

Preparatory Exercises

Increasing Mobility of the Lower Limbs: Upright

Starting Position (1): standing upright, with your knees slightly bent. Keep your attention focused on the center of the body and on the position of the vertebral column.

Keep your feet parallel and hip distance apart with the knees slightly bent. Move the weight onto the two internal borders of the feet, then onto the external ones, moving back and forth repeatedly.

With your feet parallel, close together but not touching and the knees slightly bent, place the weight on the inside of one foot and the outside of the other foot. Move back and forth repeatedly.



Starting Position (2): Start with your feet close together, knees touching and bent. The hands are closed around the knees to protect them from possible injuries.

Rotate your knees in a clockwise and counter-clockwise direction, shifting the weight backwards and forwards in synergy with the rotations.



Starting Position (3): feet and knees together with the knees bent and pressing into each other. Your hands are on the ground and your lungs are full. Throughout the exercise keep your stomach in contact with your thighs.

On the exhale, stretch the legs and bring the heels to touch the ground.

On the inhale, bend the knees and move onto the tips of your toes.



Contraindications: pathology of the lower limbs.

Benefits: renders mobile, elastic and resistant the articulations of the lower limbs.