



Exercise 3

Starting position : Lying on the back with legs stretched out straight.

Method : Without lifting the left leg from the floor, move the right leg outwards to the side. Revert to starting position and repeat the exercise with



Exercise 4

Starting position : Lying on the back, with legs stretched out at a slight distance from each other.

Method : Move both legs simultaneously, first outwards and then inwards.



Exercise 5

Starting position : Lying on the back with knees drawn up, feet resting on the floor.

Method : Keeping the arms on the floor, raise the buttocks to the maximum possible level.



Exercise 6

Starting position : Lying on the back, knees bent, legs drawn up.
Method : Lower one knee sideways, trying to touch the floor. Revert to starting position. Repeat the movement with the other knee.

Exercise 7

Starting position : Lying on the back, legs stretched out straight.
Method : Sit up and try and touch your toes with your hands.



Exercises B: Lying on the side

Exercise 1

Starting position : Lying on the side, lower arm tucked under the neck, lower knee bent, the upper leg stretched out, with toes touching the floor.

Method : Raise the upper leg straight to the highest possible level.





Exercise 2

Starting position : Lying on the side, lower arm tucked under the neck, the lower leg bent double, the upper leg stretched out with toes touching the floor.

Method : Raise the upper leg, bend the knee upwards towards the chest and then stretch the leg out backwards. Revert to starting position.



Exercise 3

Starting position : Lying on the side, lower arm tucked under the neck, the lower leg stretched out straight, upper leg bent double on the floor.

Method : Bring the lower leg, knee bent, towards the chest and then stretch it out backwards.

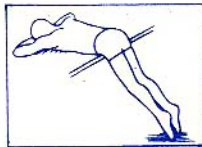


Exercise 4

Starting position : Lying on the side, the lower arm tucked under the neck, lower leg bent double, and the upper leg stretched out in front.

Method : Raise the upper leg upwards vertically and lower it to the floor behind the body. Repeat the movement in the inverse direction.

Exercise C: Lying face downwards on a bed, legs on the floor



Exercise 1

Starting position : Lying face downwards, upper part of the body on table or bed, legs stretched out, feet touching the floor.

Method : Raise the legs alternately at a horizontal level with the body.

HIP

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Objectives : To mobilise the hip, to strengthen the muscle and particularly the muscles of the buttocks, to stretch the loin iliac muscle and the adductor muscles.

How to do it : Preferably on a hard surface.

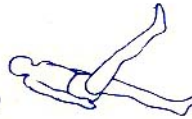
Exercises A: Lying on the back



Exercise 1

Starting position : Lying on the back with legs stretched out straight.

Method : Without lifting the left leg from the floor, bend the right leg and bring it over the chest. Return to starting position and repeat the same movement with the left leg.



Exercise 2

Starting position : Lying on the back with legs stretched out straight.

Method : Without lifting the left leg from the floor, bend the right leg bringing it over the chest, then take it upwards vertically, lower it slowly to starting position. Repeat the exercise with the other leg.
