

Senior 1 and Senior 2 – Physical Education/Health Education: Exercise Do's and Don'ts

Neck

DO: Neck Lateral Flexion

Perform forward and lateral neck flexion and frontal half-rotations.



DON'T DO: Neck Hyperextension



DO: Partial Curl-Up



DON'T DO: Head Throw in a Crunch

Avoid straight leg sit-ups and placing hands behind neck area.



DO: Cat and Camel

(Strengthens back and abdominal muscles.)

On hands and knees with head parallel to floor, arch the back and then let it slowly sag toward floor. Try to keep arms straight.



DON'T DO: The Plow



Chest / Shoulders

DO: Anterior Chest/Shoulder Stretch

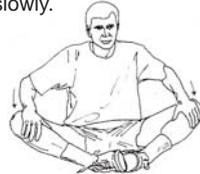
Clasp hands together behind trunk with elbows extended. Slowly raise arms upward.



Groin

DO: Groin Stretch

From a tailor-sitting position, with soles of feet together, place hands on inside of knees and push downward slowly.



Low Back / Hamstrings

DO: Seated Hip/Trunk Flexion



DON'T DO: Unsupported Hip/Trunk Flexion



DO: Hamstring Stretch—Knee to Chest



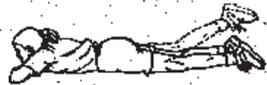
DON'T DO: Hamstring Stretch—Leg on Bar



Low Back

DO: Single Leg Extension

(Strengthens hip and buttock muscles and stretches abdominal and leg muscles.)



Lie on stomach with arms folded under the chin. Slowly lift one leg—not too high—without bending it, while keeping pelvis flat on floor. Slowly lower the leg and repeat with the other leg.

DO: Trunk Extension



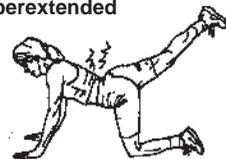
DON'T DO: Swan Lift



DO: Leg Lift with Trunk and Leg in Straight Line



DON'T DO: Leg Lift with Trunk Hyperextended



Posterior Lower Legs (Calves)

DO: Posterior Lower Leg Stretch

Assume front-leaning position against wall with one foot ahead of the other. Flex hip, knee, and ankle to lower the body closer to ground, keeping feet flat on floor.



Standing with balls of feet on stairs, curb, or wood block, lower heels to floor.



Quadriceps / Hip Flexors / Glutei Maximi

DO: Quadriceps/Hip Flexor Stretch



DON'T DO: Hurdler's Stretch



DO: Half Squat



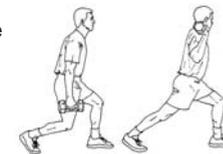
DON'T DO: Full Squat and Deep Knee Bend

Avoid knee flexing past 90° angle.



DO: Lunge

(With knee in line with supporting heel.)



DON'T DO: Lunge

(With knee forward on supporting foot.)

