

5 A DAY LOW-IMPACT EXERCISES

1 Bird-Dog



Start: All Fours;
Finish: Extend Opposite
Arm & Leg

Focus: Core Stability,
Balanced Hips

2 Glute Bridges



Start: Lying Down;
Finish: Lift Hips,
Squeeze Glutes.

Focus: Glute Activation,
Lower Back Support

3 Wall Slides



Start: Arms in "W";
Finish: Slide up to "Y".

Focus: Postural Realignment,
Shoulder Scapula

4 Dead Bug



Start: Tabletop Position;
Finish: Lower One Leg,
Control Core.

Focus: Abdominal Strength,
Anti-Extension

5 Cat-Cow Stretch



Inhale: Drop Belly (Cow);
Exhale: Round Back (Cat)

Focus: Segmental Mobility,
Fluid Spine