Warm-up and Cool-down

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Warm-up

A warm-up gets the body ready for exercise by increasing blood flow, flexibility, and mobility. It includes light activities like jogging, stretching, and dynamic movements.

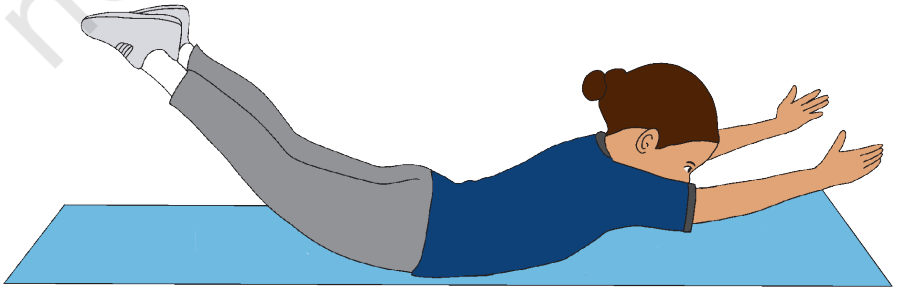
Warming up helps prevent injuries, enhances strength, and improves coordination.

It also sharpens focus and prepares both the body and mind for physical activity.

Cool-down

A cool-down allows the body to relax and recover after exercise by gradually slowing down movements.

Gentle stretching and deep breathing help reduce muscle stiffness, prevent soreness, and promote flexibility.



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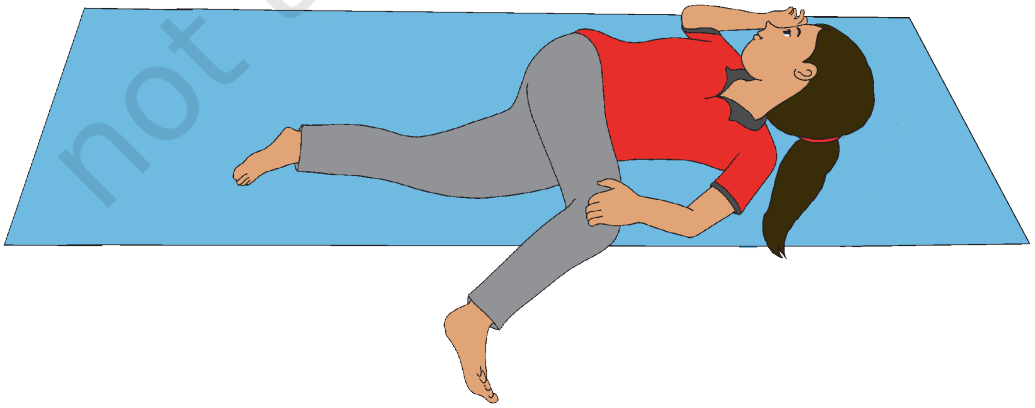
1. **Pigeon Pose:** Sit on the floor and bend one leg in front of you with the other leg stretched out behind you. Keep your back straight and lean forward slowly to stretch your hips. Hold this pose for a few seconds while breathing normally.

2. **Supine Twist:** Lie on your back with your arms stretched out to the sides. Bend your knees and slowly lower them to one side while keeping your shoulders on the floor. Turn your head to the opposite side and hold for a few seconds while breathing normally. Then switch sides.



