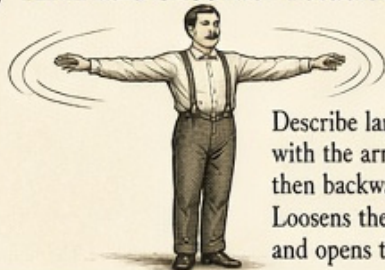


Room Gymnastics – Kneipp Method

To preserve health, strengthen the body and calm the mind.

Simple exercises to practice every day in your room.

① Arm and shoulder rotations



Describe large circles with the arms, forward then backward.
Loosens the shoulders and opens the chest.

② Deep knee bends (squats)



Bend the knees slowly descending, then rise.
Strengthens the legs and stimulates circulation.

③ Forward bends (touch the floor)



Bend forward keeping the knees slightly bent, touch your feet.
Softens the back and hamstrings.

④ Trunk rotations



Turn the torso to the right, then to the left, feet on the floor.
Mobilizes the spine and waist.

⑤ High knee lifts (in place)



Lift the knees high one after the other, like marching.
Stimulates the heart and lungs.

⑥ Side bends



Lean the trunk slowly to one side, then to the other, without forcing.
Stretches the sides and prevents stiffness.

⑦ Calf raises (on tiptoes)



Rise onto the tips of the toes, then lower slowly.
Strengthens the calves and ankles.

⑧ Light jumps or soft hops



Jump lightly in place, feet together, gently.
Awakens the body and improves agility.

⑨ Breathing exercises



Raise the arms while inhaling deeply through the nose, lower them while exhaling through the mouth.
Calms and oxygenates.

⑩ Single-leg balance



Stand on one leg, the other slightly bent. Alternate.
Develops balance, stability and concentration.

KNEIPP METHOD ADVICE



Practice on an empty stomach or one hour after meals.



Pure air, window slightly open.



Slow movements, regular breathing.



Progress gently and consistently.

Motto: "A healthy body in a strong soul, through simplicity and regularity."