

## Gentle sit down exercise

Lets start getting out of 'lock down laziness' and start doing a few little exercises to get us moving again. you can do all the below sitting down, and you can do as little or as much as you can, but don't do more the it says.

### 1. WARM-UP EXERCISE

#### Clap Hands

Continue for 3 min



### 2. STRENGTH EXERCISES

#### Boxer

Do 10 times



#### Pull Down

Do 10 times



#### Touch the Sky

Do 10 times on each side



### 3. BALANCE EXERCISE

#### Aeroplane

Do 10 times



### 4. FLEXIBILITY EXERCISES

#### Open Arms

Hold for 20 sec



#### Give Flowers

Hold for 20 sec

