

3 QUICK EXERCISES FOR AFTER WORK

Strength and Mobility

wyndhamcity



These exercises may help with your sore Neck, Mid and Lower Back, and improve posture.

Exercise 1: Curl Up

An exercise to strengthen the neck muscles.

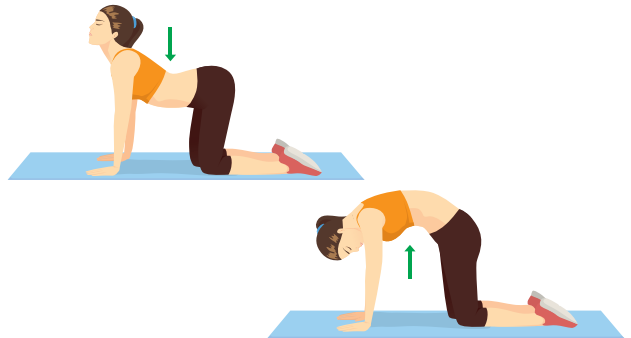
1. Begin by laying on the floor
2. Flatten your lower back to the floor and try to press your fingers under your lower back to ensure it's flat.
3. Straighten one leg and with the opposite leg maintain a bent leg.
4. Gradually lift your head and shoulders slightly off the floor, avoiding a crunching motion.



Exercise 2: Cat Cow

An exercise encouraging mobility of the Spine, especially the mid back.

1. Begin on your hands and knees, Table-Top position.
2. Cat: bring your chin to chest, push shoulder blades apart, rotate/tuck hips underneath.
3. Cow: Raise chin up and look at the ceiling, pinch shoulder blades together. arch lower back.



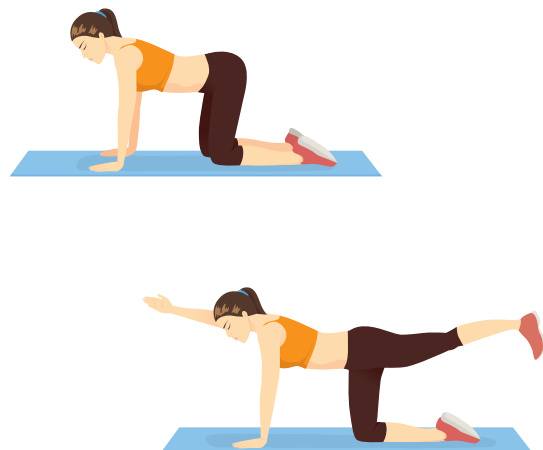
Exercise 3: Bird Dog

This exercise strengthens the lower back and activates the Glute muscles.

1. Begin on hands and knees (Table Top position).
2. Extend one leg and the opposite arm with foot flexed and thumb up.
3. Beginner: With your arm and leg extended sweep said arm and leg along the ground and touch elbow to knee then extend again.

Intermediate: Hold arm and Leg extended.

Advanced: Keep arm and leg extended and slowly draw squares in unison.



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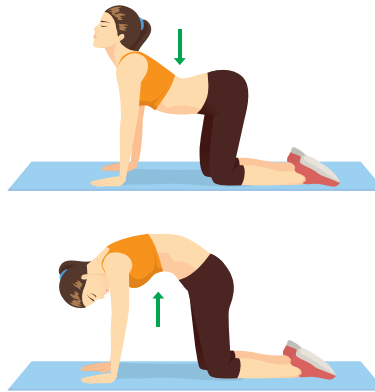
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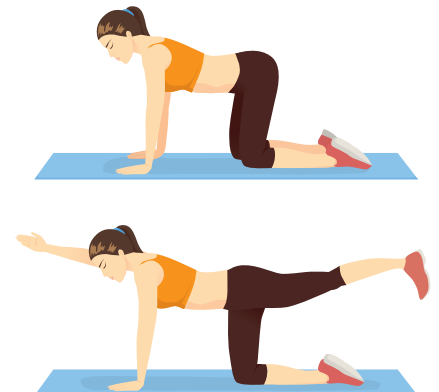
Curl Up



Cat Cow



Bird Dog



SETS AND REPS:

	BEGINNER	INTERMEDIATE	ADVANCED
Curl Up	3 Sets x 10 secs	3 Sets x 20 secs	3 Sets x 30 secs
Cat Cow	1 Set x 10 reps	2 Sets x 10 reps	3 Sets x 10 reps
Bird Dog	3 Sets x 10 reps (each side) Touching elbow to knee	3 Sets x 30-60 secs (each side) Hold arm and leg extended	3 Sets x 15 reps (each side) Draw boxes with arm and leg

Tips: drink plenty of water, walk/stroll around the block, take the stairs, eat healthy.

This activity card provides a general description of the exercises only. Children should be supervised by an adult when exercising. You/your child undertake the exercises at your/your child's own risk and Council recommends that you/your child obtain prior medical advice to determine if the exercises are suitable for you/your child. To the extent permitted by law, Council accepts no liability for any injury, loss, costs or damage whatsoever, suffered or incurred in connection with your/your child's undertaking of the exercises and/or use of this activity card.