

A

1. SP: lie on your back, your left arm is stretched upward, placed on the floor, your right arm is alongside. When breathing out (BO), flatten the low back on the floor and stretch your left arm as far as you can, your right arm is stretched towards the lower leg, When breathing in (BI), relax and alternate your arms. Mistakes: Backward lean of the head, holding breath, sagging in the low back. Repeat 6 times on each side.

2. SP: lie on your chest, arms stretched alongside your body, palms facing the floor, BO: stretch your arm as if to reach your knees BI: relax Mistakes: backward lean of the head, sagging in the low back Repeat 6-8 times.

B

SP: lie on your back with your knees bent, feet on the floor, arms are placed alongside the body, the palms are turned upwards. BO: flatten your low back on the floor, stretch your arms towards your lower legs, BI: relax Mistakes: backward lean of the head, sagging in the low back, lifting shoulders Repeat 8 times.

SP: lie on your chest, stretch your arms sideways, flex them at the elbows, hands upwards, the arms are held 5cm above the floor BO: pull the elbows towards your body, BI: relax Mistakes: backward lean of the head and trunk, holding the breath Repeat 6-8 times.

C

SP: lie on your back, stretch your arms upwards, the arms are flat on the floor, BO: stretch your arms as far as you can, BI: return Mistakes: backward lean of the head, sagging in the low back Repeat 8 times.

SP: lie on your back, bend your arms and stretch them sideways, lift them about 5 cm. off the mat. BO: pull the elbows towards your body and lift the trunk off the floor. BI: relax Mistakes: excessive low back sagging Repeat 6 times.

3.SP: Lie on your left side with knees bent, raise the left arm stretched upward, the right arm is flexed, hand placed in front of the body, abdominals are tightened.
BO: stretch the right arm as far as you can
BI: relax, repeat the same on the other side
Mistakes: hip joint flexion, sagging in the low back.
Repeat 8 times.

SP: Lie on your left side, with knees bent, raise the LA above your head. The RL is bent to 90 degrees (angle hip-knee) Breath out- rotate the right leg up and while doing this, contract the gluteal muscles and move the pelvis forward. Breath in-relax and repeat the same on the other side.
Mistakes: the joints don't form a right angle, head bending backward.
Repeat 6 times.

SP: lie on your left side, bend your knees, raise your LA. Place the RH behind the right instep, the thigh should go in a parallel way with the mat. BO-contract the muscles of the buttocks move the pelvis forward, don't pull the foot toward the buttocks with your hand.
Mistakes: the thigh and the trunk don't form the straight line, sagging, holding the breath. Repeat 6 times

4. SP: Lie on your back, the left knee is bent, foot on the floor, the right leg is straight, grasp the right lower leg,
BO: pull the right leg towards the chest by 1-2 cm,
BI: relax and repeat it on the other side.
Mistakes: the knee is bent, the head leans backward, the low back is sagged.
Repeat 6 times with both legs alternately

SP: Lie on your back, knees are straight, legs raised with feet pointing upwards, arms are alongside the body,
BO: tilt the toes towards the shins,
BI: relax
Mistakes: incorrect angulation at the hip joint, the pelvis is lifted off the floor, head leans backwards, knees are bent.
Repeat 6 times

SP: Lie on you back, legs are raised and apart, the hands are placed on the inner side of the knees,
BO: enhance the spread by pressing the hands against the knees,
BI: relax.
Mistakes: head leans backward, incorrect angulation at the hip joint, knees are bent.
Repeat 8 times

5. SP: take the sitting position, with your legs crossed, knees bent, put your hands behind your ankles,
BO: pull your abdominals in and push your low back backward, hands hold the ankles firmly as if to warp with the upper body,
BI: relax.
Mistakes: holding breath, releasing the hands, head leans backward.
Repeat 6 times.

SP: take the long-sitting position, feet together, bend forward to hold your ankles with your hands,
BO: slightly flex your arms at the elbows, the trunk approaches your legs app. by 1 cm, feel the pull in the low back and the posterior part of your thighs,
BI: relax.
Mistakes: head leaning backwards, swinging, knees bent.
Repeat 6 times

SP: take the long-sitting position, feet together, bend forward to reach your toes with your hands,
BO: the trunk approaches your legs app. by 1 cm, feel the pull in the low back and the posterior part of your thighs,
BI: relax.
Mistakes: head leaning backwards, knees bent
Repeat 6 times.

