

Stretching, mobility and balance · Beginner level

DAYS/WEEK

3-5

HOLD

15-30 s

REPETITIONS

2 per side

Start here if... You feel stiff when you get up or find it hard to tie your shoelaces.

**Seated hamstring stretch**

Sit on the edge of a chair with one leg straight, heel on the floor. Lean forward from the hips.

2 x 20 s per leg ☐**Supported quad stretch**

Stand holding the back of a chair. Bring your heel towards your buttock; use a towel if you can't reach.

2 x 20 s per leg ☐**Calf stretch against a wall**

Hands on the wall, one leg back with the heel down.

2 x 20 s per leg ☐**Doorway chest stretch**

Forearms on the door frame, then take half a step forward.

2 x 20 s ☐**Seated trunk rotation**

Sit up straight and turn to look over your shoulder.

2 x 15 s per side ☐**Supported single-leg balance**

One hand on the counter. When it gets easy, touch it with just one finger.

3 x 10 s per leg ☐**Target effort: 3/10****Ready to move up when...**

- You can hold each stretch for 30 s comfortably.
- You can stand on one leg for 10 s touching the support with just one finger.

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.