

# ラジオ体操

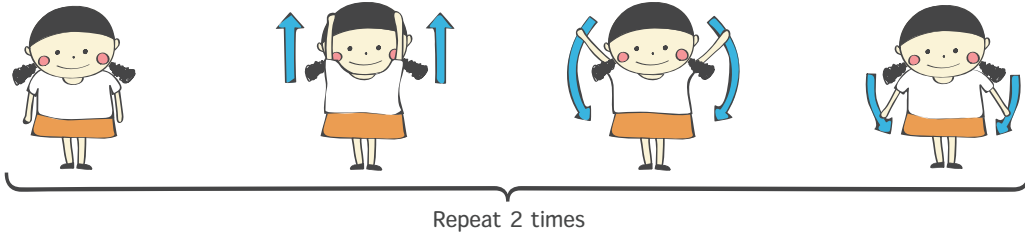
## Radio Exercises



Let's try together!

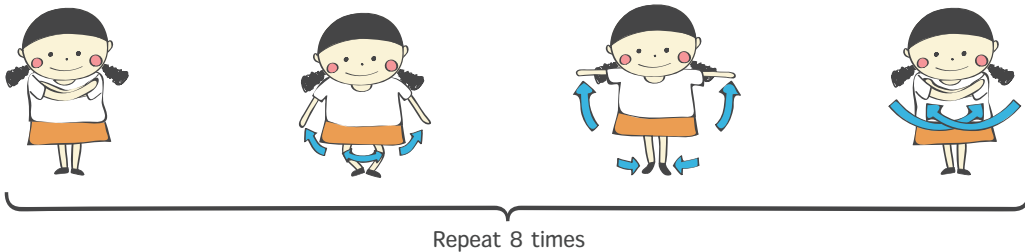
### 1. Stretching Exercise

[Effect] Stretching your back prepares you for the exercise.



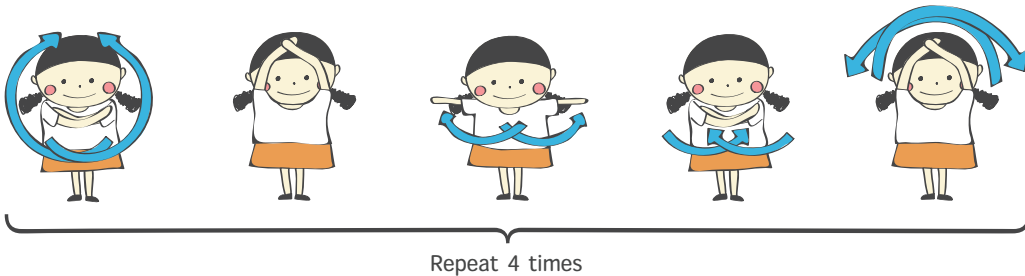
### 2. Swing arms with light squats

[Effect] Gets the blood flowing in your arms and legs.



### 3. Swing your arms in full circles

[Effect] By making your shoulders loose, you can remove the tiredness from your neck and shoulders.



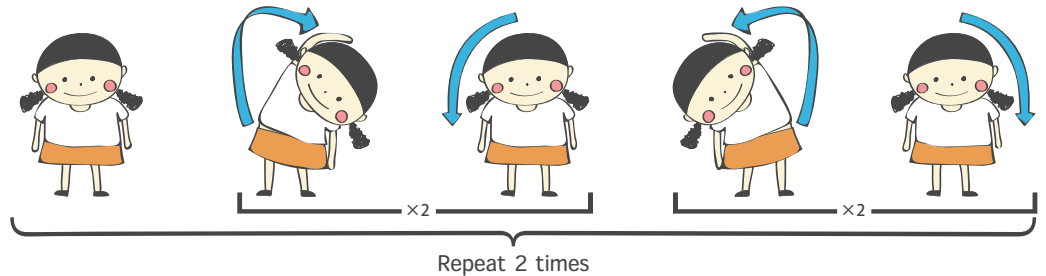
### 4. Open your arms wide

[Effect] By opening your arms wide, it becomes easier to breathe.



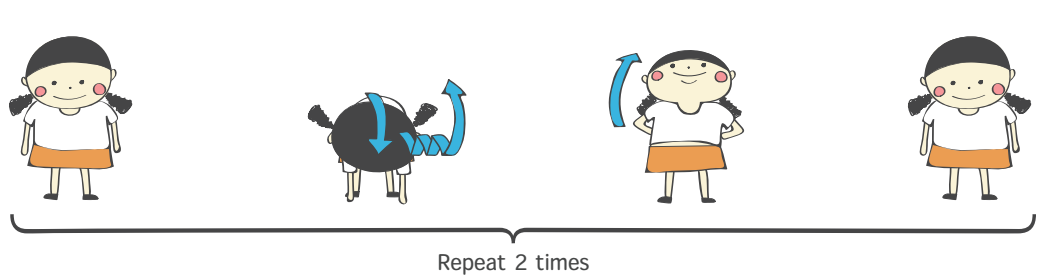
### 5. Stretch out your side

[Effect] By turning your side, the bones in your back become flexible. Your digestive system can work easier.



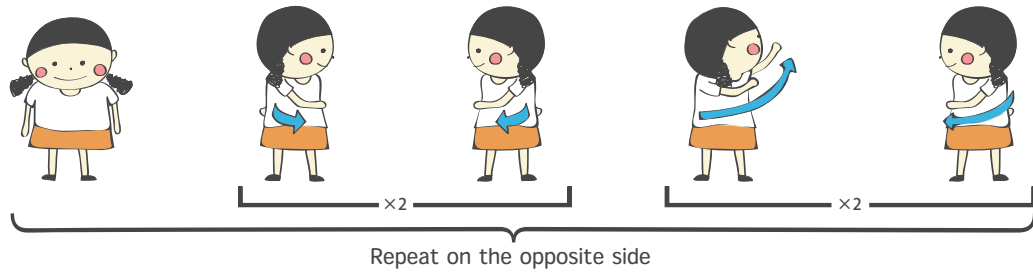
### 6. Bend your body forwards and backwards

[Effect] By stretching your belly and back, the amount of stress on your lower back is reduced. This is a way to reduce lower back pain.



