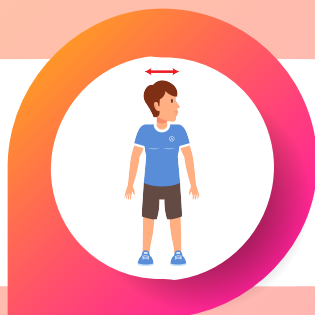


熱身運動 Warm Up Exercise

頸部左右轉動

左5秒, 右5秒, 重複一次, 共20秒



Head Turn /Look Around

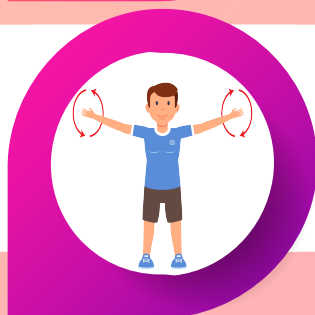
Turn head left for 5 seconds, then turn right for 5 seconds. Repeat one more time.

時間 Time
(秒 seconds)

20

雙手畫圈

雙手向前轉, 雙手向後轉



Arm Circles

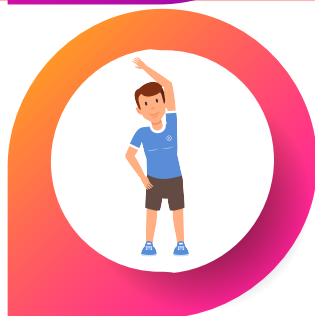
Rotate your arm clockwise for 10 seconds. Rotate your arm anti-clockwise for 10 seconds.

時間 Time
(秒 seconds)

20

側面伸展

右手向左側伸展 10秒
左手向右側伸展 10秒



Side Stretch

Place one hand on your hip and reach up and over your head with your other arm, bending sideways to the side where your arm is reaching. Then switch sides.

時間 Time
(秒 seconds)

20

漸進碰腳尖

雙腳併攏腳趾向前。
在膝蓋不彎曲下, 向下彎腰
讓指尖碰到腳趾頭。
維持30秒。



Toe Touches

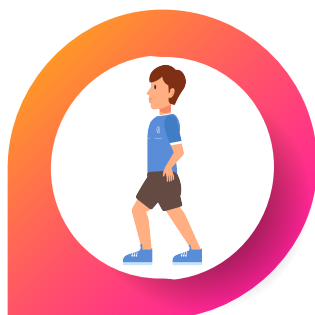
Stand with your feet together. While keeping your legs straight, bend forward from your hips and reach for your toes with both hands (or as far as you can). Hold this position for 30 seconds

時間 Time
(秒 seconds)

30

箭步/小腿伸展

前弓後箭步, 後腳膝關節伸
直並腳踭觸地, 前腳彎曲向
前, 直到後腳小腿肌肉有輕
微拉扯, 維持15秒,
換邊再做15秒



Lunge Pose/Calf Stretch

Step one foot back into a mini lunge, bending your front leg and keeping your back leg straight. Keep the sole of feet on the ground and toes keep forward. Repeat on the other side.

時間 Time
(秒 seconds)

30

總共 Total

120

緩和運動 Cool Down Exercise

三頭肌伸展

將右手臂伸向天花板，然後彎曲手肘並伸向上背部，嘗試將右手掌放在背部中央（如果你的手掌無法放到背部中央，不用勉強，可改為放在頭部後方），中指放在脊椎上。左手掌放在右手肘上方，並輕輕將右手臂向下推，同時手肘稍微向後滑動。保持15秒。完成後換左臂，重複動作15秒。



Triceps Stretch

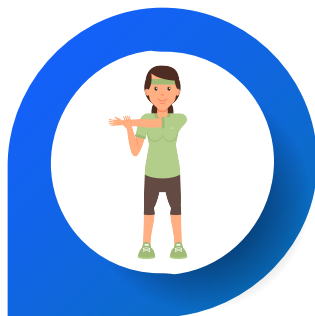
Reach your right arm toward the ceiling, then bend at elbow and reach for your upper back. Try to place your right hand toward the middle of your back, middle finger on your spine. Place your left hand on top of right elbow and gently push right arm down so your hand slides down your back a bit. Hold for 15 seconds, then repeat on the other side for another 15 seconds.

時間 Time
(秒 seconds)

30

肩部拉伸

伸直右臂，將右臂伸過身體。將左臂彎曲，將左臂鉤在右手手肘向身體方向靠近，從而伸展肩膊。保持15秒，然後換左臂，重複動作15秒。



Shoulders Stretch

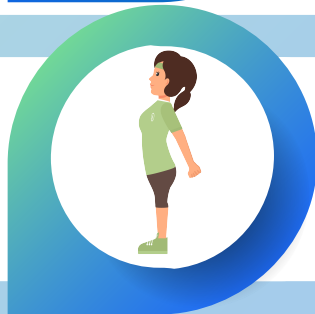
Stretch the right arm out straight. Bring the right arm across the body. Bend the left arm at the elbow. Hook the elbow of right arm by left forearm toward your body that stretch posterior deltoid and shoulder. Hold for 15 seconds, then repeat the stretch on the other side for another 15 seconds.

時間 Time
(秒 seconds)

30

胸部伸展

將雙手放在後面並扣在一起伸直手臂，輕輕抬起手，直到感到胸口正在拉展。維持15秒。



Chest Stretch

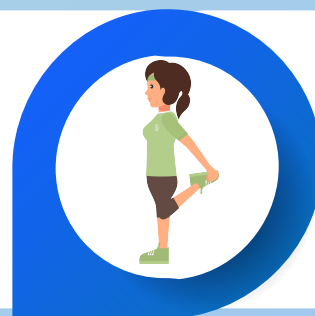
Put your arms behind you and, if you can, interlace your fingers together. Straighten the arms and gently lift your hands up until you feel a stretch in your chest. Hold for 15 seconds.

時間 Time
(秒 seconds)

15

股四頭肌伸展

進行單腳站立前，握住枱面或牆邊幫助平衡。用一隻手抓住左腳踝，彎曲膝蓋。膝蓋盡可能向後彎曲。保持姿勢15秒。完成後換另一邊，重複動作15秒。



Quadricep Stretch

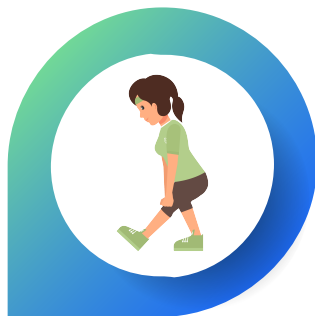
Before doing single leg stand, hold onto a countertop to keep balance. Bend your knee back by grasping your ankle with one hand. Assist in bending your knee back as possible as you can. Maintain position for 15 seconds. Repeat on the other side for another 15 seconds.

時間 Time
(秒 seconds)

30

後大腿伸展

將右腿放到身體前面，膝蓋伸直，腳跟向地壓下，腳尖指向天花板。稍微彎曲左膝蓋，保持身體平衡。身體向前傾，將雙手重疊放在右腿上。保持拉伸15秒。完成後換另一邊，重複動作15秒。



Hamstring Stretch

Place the right leg in front of the body with the knee fully extended, the heel place on the ground and the toe pointing up to the ceiling. Slightly bend the left knee to ensure balance. Gently lean forward and place the hands on the right leg while holding straight. Hold the stretch for 15 seconds. Repeat on the other side for another 15 seconds.

時間 Time
(秒 seconds)

30

總共 Total
135