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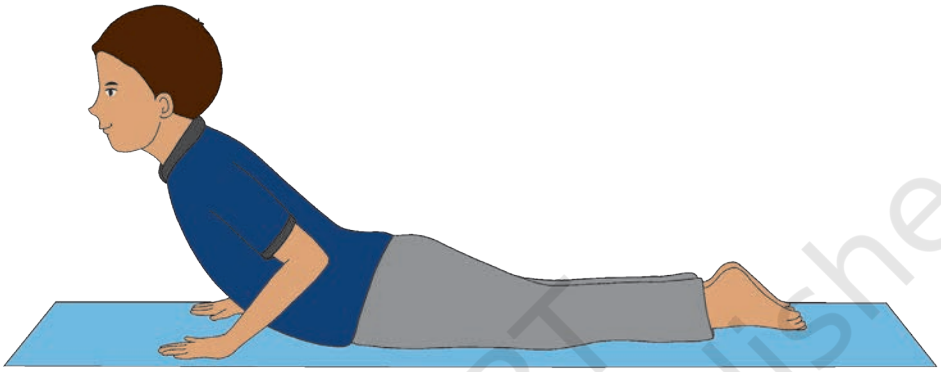
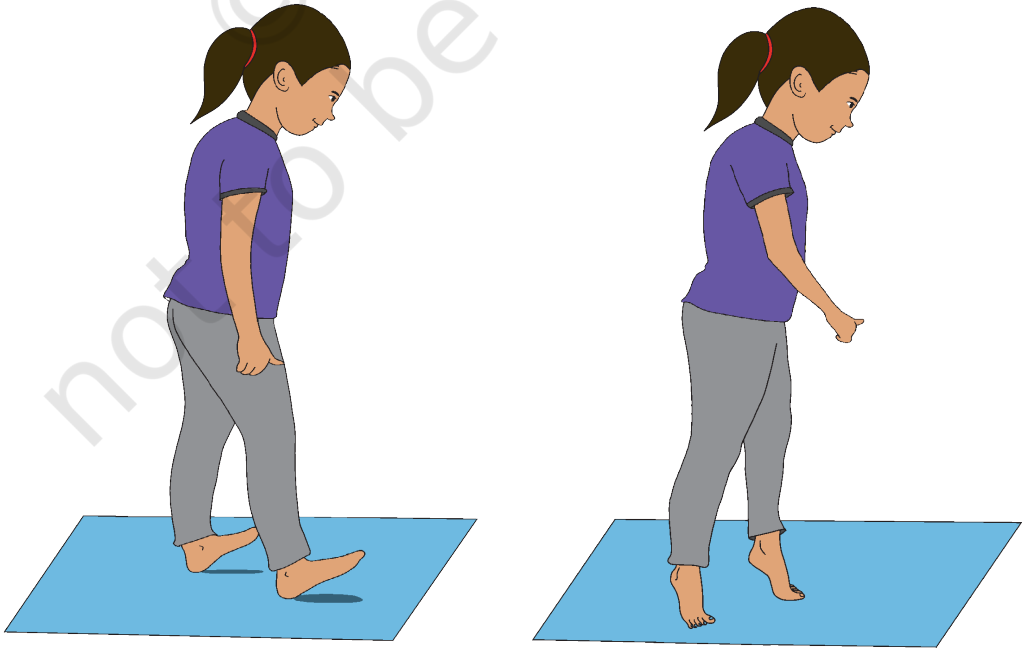
3. **Spinal Extension:** Lie on your stomach with your hands under your shoulders. Slowly lift your chest up, using the muscles on your back, while keeping your hips on the floor. Look up slightly and hold for a few seconds before lowering back to original position.



4. **Alternate Walk (Heel-toe):** Stand up straight and lift your toes off the ground so you're walking on your heels. Now, take small steps forward while keeping your heels up. This exercise helps strengthen your lower legs.



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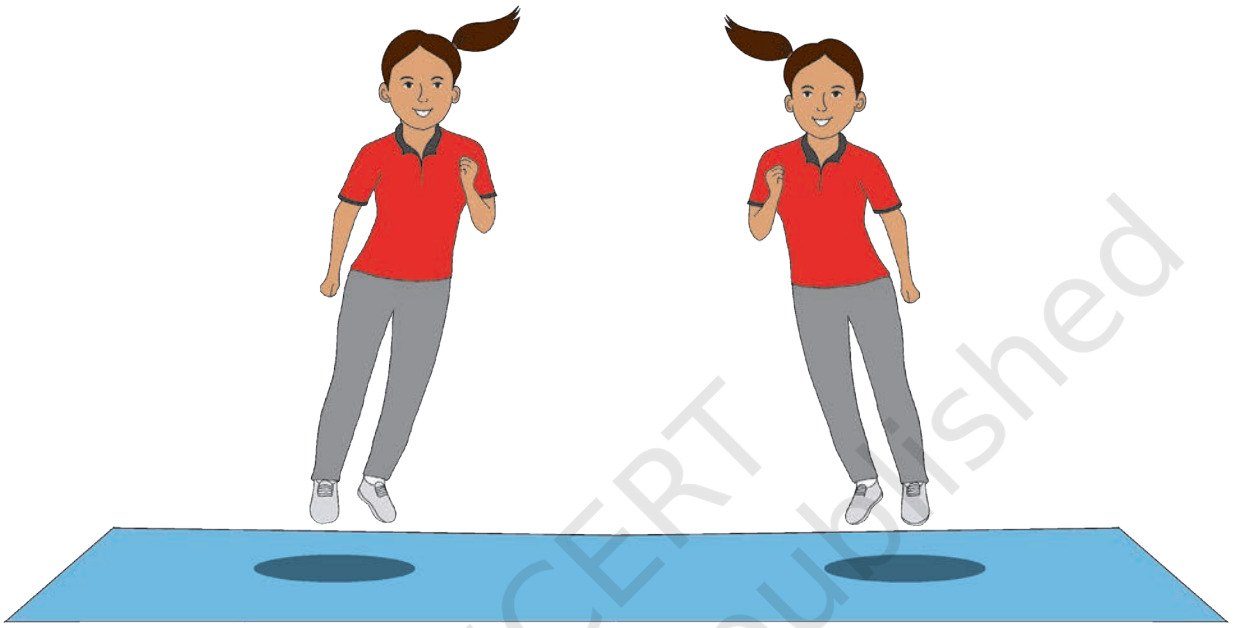
5. **Side-to-side Hops:** Stand with your feet together and hop from side-to-side, as if jumping over an invisible line. Try to land softly and keep your knees slightly bent to avoid injury.



