



## FOR YOUR TRAPEZIUS MUSCLES

Sit with your back quite straight, feet flat on the floor, parallel and slightly apart.

Very gently bring your right ear down to your right shoulder. Then bring your chin towards your chest. Do the same thing on the left side, taking your time to avoiding doing more harm than good.

## FOR YOUR BACK

Sit up with your back quite straight, place your hands on the steering wheel and your feet flat on the floor, parallel and slightly apart.

As you raise your legs towards your thorax, lean your torso forward slightly.

*Repeat 10 times*

Then put your feet back on the floor and breathe deeply for about a minute. Start again and do another three series.

## FOR YOUR NECK

Sit with your back quite straight, feet flat on the floor, parallel and slightly apart.

Look straight ahead. Slowly tilt your head to the left. Using your left hand for resistance, use your neck muscles to press against it. Hold the position for five seconds, then return to your initial position. Slowly tilt your head to the other side. Hold for five seconds. Return to your initial position.

*Repeat 10 times*

## FOR YOUR ABS

Contract your abdominal muscles in time with your favorite song.

Raise your legs and your buttocks from the seat for about 10 seconds, bearing your weight on your hands.



## TO RELAX

Place a hand on your stomach. Breathe slowly and deeply through your nose and feel your stomach swell. Breathe out through your mouth or your nose, without pushing with your stomach. For deeper relaxation, breathe out for longer than you breathe in.

*Repeat 10 times*

