Nairn Skiff flexibility and Strength Exercises

Warm up exercises

* Jogging
* High Knees
* Heel Kicks
* Touching Toes (feet wide apart bend over with a flat back, touch each foot with the opposite hand)
* Shoulder Circles (feet hip width apart, draw circles with your shoulders, after a few repetitions draw circles with arms straight)

The jogging, high knees and heel kicks can all be done on the spot or walking to ease pressure on joints.

Flexibility exercises

* Seated Hamstring (back against a couch or wall, legs flat on the ground, to increase the stretch swing forwards and bring toes towards your body)
* Twisted Back (sitting down have one leg on the ground and the other crossed over, use the opposite arm to hold your leg and twist around, e.g. right leg crossed over, left arm holds the leg and twist to the right)
* Pretzel Stretch (sitting down bend one leg so the heel touches the glute, then place the other leg in the same position)
* Quad Lunge Stretch (have the front knee in a 90-degree angle, to increase the stretch hold the back foot and try to pull it so your heel touches the glute)
* Holding Hands (One hand goes behind your head while the other reaches from the bottoms of your back, try to get both hands to meet on your back)
* Sad Cat, Happy Cat (hands and knees shoulder width apart on the ground, bend your back, lift your bellybutton up and look down to the floor. Arch your back, dropping your bellybutton and look up to the sky)
* Door Frame (place hand on the edge of a door frame at shoulder height and twist the opposite direction)

Strength exercises

* Push ups
* Squats
* Lean Back (legs straight out in front sitting on the floor, lean back to 10 o’clock and hold the position)
* Superman (lying face down on the floor, engage back muscles and raise arms up to shoulder height and hold the position)
* YTWI (lying face down on the and lift your arms to shoulder height, move your arms to create the letters YTWI)