

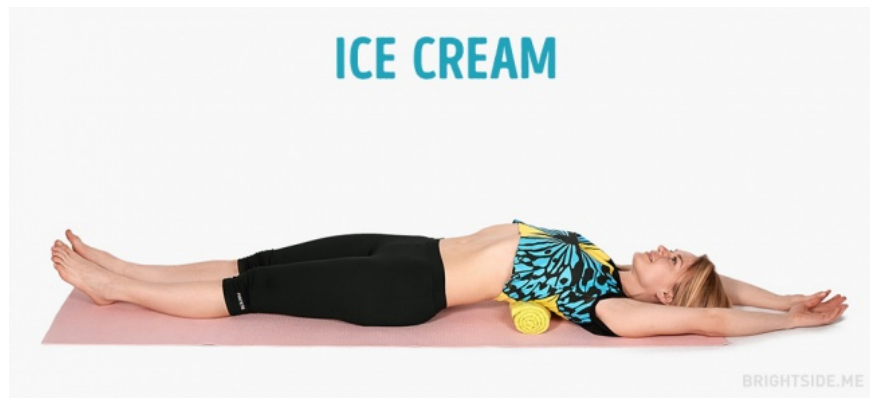
6 'bed' fitness exercises help burn excess fat effectively every morning

It only takes 5 minutes to start up when you wake up and you can strengthen your muscles and burn a considerable amount of excess fat!

There are many exercises that help you **strengthen your muscles** and **reduce excess fat** effectively, but most of these exercises require a lot of exercise or at least stand up to be able to practice. This is quite difficult, because not everyone has the conditions and time to exercise or participate in such exercises.

If you are an extremely lazy person **to exercise** or simply don't have enough time, try **6 warm-up moves** after waking up! As soon as you wake up, you can always apply this exercise in bed to help relax your muscles, regulate your body and start your day full of excitement.

Action 1



Don't sit up as soon as you wake up every morning. Try to lie a little more to start stretching the muscles. Take the pillow under the outlet and curl your blanket into a cylindrical block about 8cm in diameter - better prepared the night before. Place your pillow under your back right near your shoulder blade and your hands clasped together over your head. Then, relax and relax your body for a few minutes. Look at the ceiling, take a deep breath and try to smile a lot.

Move 2



Starting from this movement will let the blanket curl up (*like in the 1st movement*) below your neck. Rub the palms together until it warms up, rubbing on the face, forehead, back of the neck and then the pulse area with the same actions as "washing your face" daily. Then do the same with your neck, chest and abdomen.

Action 3

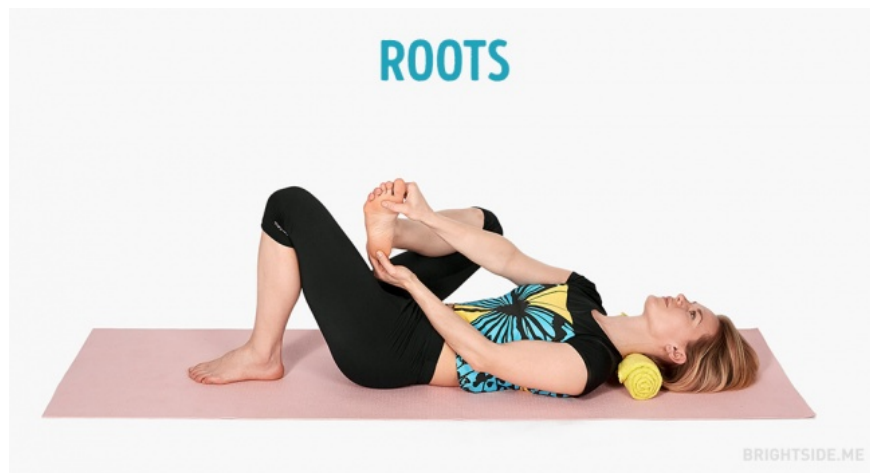


Keep the blanket rolling at the bottom of your neck, grab your left hand with your right hand, and apply a light force from the little finger below your elbow. Do the same with the lower part. Imagine that you are " *squeezing* " toxins from your arms. Switch to the other arm and do the same.



Like the "squeeze" hand, you turn to "squeeze" your legs. First use your right foot to rest on your left leg, gripping your toes and then your ankles and calves. Do the same with the other leg.

Action 4



Lie on your back, bend your knees and rest your right leg on your left leg and grab your left heel, gently rub your hand. Then press your foot with your index finger to get the blood circulation, especially the heel - the most grounded place when walking. You can press acupuncture points under your toes, feet and heels.

Action 5



Raise your hands straight up on your head, knit your fingers together and stretch your body. At the same time, bend the toes upward, lowering the heel. Then, slowly lower your hands and push your toes downwards like a ballet dancer. Repeat this action a few times.



Next, stretch your body with a folded movement - stretching your arms and legs together. Bend right leg knee - left leg stretch, bend left elbow - straighten right hand. After that, change hands and do the same.

Action 6



Roll up your legs and pinch them together. Straighten your arms sideways. Tilt your knees to the left and turn your head to the right. Then do the same with the opposite side. Perform this action as many times as you want.

To achieve maximum efficiency, move out of bed by crawling on four legs, regulating your breathing. And now, you are ready for an energetic new day.

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