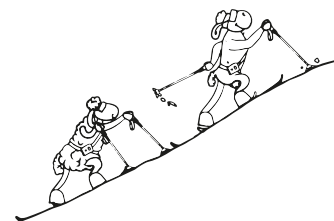





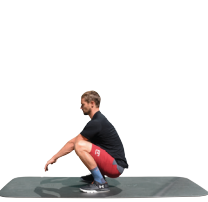











# ORTOVOX NAKED SHEEP EXERCISES

## TRAINING SESSION 5



### STAY FLEXIBLE

NO.	EXERCISE	DESCRIPTION	PICTURE 1	PICTURE 2	PICTURE 3
1	<b>HIP CIRCLES</b> Hip flexibility	Standing straight, lift your knee, open your hip outward, bend your knee through 90° and push it backwards; rotate forward and backward.			
2	<b>DEEP SQUATS</b> Lower limb flexibility	Standing straight with your feet shoulder width apart, squat down as far as possible and hold the position for a few seconds.			
3	<b>PIKE STRETCH</b> Combined exercise Flexibility	Lower thigh should be positioned forward at 90°; open up your upper body backward and rotate; your pelvis should remain stable and as close to the floor as possible.			
4	<b>90/90 BEND OVER</b> Hip flexibility	In a sitting position, move your upper body forward; your navel should move towards your knee, and your back must remain straight.			
5	<b>90/90 ROTATION</b> Hip and spinal cord flexibility	In a straight sitting position, rotate your upper body left and right; you should focus on rotating toward your back leg.			
6	<b>90/90 TRANSITION</b> Combined exercise Flexibility	Alternate left to right in an upright 90/90 sitting position, keeping your upper body as straight as possible.	