

Stretching, mobility and balance · Intermediate level

DAYS/WEEK

4-5

HOLD

30 s

REPETITIONS

2-3 per side

Start here if... You can do the beginner level comfortably.

**Dynamic mobility warm-up**

Hip circles, leg swings and arm swings. Do them before walking or lifting weights.

5 min ☐**Kneeling hip flexor stretch**

Rest the back knee on a cushion. Push your hips forward.

2-3 x 30 s per side ☐**Figure-4 glute stretch**

Lie on your back with one ankle on the opposite knee. Pull the thigh towards your chest.

2 x 30 s per side ☐**Cat-cow**

On all fours, alternate rounding and arching your back in time with your breathing.

2 x 8 reps ☐**Side-lying chest opener**

Lie on your side with knees bent. Open the top arm and follow it with your eyes.

2 x 8 per side ☐**Tandem walk**

Heel touching the toes of the other foot, next to a wall in case you need support.

3 x 10 steps ☐**Unsupported balance**

Next to a counter, but without touching it.

3 x 20 s per leg ☐**Target effort: 4/10****Ready to move up when...**

- You can stand on one leg for 20 s without support.
- You can tandem walk 10 steps without wobbling off the line.

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.