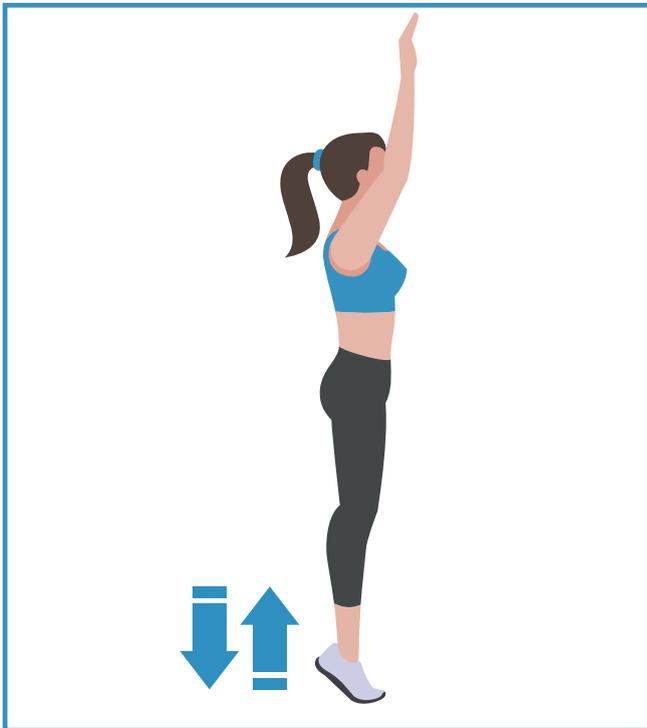
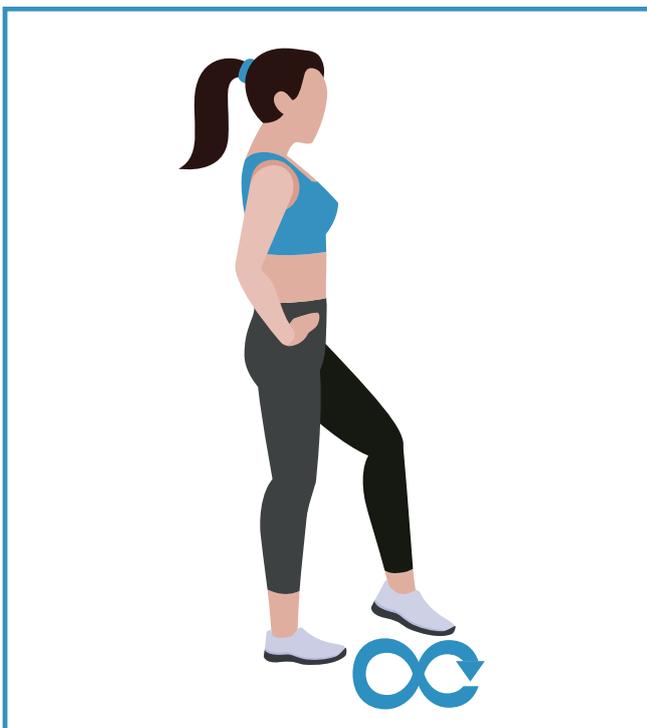


