

## Custodian Guardian Daily Exercises

Daily exercises a good health must, are part of the daily routine. They are completed every morning. Daily exercises increase: all round well being, blood circulation, brain activity, food digestion, mating urge, muscle toning, self esteem, stimulation of immune system. The 7 exercises are: Chest, Windmill, Door frame, Dumbbell, Kneeling, Hook, Swivel. All 7 exercises are for He, She and are repeated.

Start with 1 repeat, increase to a maximum of 21. Use common sense on how fast to reach maximum repeats. Persisting with daily repeats is beneficial. Exercising 21 repeats 1 day and not exercising the next is not beneficial. After finishing a exercise stand erect and breath in deeply then exhale to the maximum do this 3 times. Continue with your Daily routine. **Note !** Not exercising is a sign of total disregard for the body, low self esteem, laziness,...

**Chest Exercise 1:** Stand tall arms bent horizontal to the floor thumbs touching chest. Move arms back as far as possible (**don't snap**). Then move arms to the original bent position. **Repeat (21 max) !**

**Windmill Exercise 2:** Stand tall, arms outstretched sideways horizontal to the floor (**t shape**). Focus your vision on a single point straight ahead. Start turning clockwise (**left to right**). Focusing on the vision point until the turning body forces you to lose it. Keep turning refocusing as soon as possible. Keep turning to the point of dizziness or 21 turns whichever comes 1<sup>st</sup>. Breath deeply walking a few steps steadying yourself. **Note!** Beginner or recovering from illness begin with 1 turn increasing to 21 turns max. **Warning, always stop when starting to feel dizzy.**

**Door frame Exercise 3:** Stand erect in open door frame with feet hip width apart elbows bend upwards at right angle (**90°, trident shape**). Press elbows against sides of door frame until you feel tension between shoulder blades, hold (**count 10**), release tension. **After releasing tension inhale through the nose evenly filling the lungs to max, hold (count 3), then slowly exhale through mouth to max.**

**Dumbbell Exercise 4:** 1 dumbbell is used He (**4 kg**), She (**2 kg**). **Do not use 2 Dumbbells.** Stand erect with feet hip width apart elbows to your sides palms facing

forward. Pick up dumbbell with left hand bending your elbow until forearm is at right angle (**90°**) Slowly squeeze bicep, lifting dumbbell up towards shoulder hold (**count 3**), then slowly lower dumbbell to starting position, **repeat (1-7)**. Change to right arm, **repeat (1-7)**.



**Kneeling Exercise 5:** Kneel on a prayer mat body erect, hands firmly placed against buttock. Incline head forward until chin touches chest. Now slowly tip head back as far as it will go, also lean back as far as possible keeping your hands firm on the buttocks. Repeat (21 max) !

**Hook Exercise 6:** On a prayer mat (protect from cold) lie flat on your back, extended arms palms down against body. Now slowly incline head forward extended arms palms down against body. Now slowly incline head forward until chin touches chest at the same time lift your legs, knees straight, vertical (90°) hold (count 3), then slowly return (head, legs) to beginning. Repeat (21 max) !

**Swivel Exercise 7:** On a prayer mat (protect from cold) lie flat on your back, extended arms palms down. Now bent knees heels touching buttock. Keeping palms firm on mat swivel knees to the right until they touch mat. Then swivel knees to the left touching the mat. Repeat right and left swivel counting each left swivel. Do 21!

After completing exercises. Have a glass (0.2 l) of filtered water.

It is normal to have 2 sleeps with a break in between. Sit on the bed's edge knees shoulder wide apart, drink some water. Do the following exercises. Every time you get up do a different exercise.

**1<sup>st</sup> Exercise:** Place the palms\* of your hands against the outside of your knees. Press hands inward and knees outward, hold 7 seconds (you feel tension in arms, legs, shoulder). Relax, take a breath, no repeats, sip water, lie down, sleep well. \*variation use fists.

**2<sup>nd</sup> Exercise:** Make fists\* place them against the inside of your knees. Press fists outward and knees inward, hold 7 seconds (You feel tension in arms, legs, stomach). Relax, take a breath, no repeats, sip water, lie down, sleep well. \*variation use flat palms.

**3<sup>rd</sup> Exercise:** Bend arms (90%) at chest level turn left hand upwards bending fingers, turn right hand downward bending fingers. Interlock fingers tight. Now pull hands in opposite direction, hold 7 seconds (You feel tension in fingers, arms, chest). Relax, take a breath, no repeats, sip water, lie down, sleep well.

**4<sup>th</sup> Exercise:** Bend arms (90%) at chest level turn left hand upwards, turn right hand into fist. Place fist into hand and press down at the same time press open hand upwards, hold 7 seconds. Reverse, hold 7 seconds (You feel tension in hands, arms, neck, chest). Relax, take a breath and sip of water, lie down, sleep well. No repeats.