6. **Single-leg Hops:** Stand on one leg and hop up and down initially and then in progression. Try to stay balanced and land softly on your foot. Switch to the other leg after a few hops.

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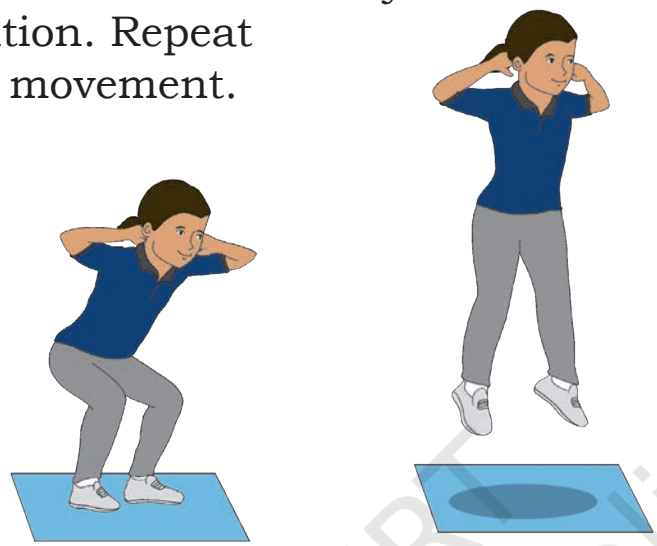
7. **Jump Squats:** Stand with your feet shoulder-width apart. Bend your knees and lower your body into a squat. Then, jump up as high as you can and land softly back into the squat position. Repeat this movement.



8. **Broad Jump:** Stand with your feet together and your knees slightly bent. Using both legs, jump up as far as you can, keeping your feet together. Land softly on both feet with your knees slightly bent to absorb the impact. Repeat the jump continuously for a set number of times or for a specific duration. This exercise helps improve leg strength and coordination.

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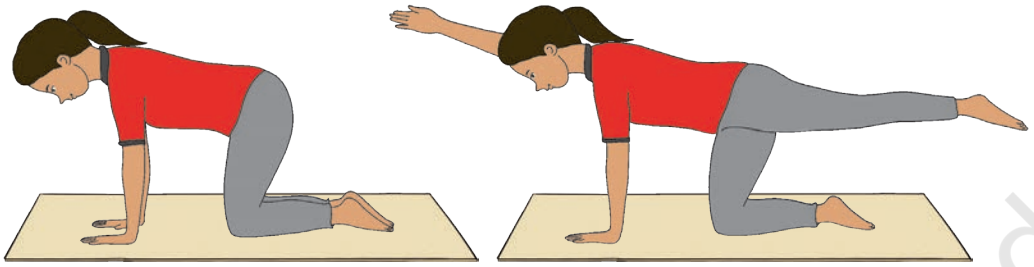
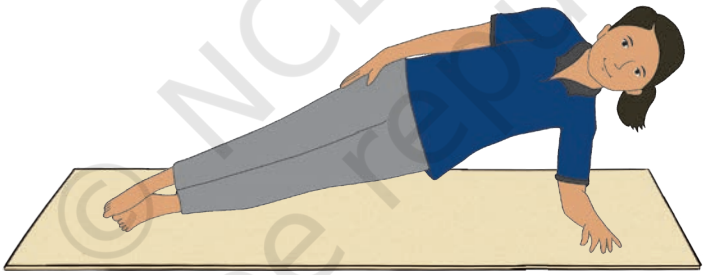
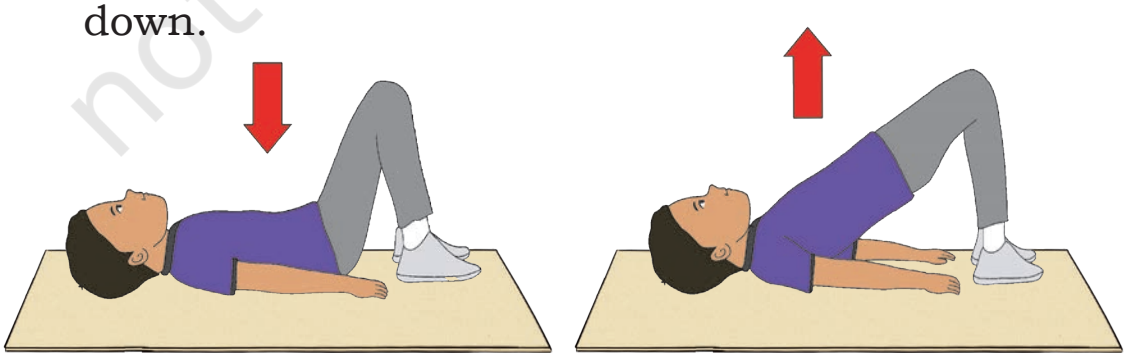
9. **Bird-dogs:** Bend on your hands and knees. Stretch out your right arm and left leg at the same time, keeping your back straight. Hold for a moment, then bring them back in and switch to your left arm and right leg.



