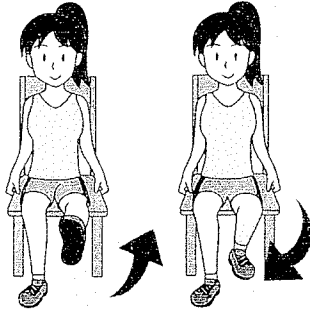


KANTAN TAISO 4

Backache prevention & Shoulder exercises, Locomotion training

Leg movements

(10 times each leg)

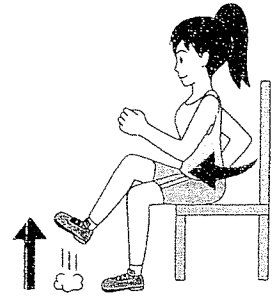
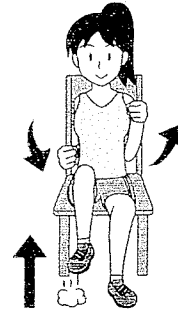
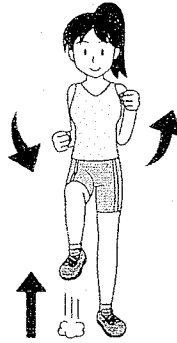


Move back and forth rhythmically from knee

Step on the spot

☆ OR on a chair

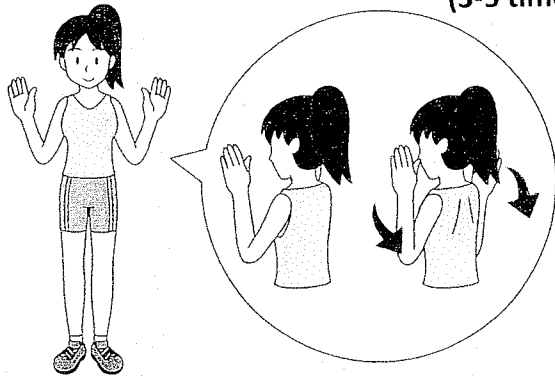
(10-20 times per leg)



Step while swinging your arms

Shoulder blades exercise

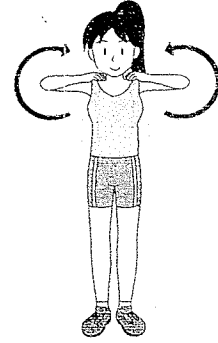
(3-5 times)



Try to gather your shoulder blades closer and hold for 3 to 5 seconds

Elbow rotation

(3-5 times each direction, forward & backwards)



Put your hands on your shoulders

Move the shoulders by turning elbows in a circle

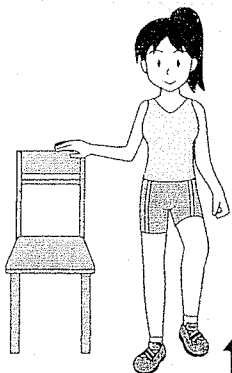
One-leg standing Squat

(1 minute on each foot, 3 times a day)

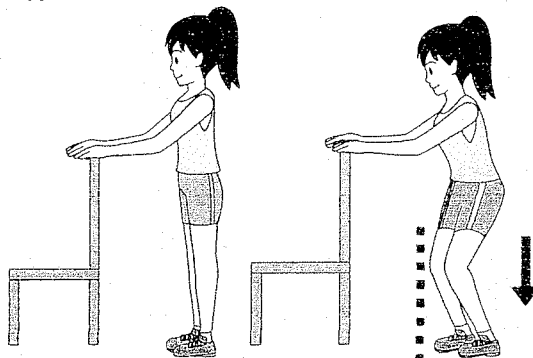
(one set of 3-10 times, 3 sets a day)

☆ While sitting

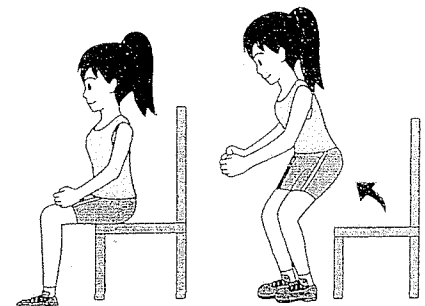
(5-10 times 2 sets a day)



Raise one leg so that it doesn't touch the floor, keep your back straight and hold for 1 minute



Squat with your heels shoulder-width apart. Try NOT have your knees go over the tips of the toes



Open your legs to shoulder width, lift your hips from the chair in 5 seconds, and sit down in 5 seconds