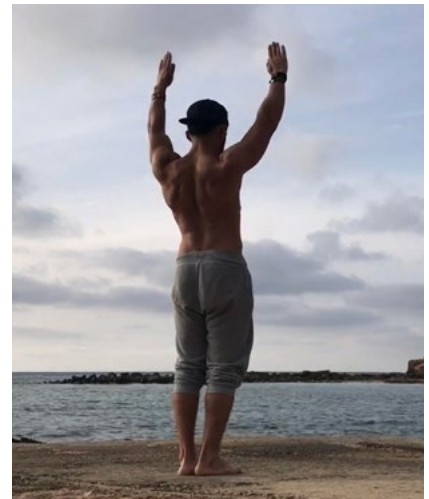
Keep your hips still. Keep your moving arm straight and close to your head as it rotates

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Exercise 2

Shoulder glides



Description

1. Start with your feet together
2. Raise both arms above your head
3. Shrug your shoulders while keeping your arms straight
4. Lower your shoulder blades until they're almost touching then pause for 2 seconds
5. Repeat this movement 10 times

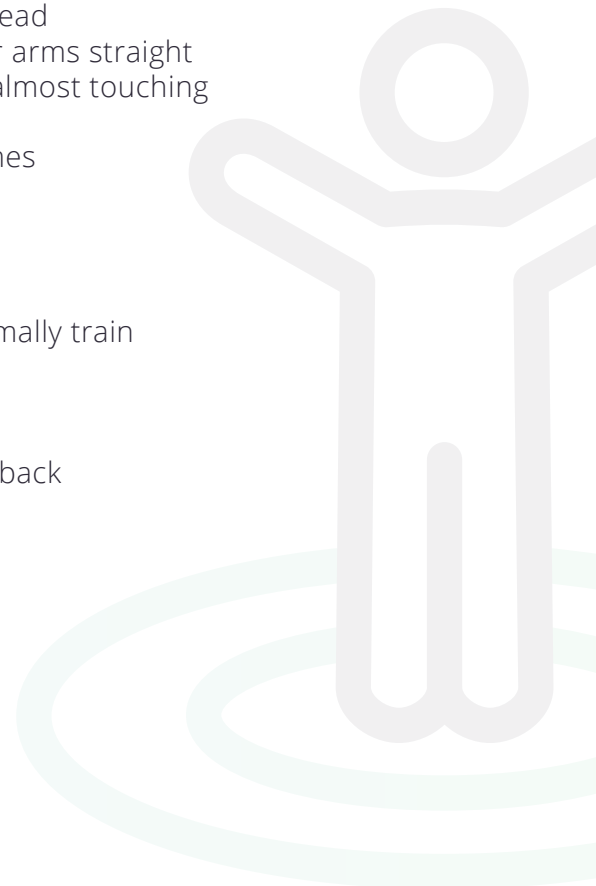
Benefits

Better posture
Activates a muscle group we don't normally train

Tips

Lock your hips and avoid leaning back
as you raise your arms

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Exercise 3

Neck stretch



Description

1. Stand with your feet shoulder width apart
2. Grab the right side of your head using your left hand
3. Gently tilt your head towards your left shoulder and hold for 3 seconds
4. Do the same movement with your right arm
5. Repeat 5 times

