



### LOWER LIMB

#### Exercise 1:

Lying on your back with your legs bent and your feet in width of your hips, your back spread on the mat and your head stretched (and supported if necessary). Neither press your loins towards the mat nor lift them up during exercises.

Rock on your feet from the tips of your toes to your heels, not reclining your knees to the sides your trunk remains stabilized on the mat, breathe freely.

#### Exercise 2:

Lying on your back with your arms along your body and your back spread on the mat and your head stretched (with a support underneath if necessary).

Breathing out draw the tips of your toes in, stretch your knees, tighten your thighs and try to stretch along with your heels, then breathing in release everything. Repeat several times and relax. several times

#### Exercise 3:

Lying on your back with your arms along your body and your back spread on the mat and your head stretched (with a support underneath if necessary).

Alternate drawing the tips of your toes to your shinbones while one hand is on your arm and the other hand on the mat. Breathing freely you keep the rhythm, helping blood circulation. Change – the arms go simultaneously, the legs in turns, you activate even your head. Straighten both alternately, then continue your arms in turn and legs simultaneously. Release them to the mat.

#### Exercise 4:

Lying on your back with your legs bent and your feet in width of your hips, your back spread on the mat and your head stretched (and supported if necessary). Neither press your loins towards the mat nor lift them up during exercises.

Your right leg rides a bicycle your leg stretched as much as possible, your foot and toes moving as well. Move continuously forward and backwards. Put your feet on the mat and continue with your other leg.

#### Exercise 5:

Lying on your back with your legs bent and your feet in width of your hips, your back spread on the mat and your head stretched (and supported if necessary). Neither press your loins towards the mat nor lift them up during exercises.

Lift your bent leg holding your thigh under the knee keeping your trunk stabilized on the mat. Breathing out stretch your knee and stretch your leg with your heel to the ceiling and then



bend it back. Then leave your stretched leg and your sacrum on the mat and draw the tips of your toes alternately to your shins. Release your leg, put the foot back on the mat and continue doing the same with your other leg.

### **Exercise 6:**

Lying on your back with your legs bent and your feet in width of your hips, your back spread on the mat and your head stretched (and supported if necessary). Neither press your loins towards the mat nor lift them up during exercises.

Put your left hand on the inner part of your thigh and breathing out and with help of your hand recline your knee to the side, your foot gets to the little toe side. Stretch your thigh not pushing the pelvis forward and breathing in put the leg back. Repeat several times and then do the same with your other leg.

### **Exercise 7:**

Lying on your side with bent knees, your lower arm under your head, your head in the same line as your backbone, lean against your upper palm in front of your body, pull away your shoulder from your ear. Your upper arm may also lie on your side. (If necessary, underlay your side with a towel)

The upper leg rides a bicycle, stretch your heel furthest behind you, your trunk is stabilized. Keep your shoulder away from your ear, neither fall over nor stop breathing freely. Then ride backwards. Finally repeat it on the other side.

### **Exercise 8:**

Lying on your side with bent knees, your lower arm under your head, your head in the same line as your backbone, lean against your upper palm in front of your body, pull away your shoulder from your ear. Your upper arm may also lie on your side.

or

Lying on your abdomen, your hands under your front, push your pelvis slightly forward, your shoulders away from your ears, broad scapulae.

Hold your upper/one leg by the instep and draw the heel towards your buttocks without sagging your loins, push the pelvis slightly forward, stretch along the bent knee and continuously breathing out push the leg a little further keeping pressure on the front side of the thigh for cca 20 second breathing freely, and then release it. Alternately, do it on the other side.

### **Exercise 9:**

Lying on your abdomen, your hands under your front, push your pelvis slightly forward, your shoulders away from your ears, broad scapulae.



Lean on your bent toes fixed on the mat, try to direct your heels towards the ceiling, with your hips on the mat, breathing freely stretching your heels with great effort, stretch your knees. Repeat it several times.

### **Exercise 10:**

Lying on your abdomen, your hands under your front, push your pelvis slightly forward, your shoulders away from your ears, broad scapulae.

Bending your right leg in the knee, you want to print your foot on the ceiling and breathing out detach your bent leg from the mat and try to reach the ceiling, breathing in go back without sagging your loins. Repeat it several times and then do it on the other side.

### **Exercise 11:**

Sitting on the mat try to straighten up slightly stretching your head, bend your right leg in your knee and lay your foot by the knee of the stretched leg crossways. Holding your knee draw it towards the opposite shoulder without turning your trunk, breathing freely, your back straight and only smoothly draw your knee to the shoulder for cca 20 s, then release it and do it with the other leg.