

Stretching, mobility and balance · Advanced level

DAYS/WEEK

3 + after each workout

HOLD

30–60 s

FORMAT

Flowing sequence

Start here if... You have good general mobility and want a more complete routine.

**Downward dog with bent knees**

Push the floor away with your hands and send your hips up and back.

3 × 5 breaths ☐**Modified pigeon**

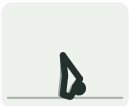
On the bed or floor, with a cushion under your hip if needed.

2 × 45 s per side ☐**Assisted deep squat**

Holding a door frame, sink as low as you can with your heels down.

3 × 30 s ☐**Thoracic rotation on all fours**

Hand behind your head, open your elbow towards the ceiling.

2 × 8 per side ☐**Standing forward fold**

Feet together, soft knees, let your upper body hang relaxed.

2 × 30 s ☐**Eyes-closed balance**

Only with support within reach. This is the hardest balance exercise.

3 × 10–15 s per leg ☐**Getting up from the floor without hands**

Practise on a rug. It's a good measure of independence.

3–5 reps ☐**Target effort: 5/10****To keep progressing**

- Keep this routine as your permanent foundation.
- Gentle yoga, Pilates or tai chi are great ways to keep progressing in a group.

Warm up for 5 minutes before every session. If you have heart disease, uncontrolled high blood pressure, diabetes or a joint replacement, check with your doctor before you start.