

Sequence

1. Right Hand and Forearm

Make a fist with your right hand

2. Right Upper Arm

Raise your right arm and 'flex' your biceps

3. Left Hand and Forearm

Make a fist with your left hand

4. Left Upper Arm

Raise your left arm and 'flex' your biceps

5. Forehead

Raise your eyebrows as high as they will go

6. Eyes and Cheeks

Squeeze your eyes shut tightly

7. Mouth and Jaw

Open your mouth as wide as it will go

8. Neck

Slowly* raise your head to look up to the ceiling

**It is important to do this slowly to avoid injury*

9. Shoulders

Bring your shoulders up towards your ears, being sure to tense them as you do

10. Upper Back

Bring your shoulder-blades together, sticking out your chest

11. Chest and Stomach

Breathe in deeply, filling your lungs and puffing out your chest

12. Hips and Buttocks

Squeeze your buttocks together

13. Right Upper Leg

Tighten your right thigh

14. Right Lower Leg

Stretch your toes towards you*

**Do this slowly to avoid cramp*

15. Right Foot

Curl your toes downwards

16. Left Upper Leg

Tighten your left thigh

17. Left Lower Leg

Stretch your toes towards you*

**Do this slowly to avoid cramp*

18. Left Foot

Curl your toes downwards