A

Repetitions:

1/2
Lie on your back, knees bent.
As you breathe out, slowly roll your pelvis backwards.

2/2
As you breathe in, slowly roll your pelvis forwards.

Comments:
B Repetitions:

1/1

Lie on your back, knees bent. Slowly roll your knees side to side keeping your upper trunk still. Breathe out as you roll out. Use pillows if required.

Comments:
C  Repetitions:

1/2
Lying on your back, knees bent and feet flat on the floor. Place your hands on one knee and lift towards your chest. Return to start position.

2/2
Lying on your back with knees bent and feet flat on the floor. Place your hands on both knees and draw them towards your chest.

Comments:
D Repetitions:

1/2
Lying with your knees bent, cross the ankle of one leg over the other knee.

2/2
Using your hands, gently bring your thigh towards you. Feel the stretch in your buttock. Repeat on the other side.

Comments:
E  Repetitions:

1/2
Lying on your back, bring your knee towards your chest and flatten your spine down to the bed.

2/2
Support your leg with your hands. Breathing in slowly bring your heel towards the ceiling, as you gently arch your spine forward. Go as far as is comfortable. Repeat on the other side.

Comments:
1/2
Roll pelvis backward to slump the spine down.

2/2
Roll pelvis forward to arch the spine and sit tall.
G Repetitions: 1/1
Lean forward, resting elbows on knees.

H Repetitions: 1/1
Allow your hands to slide down towards ankles.
Allow your trunk to relax.

Comments:
1/3 Stand upright, with both hands on a solid support.

2/3 Lift one leg as shown. Repeat on the other side.

3/3 Only if comfortable, raise one knee and lift the opposite arm at the same time. Return to starting position. Repeat on the other side.

Comments:
1/3
Step up on to a step, leading with your left leg.

2/3
Bring your right leg onto the step and stand.

3/3
Step down from the step, leading with the left leg. Repeat leading with right leg.

Comments:
1/2
Stand upright, with both hands on a solid support.

2/2
Bend your knees into a squat position, keeping your back straight.

Comments: