



Overview

Start your day feeling on top of the world with this 5-minute bedroom workout combining strength and flexibility exercises.

Boost your mood and alertness, burn calories, ease away aches and pains by starting your day with these easy workouts every morning.

Overhead stretch •

- Extend your arms over your head, feeling your body stretch from your toes to your fingertips.
- Take 3 to 4 deep, relaxing breaths.



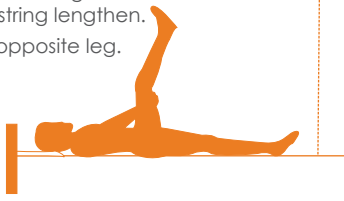
Knee to chest stretch •

- Bring 1 knee to your chest, keeping the other leg bent. Do not raise your head or tense your neck.
- Take 3 to 4 deep, relaxing breaths, feeling the stretch in your buttocks and lower back.
- Repeat with the opposite knee.



Hamstring stretch •

- Grasp 1 leg and pull it towards you, then straighten it as far as comfortable.
- Keep the other leg flat or bent on the bed.
- Take 3 to 4 deep, relaxing breaths, feeling your hamstring lengthen.
- Repeat with the opposite leg.



Knees to chest •

- Bring both knees to your chest and gently grasp your legs.
- Do not raise your head or tense your neck.
- Take 3 to 4 deep, relaxing breaths, feeling the stretch in your buttocks and lower back.



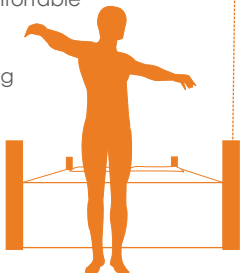
Knee rolls •

- Slowly roll your knees to 1 side, keeping them together and ensuring both shoulders remain in contact with the bed at all times.
- Take 3 to 4 deep, relaxing breaths, feeling the stretch in your lower back.
- Repeat on the opposite side.



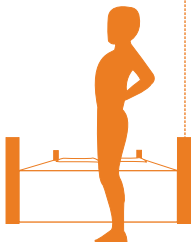
Trunk rotation

- With your feet parallel and shoulders back and down, rotate your upper body to 1 side as far as comfortable without moving your hips.
- Repeat 6 to 8 times on both sides, taking a deep, relaxing breath on each side to release stiffness in your lower back.



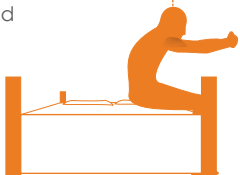
Chest stretch

- Shoulders back and down and hands on hips, push your chest up and out.
- Take 3 to 4 deep, relaxing breaths, feeling your chest muscles lengthen.



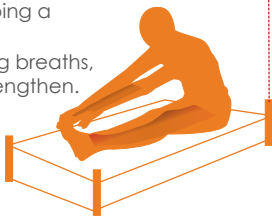
Upper back stretch

- Clasp both hands and extend your arms out in front of you at shoulder level.
- Look down and slightly round your back.
- Take 3 to 4 deep, relaxing breaths, feeling the stretch between the shoulders.



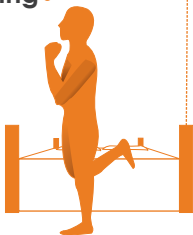
Seated hamstring stretch ●

- Sitting upright with both legs straight and hip-width apart or closer, bend from the hips, bringing your chest towards your thighs keeping a straight back.
- Take 3 to 4 deep, relaxing breaths, feeling your hamstrings lengthen.



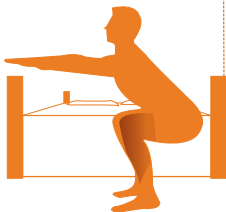
On-the-spot power walking ●

- Walk on the spot for about 30 seconds, raising your heels to your buttocks while bending and unbending both elbows together, keeping them by your sides.



Squats ●

- With your feet parallel and shoulder-width apart, lower yourself as far as comfortable or until your thighs are parallel to the floor.
- Do not let your knees lean over your toes.
- As soon as you touch the bed, come up and repeat.
- Perform 8 to 10 slow and controlled squats.



Side stretch ●

- Hands on hips, cross your right leg in front of your left leg.
- Raise your left arm and reach towards the right side.
- Hold for 3 to 4 deep, relaxing breaths, feeling a stretch across your side. Repeat on the opposite side.



Forward bend ●

- Feet parallel and hip-width apart, bend from the waist, bringing your chest towards your thighs, keeping your legs and back straight.
- Hold for 3 to 4 deep, relaxing breaths, feeling the stretch in your hamstrings.

