

**01**

**Strengthening**

**Basic Exercise - Warm-Up**



- Position: Feet in the middle, slightly apart
- Posture: Knees slightly flexed, back straight, stand on ball of foot, lower slowly to heel
- Muscles: Legs, seat, back
- Variations: Dynamic, move slightly up and down

# 02

## Strengthening

### Low Knee Bend



Position: Feet shoulder-width apart, heel slightly raised, knees no further forward than toes, leg angle approx. 120 degrees

Posture: Back straight, upper body balanced slightly forward, look straight ahead

Muscles: Legs, seat, lower back

Variations: Dynamic, move slightly up and down

# 03 Strengthening

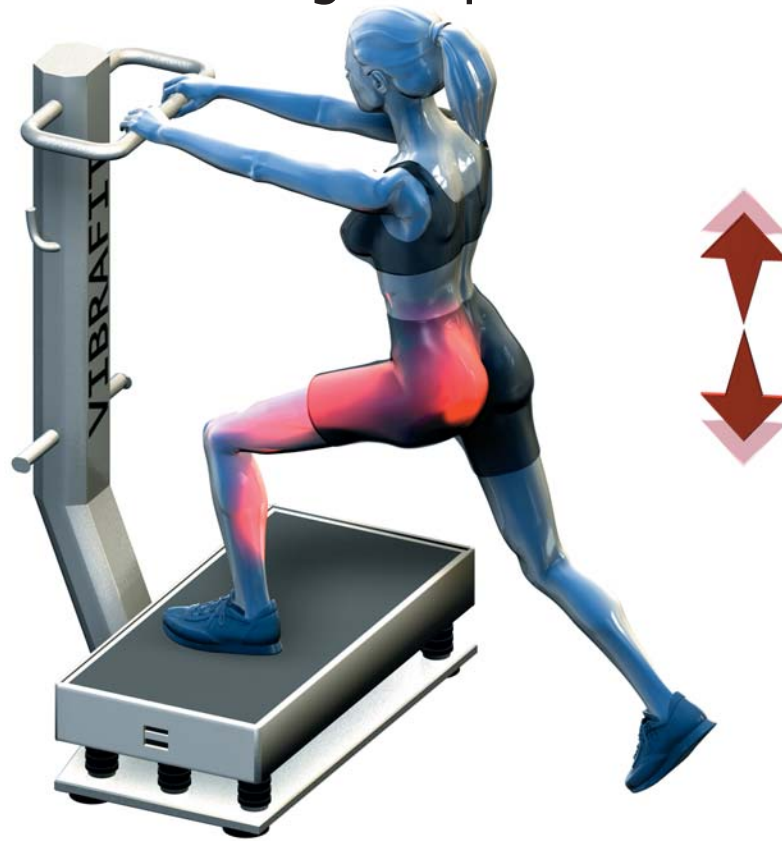
## Single Leg, Low Knee Bend



- Position: One foot flat in the middle, second foot raised (knee angle approx. 90°), knee no further forward than toes, knee angle approx. 120 degrees
- Posture: Back straight, upper body balanced slightly forward, look straight ahead
- Muscles: Legs, seat, lower back
- Variations: Dynamic, move slightly up and down

# 04 Strengthening

## Long Step



- Position: One foot in the middle, knee angle approx. 90°, other knee angle approx. 120 degrees
- Posture: Back straight, knee no further forward than toes, look straight ahead
- Muscles: Legs, seat, lower back
- Variations: Allow arms to dangle, knee angle 70 degrees.

# 05 Strengthening

## Tiptoe



- Position: Feet in the middle, stand on tiptoe, knees almost straight
- Posture: Back straight, belly muscles tense, look straight ahead
- Muscles: Calf muscles, thighs, seat
- Variations: Dynamic, move heels up and down

06

Strengthening

Leg Bends



- Position: Feet flat on surface, well apart, knee angle approx. 90 degrees, upper body reclining on bench
- Posture: Back straight, pull heels towards body, look straight ahead
- Muscles: Leg-bending muscles, seat, back
- Variations: One leg on platform, stretch one leg diagonally forward, stretch foot