

Open Your Side Body

Maria's Place does not bear responsibility for any injury sustained while following any of our exercise programs.

Before undertaking any exercise routine, please consult your doctor and use common sense while exercising.

Listen to your body and be mindful of any existing medical conditions.

Repeat each exercise 3 to 5 times.

Sit in your chair and place your feet flat on the floor.

Place your hands on your knees.

Take three deep breaths.

Make small circles with your upper body from the waist, first in one direction and then the other.

Lift your shoulders to your ears and release down.

Lower one hand to your side and reach the other hand up toward the sky.

Alternate raising one arm at a time and lowering the other arm.

Swing your arms gently from side to side.

Hold the side of your chair with one hand. Reach the opposite arm up and over to your side.

Sweep your free arm around slowly in big circles.

Switch sides and repeat.

Swing your arms freely from side to side.

Hold on to both sides of your chair by your hips.

Reach your elbows to the back of your chair for support.

Lift some of your weight slightly off the chair and set it back down without standing up.

Repeat a few times.

Reach your arms forward.

Interlace fingers if comfortable and turn your palms forward.

Move your arms up and down.

Release your hands and rotate your wrists.

Alternate bending each finger on both hands.

Make fists to jazz hands. (Open and close hands)
Reach arms overhead and release your hands down to your sides.
Roll out your shoulders.

Hold on to either side of your chair by your hips.
Alternate lifting one heel at a time. Repeat.
Alternate lifting your toes one foot at a time. Repeat.

Keep one foot rooted on the floor and extend your other leg forward.
Point and flex the foot of the extended leg.
Repeat with the other leg and foot.

Step one leg out to the side.
Rest your forearm on the thigh of your extended leg.
Reach the opposite arm over to the same side as your extended leg.
Repeat on the other side.

Step your feet back to center and place your hands on the knees.
Make body circles in one direction and then the other.

Drop your chin to your chest.
Rotate your chin from one shoulder to the other.

Relax, you are all done!