Exercises in a standing position

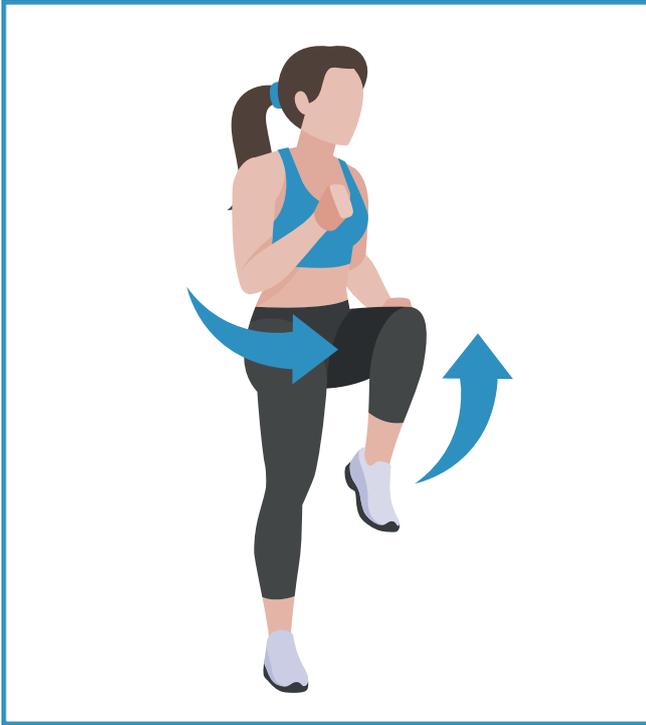


Stand on your tiptoes. Roll your foot down slowly until your heels touch the ground and then go back onto your tiptoes. Lift one leg off the ground and move it around in a figure-of-eight motion. Then do the same with the other leg.

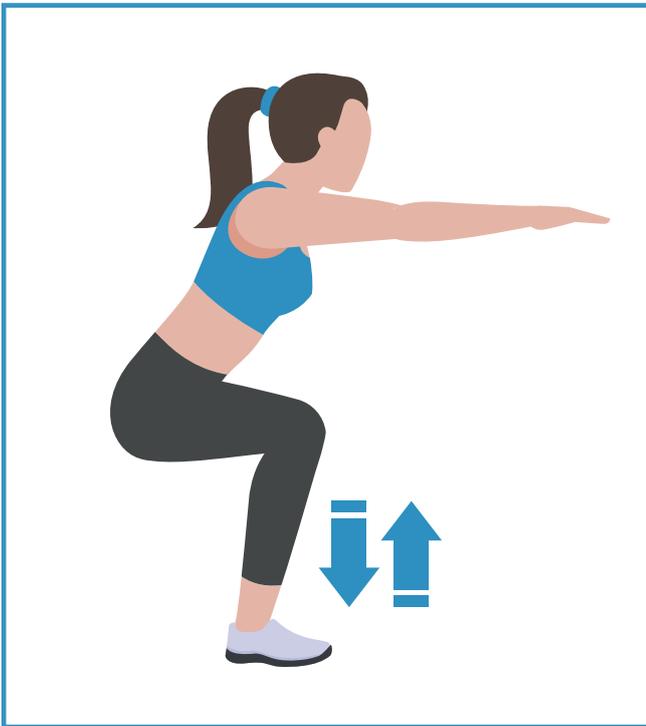


Lift one leg off the ground and move it around in a figure-of-eight motion. Then do the same with the other leg.

Exercises in a standing position

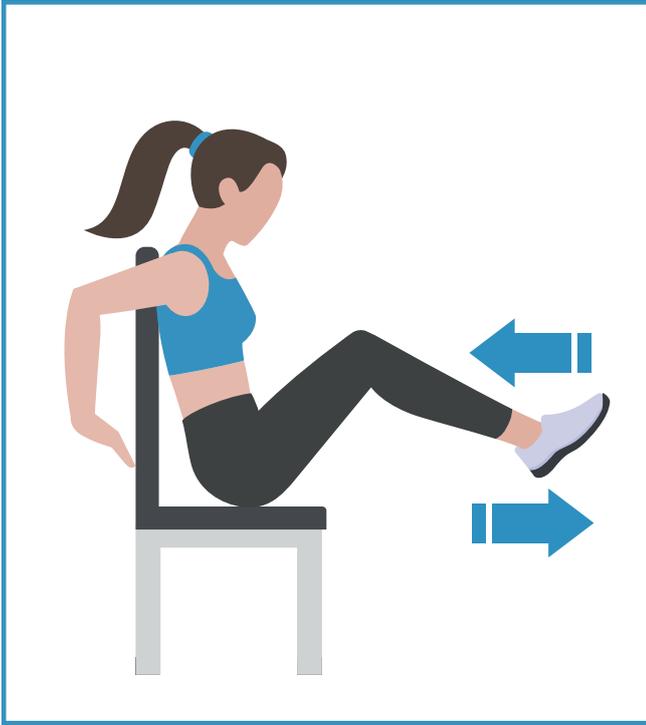


March on the spot and let your arms swing loosely by your side. Bring your knee up as much as you can, up to about waist height.