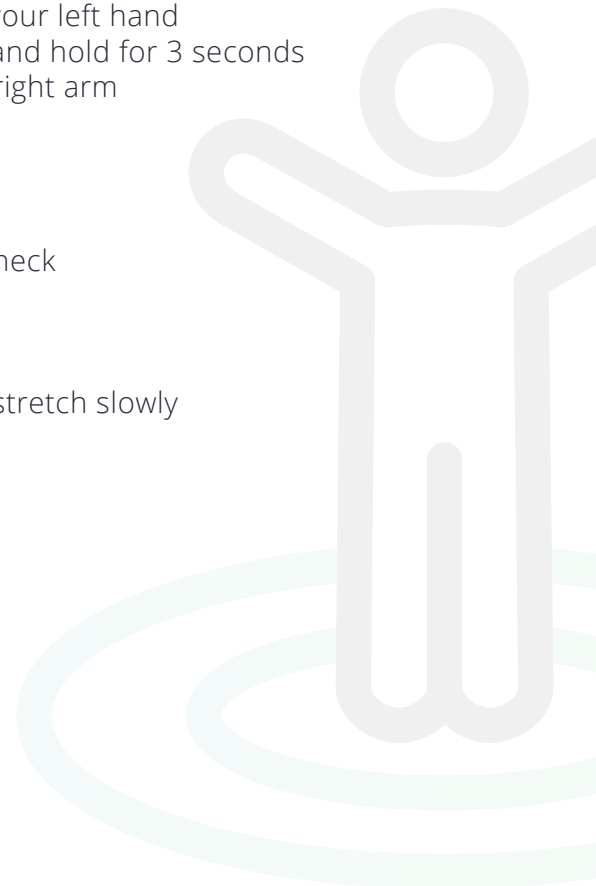
Benefits

Relieves tension and pain in the neck

Tips

Keep your back straight and perform the stretch slowly

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Exercise 4

Lower back & hamstring



Description

1. Stand upright then place your left leg slightly in front of you, with your heel touching the floor
2. Raise your arms as high you can
3. Slowly lower your torso and reach towards your left foot
4. Lift your shoulders until you're back in the starting position
5. Perform the exercise with your right leg forward
6. Do this exercise 5 times on each side

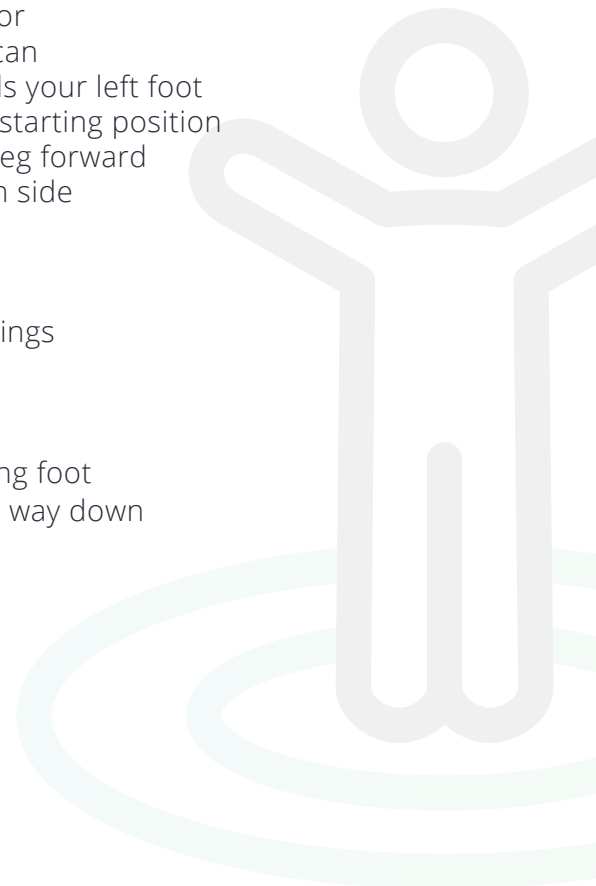
Benefits

Stretches lower back and hamstrings

Tips

Keep all your weight on your standing foot
Inhale on the way up and exhale on the way down

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Exercise 5

Single leg reach out



Description

1. Stand on your left leg and lift your right foot in the air
2. Balancing on one leg, move your chest towards the floor slowly, extending your right leg
3. Pause for 3 seconds in a 'T' position
4. Slowly return to the starting position before driving your right leg until your knee is level with your hips
5. Repeat the exercise standing on your right leg

Benefits

Improve balance and coordination

Tips

Keep your back straight throughout the movement
Keep the toes on your standing leg pointing forwards

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Exercise 6

Kneeling hip extensions



Description

1. On your hands and knees, move your hands so they're directly below your shoulders
2. Extend your leg until behind you until it's straight, then hold for 3 seconds
3. Return to the starting position then repeat with your left leg
4. Perform the exercise 5 times

