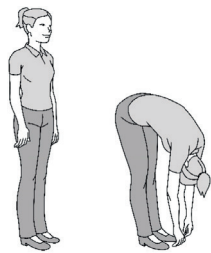
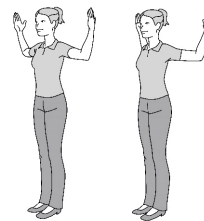


Total Time ca. 5 min
Equipment chair, table or similar

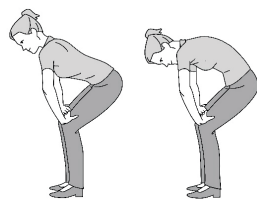
	Exercise	exec.	Reps/ Sec	Sets	sides
1	Toe Touch	dyn.	5 Reps	1-2	
2	Ballistic Chest Stretch	dyn.	20 Reps	1-2	
3	Standing Cat & Cow	dyn.	5 Reps	1-2	
4	Reaches	dyn.	20 sec	1-2	altern.
5	Ballistic Back Stretch	dyn.	10 Reps	1-2	
6	Hip Circles	dyn.	20 sec	1-3	both



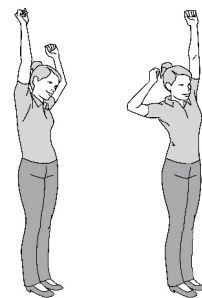
1 Toe Touch



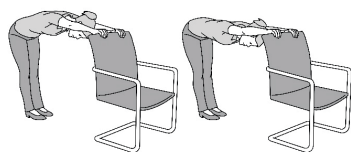
2 Ballistic Chest Stretch



3 Standing Cat & Cow



4 Reaches



5 Ballistic Back Stretch



6 Hip Circles

AA