6. SP: take the straddle seat, bend forward and lean slightly to your left leg, raise your right arm, the left elbow supported on your lower leg,
BO: enhance the forward lean, your right arm reaches as far as you can,
BI: relax and do the same on the other side.
Mistakes: head tilted backwards, swinging, knees are bent.
Repeat 6 times

SP: take the straddle seat with your right knee bent, lean forward, stretch your arms forward, hands slide on the floor until you feel the pull on the inner side of your leg,
BO: slightly flex your arms, your hands remain in the same place,
BI: relax.
Mistakes: bent knee of the leg that should be straight, swinging movements.
Repeat 6 times

SP: take the straddle seat, bend forward, stretch your arms forward, hands on the floor at the lower leg level,
BO: slightly flex your arms, your hands remain in the same place,
BI: relax.
Mistakes: knees are bent, hands do not remain in the same place.
Repeat 6 times

7. SP: cross-legged sitting position, flexed arms are stretched sideways,
BO: push the shoulder blades towards each other and the low back,
BI: relax.
Mistakes: active arms, swinging, forward lean of the head.
Repeat 8-10 times, gradually repeat more times

SP: cross-legged sitting position, arms are stretched upward,
BO: flex your arms and pull them towards your thighs
BI: bring your arms upwards again.
Mistakes: backward lean of the head and trunk, holding the breath.
Repeat 8 times

SP: cross-legged sitting position, arms are sideways, flexed, the hand are placed on the shoulders,
BO: push the elbows backwards and down with a slight circling movement with your elbows,
BI: relax.
Mistakes: lifting shoulders, forward lean of the head, holding the breath
Repeat 8 times

8. SP: Sitting position with knees bent, arms are stretched forward,
BO: tilt your pelvis backward and move slightly backward,
BI: return.
Mistakes: sagging in the low back, holding the breath.
Repeat 6-8 times

SP: Lie on your back, knees are bend, legs lifted off the floor, knees are pushed towards the chest, low back is flattened on the floor, circle with your knees over your chest (close to the chin).
Mistakes: sagging in the low back, backward lean of the head, irregular breathing

SP: Sitting position with the knees bent, arms are stretched forward,
BO: gradually shift to the back-lying position (with only low back touching the floor),
BI: in the position reached,
BO: between the legs when returning back to the starting position
Mistakes: sagging in the low back, backward lean of the head, irregular breathing

9. SP: Begin in the kneeling position, knees slightly apart, hands placed on the groins,
BO: tighten your buttocks and tilt the pelvis
BI: relax
Mistakes: sagging in the low back, backward lean of the head.
Repeat 8-10 times

SP: take the kneeling, front-support position, your right leg is stretched sideways,
BO: tighten your buttocks and tilt the pelvis
BI: relax and repeat the same on the other side.
Mistakes: pelvis is not tilted, head is in backward lean.
Repeat 8 times

SP: Lower into a squat, with your right leg backwards
BO: tighten your buttocks, tilt the pelvis and press towards the floor,
BI: relax and repeat the same on the other side.
Mistakes: sagging in the low back.
Repeat 6 times

10. SP: begin on you hands and knees, stretch your left arm forward and right leg backward, try to reach as far as you can and make slight circling movements, breathe regularly, repeat the same on the other side.
Mistakes: sagging in the low back, the trunk assists with the movement, the circles are too big, holding the breath.
Repeat 12 times.

SP: begin on you hands and knees,
BO: tilt your pelvis,
BI: relax.
Mistakes: the thighs assist with the movements, insufficient pelvic tilt, head tilted backward.
Repeat 8 times.

SP: begin on your hands and knees, the head at the shoulder height,
BO: gradually curl your spine up beginning with your buttocks,
BI: in the position,
BO: go gradually back.
Mistakes: head leans backward, holding the breath.
Repeat 6 times.

11. SP: Sit on a big ball, legs apart, arms relaxed alongside the body, feet on the floor. Circle with your pelvis alternately to the right and to the left. Breathe regularly.
Mistakes: the axis of the thigh, lower leg and foot is not in the same plane
Repeat 8 times on each side

SP: Sit on a big ball, legs apart, arms stretched forward at the chest level.
BO: tilt the pelvis forward, move forward,
BI: tilt the pelvis backward, move backward.
Mistakes: irregular breathing, incorrect position of legs
Repeat 8 times

SP: take the long sitting position in front of the ball supported against the wall, stretch your arms sideways flexed at elbows.
BO: develop slight backward lean against the resistance of the ball,
BI: relax.
Mistakes: excessive backward lean of the head, sagging in the low back
Repeat 6 times

12. SP: lie on your back, knees are bent, arms are flexed and stretched sideways,
BO: flatten your low back on the floor, breathe freely.
Mistakes: the whole back is not in contact with the floor, irregular breathing, exhaling with the mouth.
Repeat 10 times, go slowly, hold on

SP: Lie on your back, feet together, hand placed on the lower ribs, low-chest breathing, attention paid to the rib movements.
Mistakes: Sagging in the low back, irregular breathing, exhaling with the mouth
Repeat 8 times

SP: Lie on your back, feet together, hand placed on the lower ribs, upper-chest breathing, attention paid to the lifting of the upper part of the chest.
Mistakes: sagging in the low back, not exhaling with the nose.
Repeat 8 times

SP- starting position
BO - breath out
BI - breath in