Benefits

Core stability and improved coordination

Tips

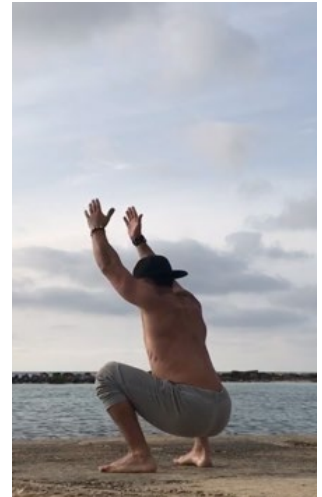
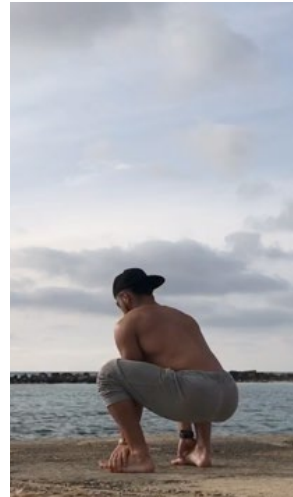
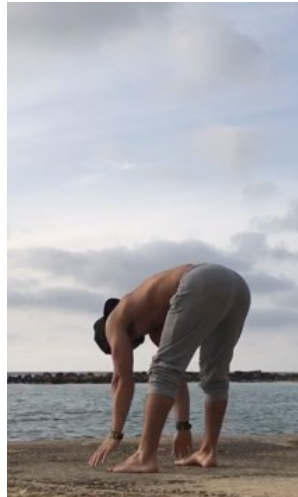
Do not arch your lower back

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Exercise 7

Tai chi squats



Description

1. Stand with your feet shoulder width apart and your arms above your head
2. Bend from your hips until your hands are close to your feet
3. Bend your knees and drop your hips until they're at least parallel with the floor
4. Raise your arms above your head, keeping them straight
5. Drive up from your hips until you're back in a standing position
6. Repeat 5 times

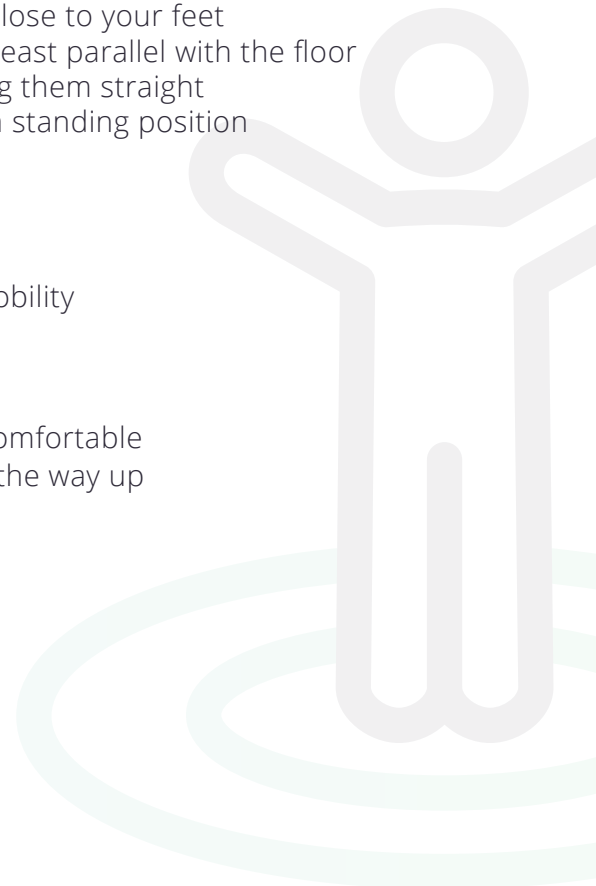
Benefits

Improves leg strength and joint mobility

Tips

Only squat to a depth where you feel comfortable
Inhale on the way down and exhale on the way up

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Want more help with these exercises?
Contact Tony at Super Seniors Fitness
today for a **FREE** demonstration

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