

★ Basic instructions ★

If you don't know some words, search on internet or look it up in the dictionary.

Hands

- palms together Put your palms together in front of your chest.
- rub your hands
- raise your hands, hands up, reach your hands up
- shake your hands
- open and shut hands
- flip your hands
- press your palms
- clench your hands, clench fists, make a fist
- spread your fingers (palms)
- wiggle your fingers

Arms

- stretch your arms, extend your arms
- bend your arms
- put your arms parallel to the floor

Legs

- stretch your legs, extend your legs
- bend your legs
- split your legs
- cross your legs
- cross your right leg over the left
- sit with your legs stretched
- sit comfortably with your legs crossed
- engage both legs toward the midline

Feet

- put your feet apart
- put your feet out (sitting position)
- flex your feet
- turn your right foot inside
- point toes forward
- put the soles together, soles together
- catch your ankle, hold your ankles, grab your ankle
- tuck your toes under

Knees

- put your knees down
- hold your knees, hug your knees

Body

- bend forward from your hip
- hinge forward, lean forward
- bend backward
- lie on your stomach
- lie on your back
- twist to the right side
- go to sitting posture (position)
- go to standing posture (position)

Stomach

- contract your stomach (abdomen, abs)
- engage your stomach
- pull your stomach
- pull your belly button, draw your belly button
- strain the lower abdomen

Chest

- open your chest, expand your chest

Bottom

- contract your bottom
- shake your hips

Chin

- keep your chin in, chin in
- tilt your chin, chin down

Shoulders

- shrug your shoulders
- rotate your shoulders

Eyes

- open your eyes, close your eyes
- blink your eyes

Balance

- shift weight to your right leg
- keep balance, maintain balance
- find your core
- balance on your right leg

Space

- put your feet apart, have (make) some space between feet
- shoulder width apart
- hip width apart
- wide apart