

Straighten UP South Africa



Fitness Fun for Everyone



Hi, Boys and Girls!

This is **Vibes** and **Vinnie**,
and they are going to
help you learn how to
take care of your spine.
They are going to show
you some exercises you
can do everyday, called



Vibes

Vinnie

STRAIGHTEN UP SOUTH AFRICA

***Always remember to stop
if any exercise hurts.***

Vinnie is going to teach you how to
stand like an

INNER WINNER:

- Stand straight and tall with your head high.
- Put your ears, shoulders, hips, knees, and ankles in a straight line like **Vinnie**.
- Pull your belly button towards your spine.



....and **Vibes** has an exercise you can do between the others, called

TRAP OPENERS:

- **Breathe** deeply and calmly relax your tummy.
- Let your head hang loosely forward and gently roll it from one side to the other.
- Using your fingers, gently rub the area just below the back of your head on your neck
- Relax your shoulders and gently roll them backward.
- Keep doing this for a count of **15** !



**Now we are ready for
the exercises!**

Remember

HAVE FUN!!!

1. The Stars

There are **3** Stars:

- The Tilting Star
- The Twirling Star
- The Twisting Star

Vibes is going to show you how to stand like a **STAR!**

- Stand like a **Inner Winner**
- Spread your arms and legs into a **Star**.



Tilting Star

- First stand like a **Star**.
- **Breathe** in as you **slowly** stretch one arm over your head
- Slide your other arm down your leg.
- **Slowly** tilt your **Star** to the other side.
- Relax at the end of the stretch and **DON'T FORGET TO BREATHE IN AND OUT!!**
- Repeat both sides **2** times.



Twirling Star

- Stand like an **Inner Winner**
- While you are in the **star** position, turn your head to look at the one hand.
- **Slowly** twist your entire spine to watch your hand as it goes behind you.
- Relax at the end of each stretch, and **DON'T FORGET TO BREATHE IN AND OUT!**
- Repeat both sides **2** times.



Twisting Star

- Stand like an **Inner Winner**
- Raise your arms in “**hands up**” position.
- Bring one of your elbows across your body while you raise the opposite knee towards it.
- Now bring the other elbow across your body while you raise your other knee toward it.
- Repeat this **15** times.



Relax and Breathe!

You're Doing Great !!

2. The Flying Friends

There are 3 Flying Friends

- The Eagle
- The Hummingbird
- The Butterfly

The Eagle

- Stand like an **Inner Winner**
- Put your arms straight out and pull your shoulders together in the back.
- **Breathe in** and **slowly** raise your arms until your hands touch together over your head.
- **Breathe out** and **slowly** lower your arms to your side.
- Repeat **3** to **5** times.



The Hummingbird

- Stand like an **Inner Winner**
- Raise your arms in the “**hands up**” position and pull your shoulders together in the back.
- Make small backward circles with your hands and arms.
- Bend at your waist from **side to side** while you keep the circles going.
- Keep it going while you count to **10!**



The Butterfly

- Stand like an **Inner Winner**
- Put your arms behind your head and gently pull your elbows backward.
- **Slowly** and **gently** press your head against your hands while you count to **2**.
- Relax and **breathe**.
- Repeat this **3** times.



Lets do some

TRAP OPENERS

like **Vibes** showed you on
the first slide.

Gently rub the back of your
head and neck.



GOOD JOB!!!

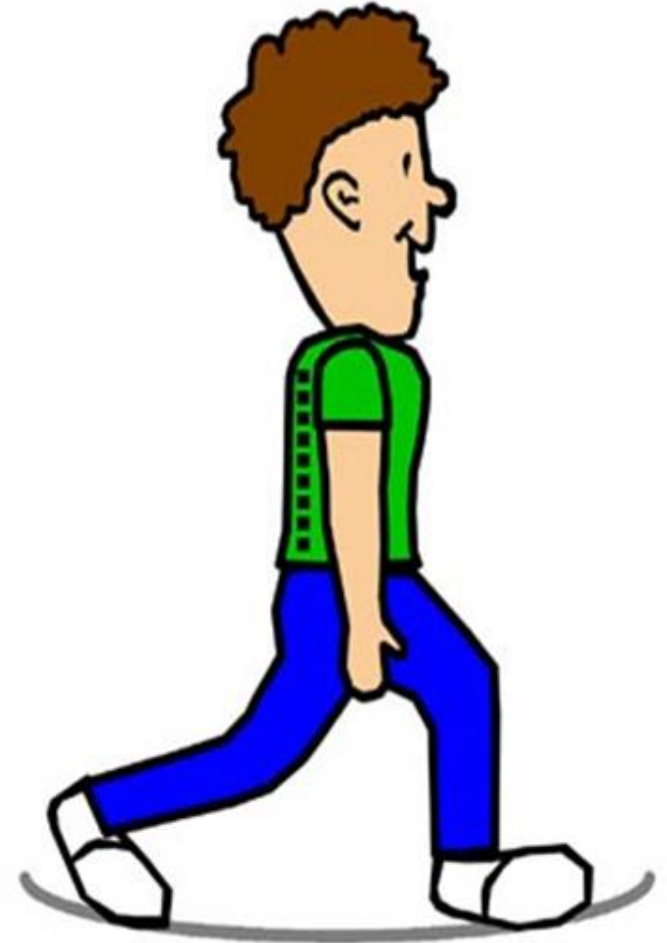
3. Core Balance/Wraps

There are 3 Core Balance/Wraps

- The Tight Rope
- Throwing Water
- The Triangle

Tight Rope

- Stand like an **Inner Winner**
- Pretend the floor in front of you is a tight rope high in the air. **(NEVER try this with a real rope !!!!)**
- Take a step forward on the tight rope.
- Keep your front knee over your ankle (not over your toes).
- Keep it going while you count to **20** !
- Repeat with the other foot forward.



Throwing Water

- Stand like an **Inner Winner**
- Stand with your feet wider than your shoulders.
- **Gently** circle your body from side to side.
- Let your arms flap back and forth and shift your weight from knee to knee.
- Keep it going while you count to **15!**



The Triangle

- Stand like an **Inner Winner**
- Lean to one side until your elbow can rest on your bent knee.
- **Breathe** in and **slowly** raise your other arm above your head so your body makes a triangle (like **Vibes**).
- Feel the stretch in your body.
- Count to **10** and do the other side!



The Shakes

Count to **15** while you shake
your hands & feet.



IT'S BEEN FUN!



What Next?

- Do your Flying Friends every day.
- Stay active and eat healthy foods.
- Grow strong and healthy and become the Inner Winner you were meant to be.
- Get your spine examined regularly just like you get your teeth checked.

