

FITNESS FOR TWO



NECK EXERCISE

Fig. 1 & 2

- Rotate your neck to side, back and front.
 - To further stretch your neck muscles, open your mouth and tilt the head backwards. Then close your mouth.

Benefits

- Strengthens the neck and shoulder muscles.
- Relieves stiffness in your neck muscles.
- Helps get rid of double chin.

ADDUCTORS STRETCH

Fig. 3

- Sit cross-legged and bring the soles of your feet together in front of you.
 - Hold them with your hands and pull closer to yourself. (You will feel the stretch in your adductors or inner thigh muscles.)
 - Hold this stretch for a minute.

Benefits

- Helps relax and stabilize the pelvis.



COWS FACE POSE OR GOMUKHASANA

Fig. 9 & 10

- Move one hand back, with elbow bent overhead.
 - With the other hand press the bent elbow further down.
 - Hold this position for a minute. Repeat with the other hand.

Benefits

- Helps in relieving cervical pain, a common complaint during pregnancy.
- Stretches the arms and works on stiff cervical muscles.



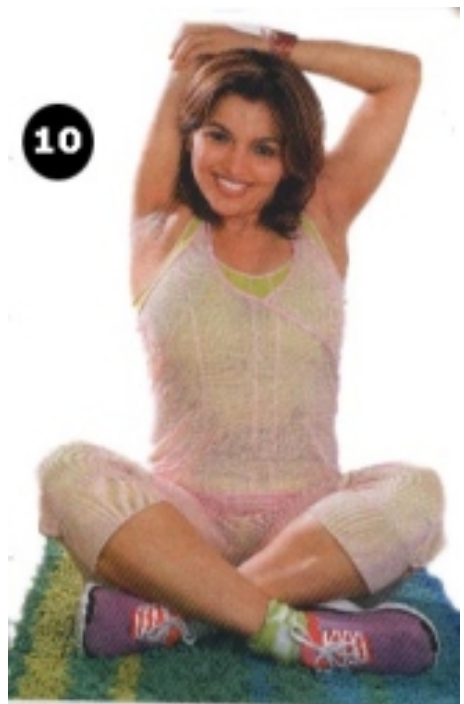
ANKLE ROTATION

Fig. 11

- Sit with one leg outstretched in front.
 - Place your other foot on the thigh of this leg.
 - Hold the ankle with your hands and start rotating them clockwise and then anti-clockwise. Repeat 10 times in each direction.
 - Do it with the other leg.

Benefits

- Gives relief to the ankles (when there is swelling in the feet).



AVOID

- All ballistic stretching
 - Cross body movements
 - Forward bending movements
 - Deep squats
 - Hyper extending any flex joints