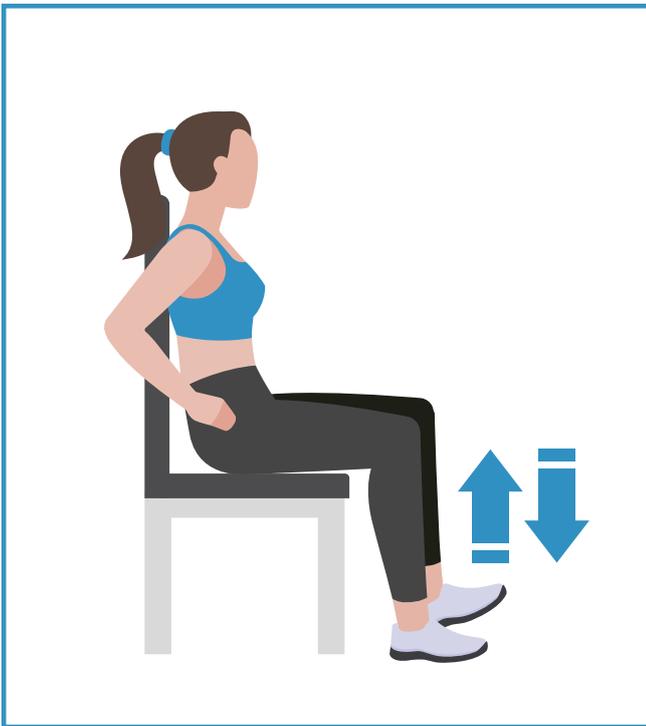


Stand up straight and stretch out your arms in front of you. Now slowly do some deep squats. Make sure that your knees stay behind your toes.

Exercises in a seated position

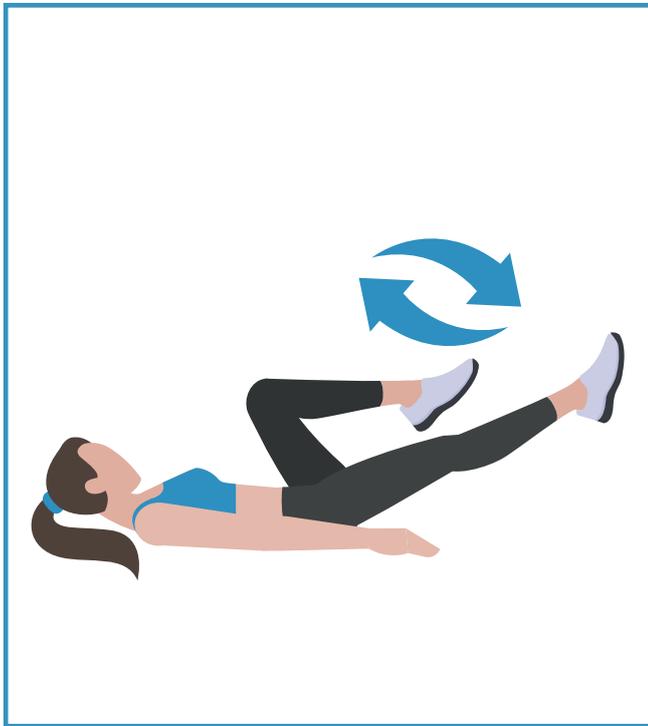


Get a chair and sit down. Put your arms over the back of the chair and lift your legs up. Now pull your legs up towards your upper body and stretch them out again.

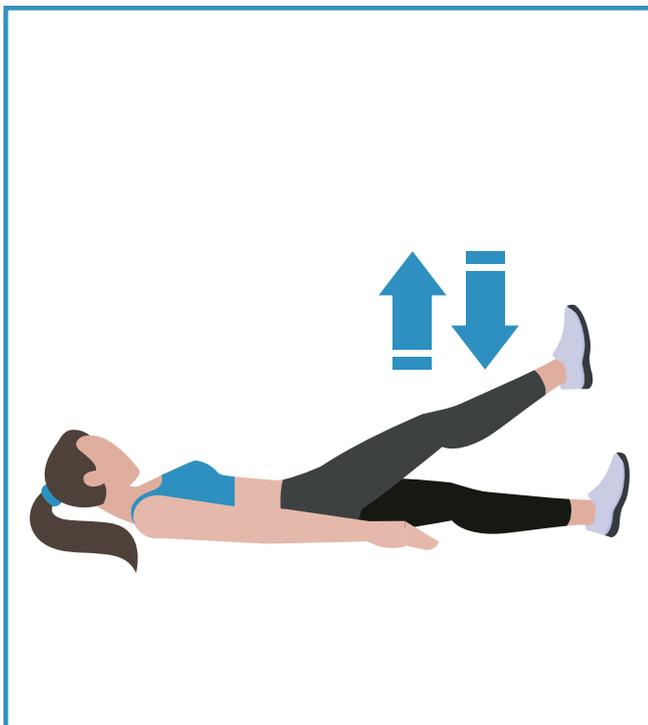


Sit on a chair. Point and flex your feet. Make sure that you bend and stretch your ankle and roll it evenly.

