



Warm-up and Cool-down

Warm-up

Warm-up prepares the body 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.

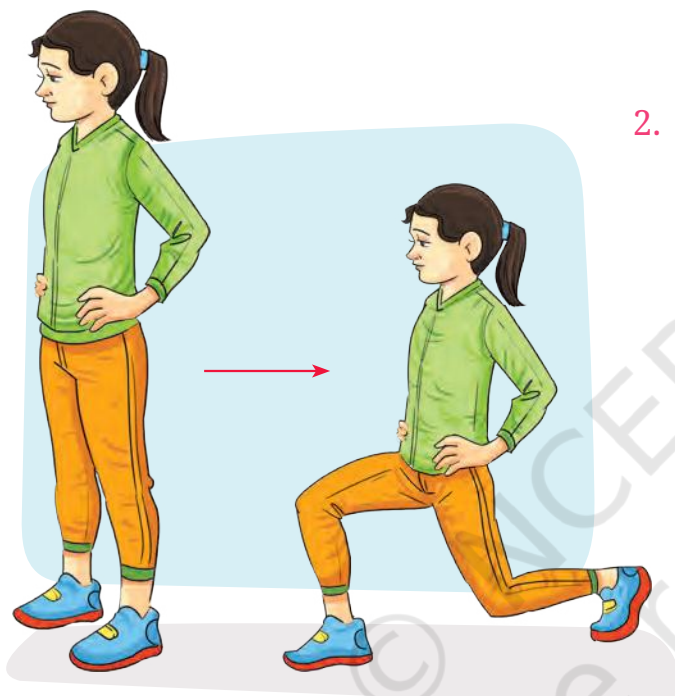
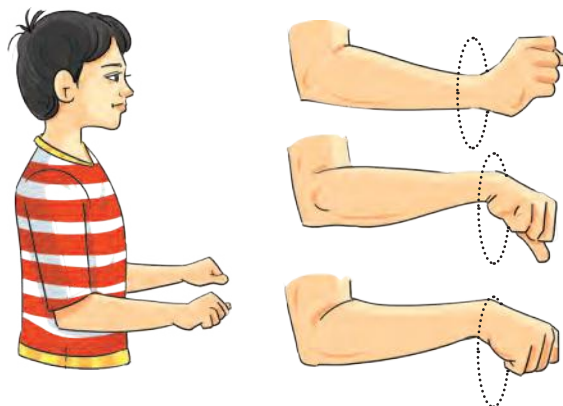
Cool-down

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.



1. **Wrist Rotation:** Stand or sit with your back straight. Extend your arms in front and form fists. Slowly rotate your wrists in circular motions, first clockwise and then to counter-clockwise. This helps warm-up your wrist joints.



2. **Backward Lunges:** Stand with your feet hip-width apart. Step one leg back and lower your body until both knees are bent at 90 degrees. Push through your front heel to return to the starting position. Repeat on the other side. This exercise strengthens your legs and glutes.

3. **Toe Raise, Arm Swing:** Stand with your feet shoulder-width apart. Raise your left leg and touch your left hand to your left toe while swinging your right arm back. Lower your leg and repeat on the other side. This exercise improves coordination and flexibility. This can be done alternatively also.



4. **Side Lunges:** Stand with your feet together. Step one foot out to the side and bend that knee, keeping your other leg straight. Push through your bent leg to return to the starting position. Repeat on the other side. This targets your inner thighs and hips.



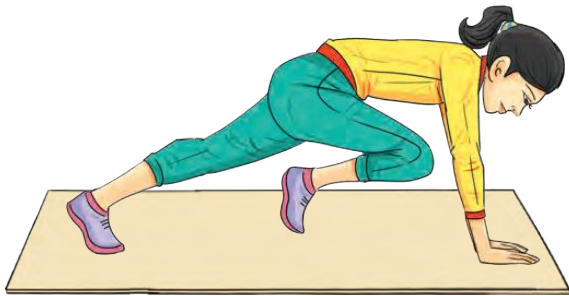
5. **Forward and Sideward Lunges with Side Rotation:** Perform a forward lunge by stepping one foot forward and lowering your body until both knees are bent at 90 degrees. Twist your torso towards the side of your front leg. Return to the starting position and perform a side lunge with the same side rotation. Repeat on the other side. This combines strength and flexibility.

6. **Jogging in Place:** Stand in one spot and start jogging, lifting your knees and swinging your arms as if you were running. This is a great way to get your heart rate up and warm-up your body.



7. **Butt Kicks:** Stand with your feet hip-width apart. Jog in place, kicking your heels up towards your buttocks. Swing your arms naturally as you jog. This exercise helps improve your cardiovascular fitness and stretches your quadriceps.

8. **Mountain Climbers:** Start in a push-up position with your hands directly under your shoulders. Quickly alternate bringing one knee towards your chest while keeping the other leg extended. Continue switching legs in a running motion. This exercise strengthens your core and increases your heart rate.



9. **Star Jump:** Stand with your feet together and arms by your sides. Jump up, spreading your legs out wide and raising your arms overhead to form a star shape. Land softly with your feet together and repeat. This exercise improves cardiovascular fitness and coordination.



10. **Both Leg Knee Hugs:** Lie on your back with your legs extended. Bring both knees towards your chest and wrap your arms around them, hugging them close to your body. Hold for a few breaths and then release. This stretches your lower back and relieves tension.



11. Child's Pose: Kneel on the floor and sit back on your heels.

Extend your arms forward and lower your chest towards the ground, resting your forehead on the floor. This pose gently stretches your back, hips, and shoulders.



12. Mountain Pose: Start on your hands and knees.

Lift your hips up and back, straightening your legs and arms to form an inverted V-shape with your body. Keep your head between your arms and your heels reaching towards the ground.

This pose stretches your hamstrings, calves, and shoulders.



13. Cat-Camel Stretch: Start on your hands and knees with a flat back. Inhale, arch your back, and lift your head and tailbone towards the ceiling (Camel Pose). Exhale, round your back, and tuck your chin towards your chest (Cat Pose). Repeat, moving smoothly between the two poses. This stretch improves flexibility in your spine.



14. **Butterfly Stretch:** Sit on the floor with your feet together and your knees bent outwards to the sides. Hold your feet with your hands and gently press your knees towards the ground. This stretch targets your inner thighs and hips.



15. **Seated Forward Fold:** Sit on the floor with your legs extended straight in front of you. Reach forward with your hands towards your toes, keeping your back as straight as possible. Hold the position for a few seconds. This stretch improves flexibility in your hamstrings and lower back.



16. **Burpees:** Stand with your feet shoulder-width apart. Squat down and place your hands on the floor in front of you. Put your feet back into a push-up position, then quickly jump back toward your hands. Stand up and jump into the air with your arms overhead. This full-body exercise builds strength and endurance.

