|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | ***Example***  ***Monday*** |  |  |  |  |  |  |  |
| Wall sit for (1-2minutes) |  | *1 min* |  |  |  |  |  |  |  |
| Ankle extensions (15-30 use the bottom stair or a step) |  | *15* |  |  |  |  |  |  |  |
| Dish on back (20-30 seconds) |  | *20* |  |  |  |  |  |  |  |
| Arch on front (20-30 seconds) |  | *20* |  |  |  |  |  |  |  |
| V sits (10-20) |  | *15* |  |  |  |  |  |  |  |
| Press ups (5-15) |  | *8* |  |  |  |  |  |  |  |
| Sit in splits (1-2 mins, all 3 ways) |  | *1 min each way* |  |  |  |  |  |  |  |
| Bridge (try to keep your feet together and push your legs straight. Rock on your back afterwards) |  | *5* |  |  |  |  |  |  |  |
| Arabesque (lift leg to horizontal and hold for 3 seconds) |  | *5* |  |  |  |  |  |  |  |
| Handstand against the wall (hold as long as possible) |  |  |  |  |  |  |  |  |  |
| Straddle lever (hold for as long as possible) |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |

Do as many of these exercises as you want to.

Put a tick next to the exercises that you do or write down how many/how long you do each exercise for