

# Whole Body Workout - Movement



## 1. Arm Circles:

- Forward circles: 5 reps
- Backward circles: 5 reps
- Opposite direction circles: 5 reps

## 2. Hip Circles:

- Clockwise circles: 10 seconds
- Counter-clockwise circles: 10 seconds

## 3. Leap Forward, Landing on One Leg:

- Remember to bend knees slightly deeper
- Maintain balance for a moment

## 4. Standing on One Leg, "Go Through" the Fingers:

- Hand 1: Thumb on index finger, repeat 4 reps & Hand 2: Thumb on little finger, repeat 4 reps

## 5. Lunges with Upper Body Rotation:

- Perform 5 reps per side
- Rotate upper body while lunging

## 6. Side Lunges:

- Perform 7 reps per side
- Step to the side while keeping one leg straight

## 7. Walk on the Spot:

- Walk on the spot briefly -- Stand on one leg, hold head pressed back, and close eyes -- Squat down slowly
- Repeat 5 reps per side

## 8. Toes Standing Up and Down:

- Perform for 20 seconds
- Rise up on toes, then lower down

## 9. Superman:

- Perform 8 reps per side
- Lie face down, lift opposite arm and leg simultaneously

## 10. Standing Balance:

- Perform 2 reps per side
- Hold each side for 5 seconds



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