

## 1. OLKI STAR

OLKI straight in front of you. Move Olki (the device) on a short range from left to right, keep your body still.



## 2. OLKI FERRIS WHEEL

Circle Olki clockwise.  
Change direction sharply.  
Do for example 2 circles, stop, change direction, 2 circles, stop, change direction.



## 3. OLKI FOOTWORK

Push Olki forwards and back.  
Push forwards, then lift your heels.  
Pull back, heels down.



Same movement forwards and back.  
Push forwards, then raise your knee, pull back knee down.  
Repeat and switch legs.



Same movement forwards and back.  
Straighten your leg during the movement, push the heel down to the floor.  
Repeat and switch legs.



## 4. OLKI TWIST ROTATION

Rotate OLKI to one side and your body in the opposite direction. Heels up when rotated. Change direction.

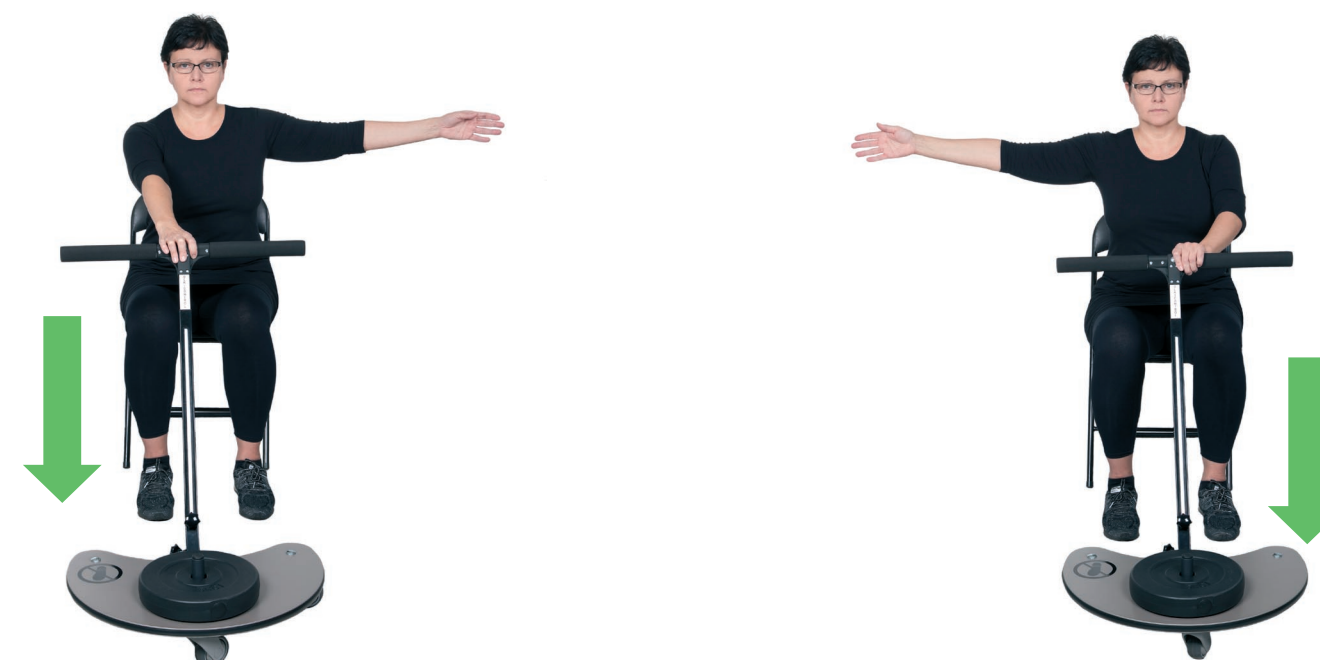


## 5. OLKI ARMWORK

Push OLKI forward with one hand and bend the free hand down and back. Repeat and switch hands.



Same movement, lift your hand to the side.



Same movement, lift your hand up.



## 6. OLKI STRETCHING SITTING DOWN

Cat: Push OLKI forward and round your back. Pull OLKI back to your chest, shoulders back and down.



Cat beam: Push OLKI alternately diagonally left and right and forward to the center and stretch your back.



Sidestretch: Push OLKI to your right/left, stretch your side with arm over head.



Challenge yourself more with therapy ball!

