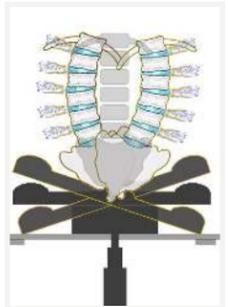
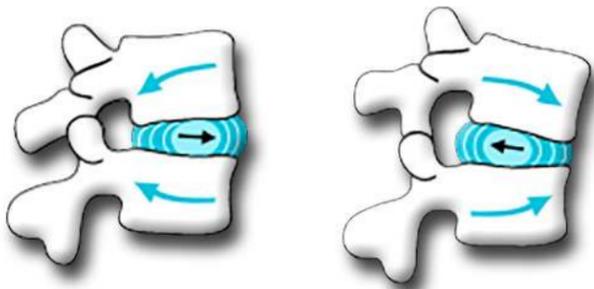


# Wobble Chair Warm Up Exercises

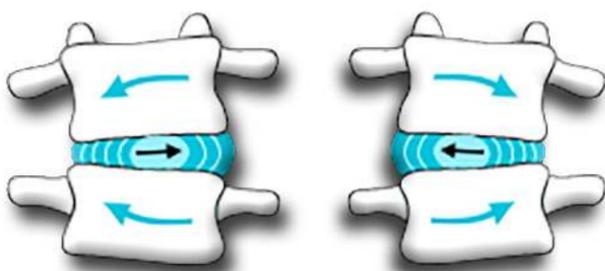


## Warm-Up #1



1. Sit on chair, hands on thighs or hold onto chair arms.
2. Inhale while forcing stomach out and looking up at ceiling (*curving low back*).
3. Hold for count of five.
4. Exhale forcefully, relax, bend forward toward knees looking at floor (*arching low back*).
5. Hold for count of five.
6. 10 Repetitions. Start with five, work up to 10 within 3 days.

## Warm-Up #2



1. Sit on chair, posture erect, stomach out, chin up with both hands above head (*inside of arms touching ears, if possible*).
2. Bend from waist, as far RIGHT as possible.
3. Without stopping, bend from waist, as far LEFT as possible.
4. Keep movements fluid as a willow in the breeze.
5. 10 Repetitions. Start with five, work up to 10 within 3 days.