

EXERCISES



1. **EXERCISE 1**
The first exercise is a simple warm-up. It involves standing with feet shoulder-width apart and arms at the sides. The person then performs a series of movements, including a side step, a lunge, and a squat, all while maintaining a steady rhythm. This sequence is designed to increase blood flow and prepare the muscles for more intense activity.

2. **EXERCISE 2**
The second exercise is a more complex movement. It starts with the person in a standing position, feet together. They then lift their right leg and place the foot on a surface slightly behind and to the side of their left foot. From there, they perform a series of controlled movements, including a lunge and a squat, before returning to the starting position. This exercise targets the lower body muscles and improves balance.

3. **EXERCISE 3**
The third exercise is a core-strengthening routine. It begins with the person lying on their back, knees bent and feet flat on the floor. They then lift their head and shoulders off the ground, holding the position for a few seconds before lowering back down. This is followed by a series of similar movements, including a side plank and a bridge, which help to build core strength and stability.