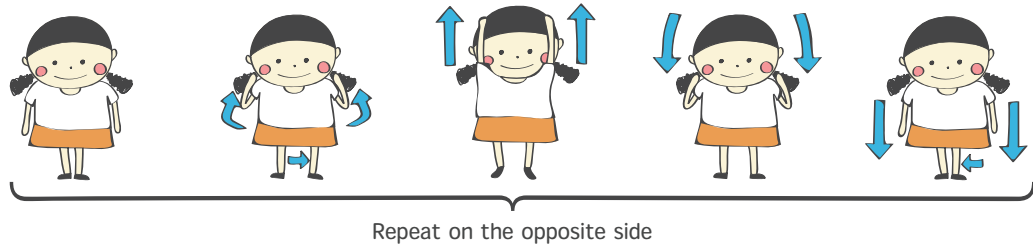
### 7. Turn and twist your body

[Effect] By twisting from your neck to your waist, the area in which your body can move is widened.



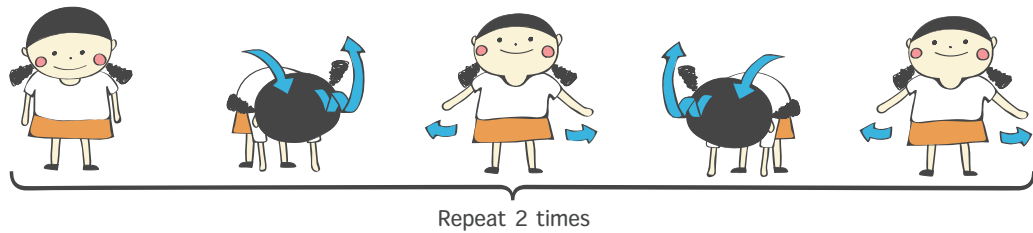
### 8. Raise and lower your arms

[Effect] By raising and lowering your arms, you are tensing your body to create speed and strength.



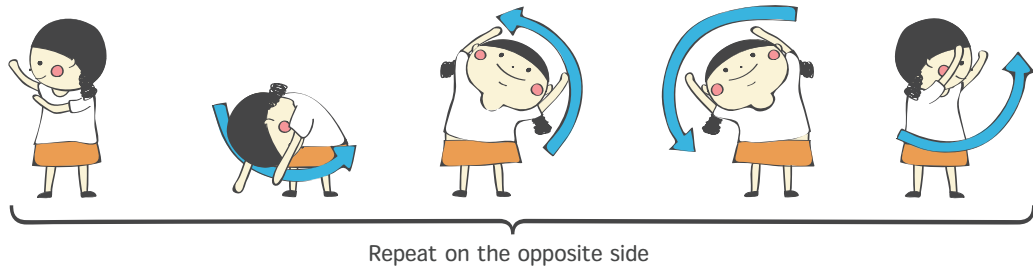
### 9. Bend your body diagonally forwards then stretch your chest

[Effect] By stretching out the muscles from your bottom to the back of your legs, you reduce the stress placed on your lower back. Combine with opening your chest wide.



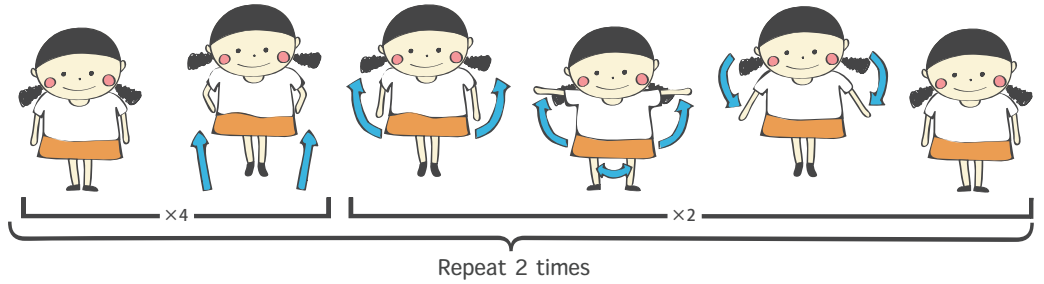
### 10. Rotate your body with arms wide open

[Effect] Makes your waist more flexible.



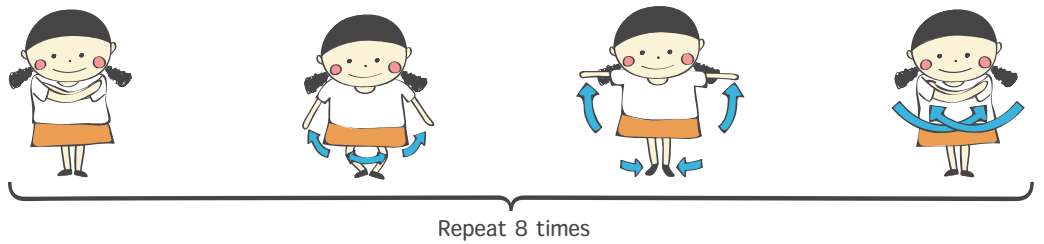
### 11. Hop on both feet

[Effect] Gets blood flowing throughout your body and stretches the muscles.



### 12. Swing arms with light squats

[Effect] Gets the blood flowing in your arms and legs.



### 13. Deep breaths

[Effect] With deep breaths, you won't be left feeling tired.

