

Walking Warm up Exercises

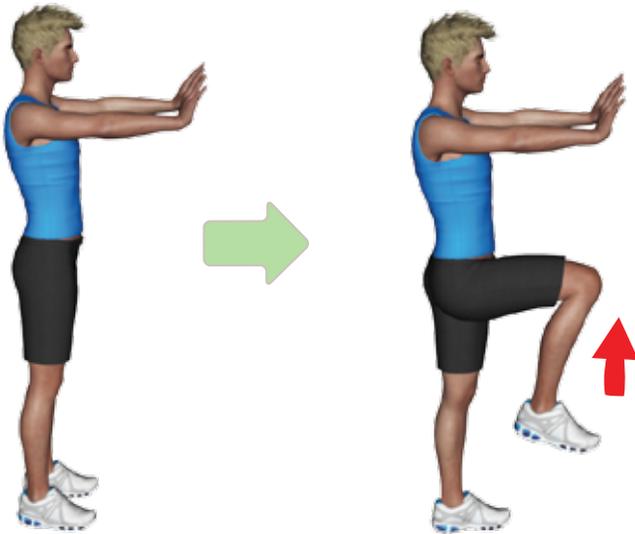
Your goal should be to complete all exercises in good form. Don't worry about how many you can perform; quality is more important than quantity. Perform these exercises daily and aim to improve over your last workout. The exercises are meant to be performed in succession.

✓ Remember that you should only do those exercises that have been prescribed for you by your chiropractor. Make sure that you breathe throughout the exercises and do not hold your breath. If these exercises cause pain or discomfort, please discontinue and consult your chiropractor.

1. Single Knee-up

A Begin with your feet shoulder width apart. Keep your buttocks and abdominals firm. Place your hands on a wall for support.

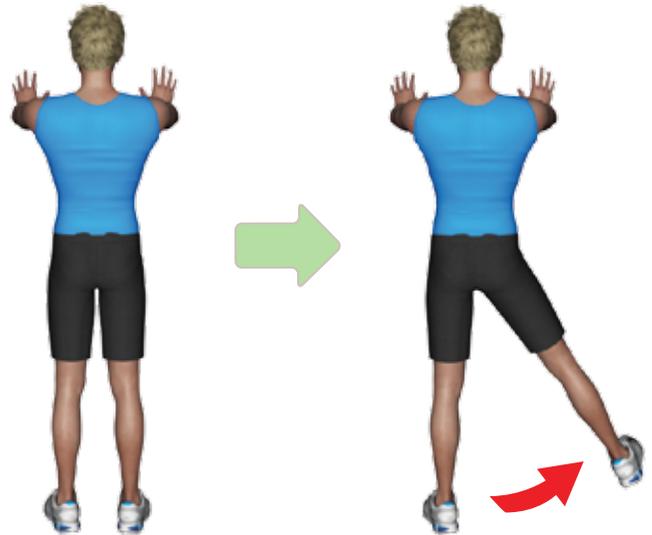
B Raise one knee until bent at 90 degrees, hold for a count of one and lower. Repeat with the other leg and alternate until you reach 30 total repetitions.



2. Side Raise

A Begin with your feet shoulder width apart. Keep your buttocks and abdominals firm. Place your hands on a wall for support.

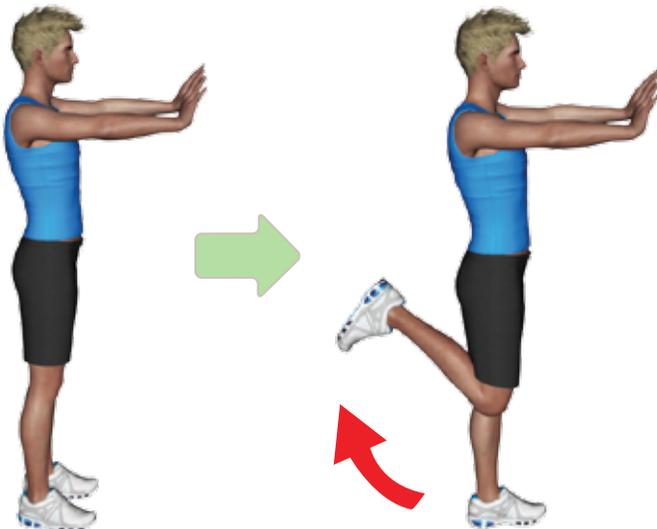
B Raise your leg sideways by bending at your hip. Return to the starting position and repeat with your other leg and alternate until you reach 30 repetitions.



3. Kick Back

A Begin with your feet shoulder width apart. Keep your buttocks and abdominals firm. Place your hands on a wall for support.

B Bend your knee and kick your heel backward towards your buttocks. Repeat with your other leg and alternate until you reach 30 repetitions.



4. Soccer Kick

A Begin with your feet shoulder width apart. Keep your buttocks and abdominals firm. Place your hands on a wall for support.

B Pretend that you are kicking a soccer ball with the inside of your foot. Your kicking foot should cross over the opposite leg. Alternate legs and repeat until you reach 30 repetitions.