10. **Side Planks:** Lie on your side with your legs straight. Lift your body up by putting your weight on elbow and toes keeping your body in a straight line from head to toe. Hold this position for a few breaths and then switch sides.



11. **Glute Bridges:** Lie on your back with your knees bent and feet flat on the floor. Lift your hips up towards the ceiling, squeezing your buttocks. Hold for a few seconds and then lower back down.



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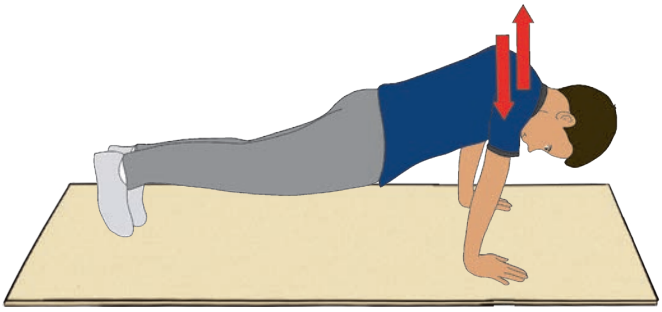
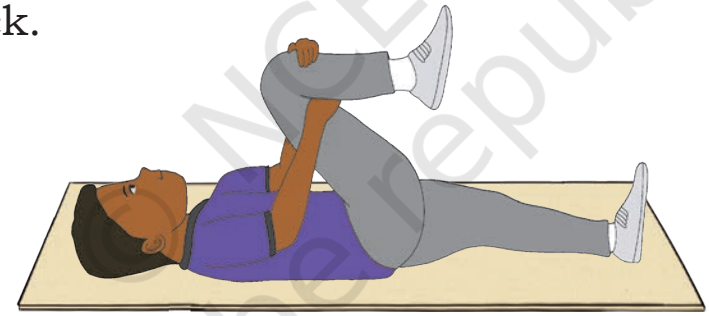
12. **Scapular Push-ups:** Get into a push-up position but instead of bending your elbows, squeeze your shoulder blades inwards together and then push them outwards. This helps strengthen the muscles around your shoulders.



13. **Lying Glute Stretch:** Lie down on your back, keeping one leg straight and the other knee bent. Hold the bent knee with both hands and gently pull it towards your chest. This stretch helps to loosen the glute muscles and the lower back.



14. **Piriformis Stretch (Lying position):** Lie on your back with your knees bent and feet flat on the floor. Cross your right ankle over your left knee to make a figure-four shape. Reach your

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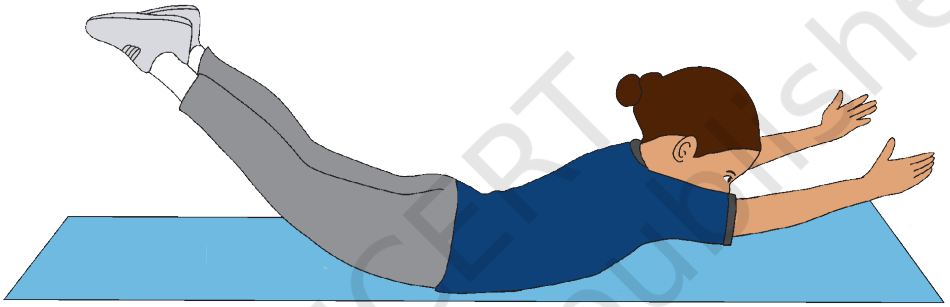
hands through your legs and hold the back of your left thigh. Gently pull your left thigh towards your chest. You should feel a stretch in your right hip and buttock. Hold for a few seconds, then switch legs and repeat. This stretch helps to relax your hip muscles.

15. **Hanuman Udaan:** Lie on your stomach with your arms stretched out in front of you. Lift your arms, chest, and legs off the ground as high as you can, like you're flying. Hold for a few seconds and then relax back down.



16. **Happy Baby Pose:** Lie on your back and bring your knees towards your chest. Hold the outside of your feet with your hands and gently pull your knees down towards the floor. This pose helps stretch your lower back and hips.

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