Exercises in a lying position

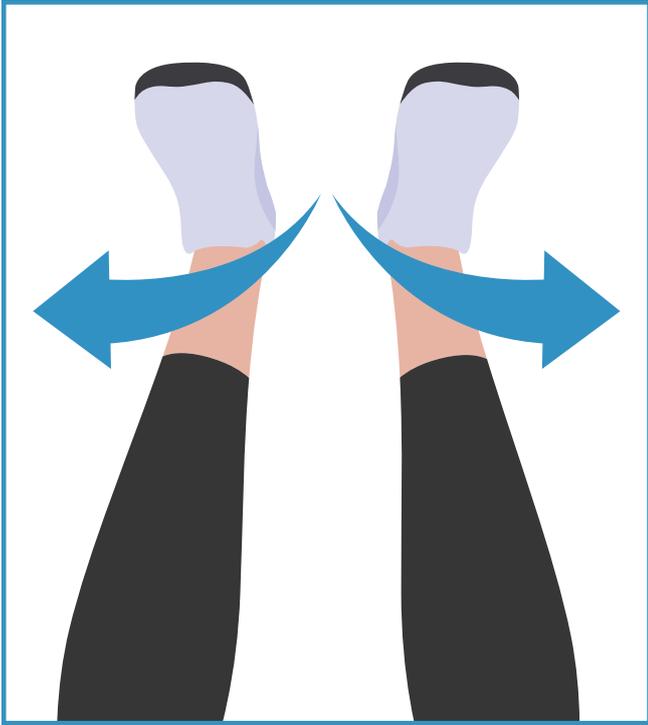


Lie on your back and stretch your legs up in the air. Do a cycling movement in small motions. Repeat this exercise going backwards too.

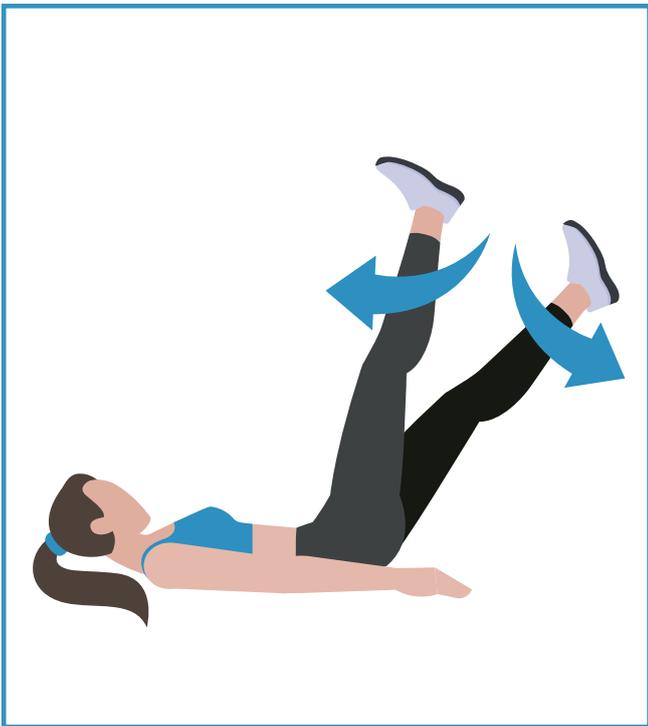


Lie on your back. Raise and lower your legs one at a time, making sure they remain stretched out the whole time.

Exercises in a lying position



Lie on your back. Slightly raise both your stretched legs and move your feet in opposite directions in a circular motion.



Lie on your back and stretch out your legs in the air as vertically as possible. Make sure that your buttocks are slightly raised off the ground. Now do a scissor movement with your legs.