

Rev Exercise

When relaxing, make large movements.

Upper Body Version

#01 - #16

Upper Body Version

#01 Neck



Clasp your hands behind your back, tilt your neck to the left and right, and up and down.

Upper Body Version

#02 Fingers, arms, and shoulders



Stretch your arms in front of you, and clench and loosen your fingers.

Upper Body Version

#03 Fingers, arms, and shoulders



Stretch your arms in front of you and clasp your hands. Change the finger that stays on top and repeat.

Upper Body Version

#04 Fingers and forearms



Stretch your right arm forward with your wrist facing the ceiling. Hold the fingers on your right hand with your left hand and pull them towards you. Repeat with the other arm.

Upper Body Version

#05 Shoulders and back



Open your arms with your thumbs pointing upwards, stretch both of your arms to your side and raise. Repeat with your thumbs facing down.

Upper Body Version

#06 Shoulders and back



Stretch both of your arms in front of you with your palms facing inwards and raise them. Repeat with your palms facing outwards.

Upper Body Version

#07 Shoulders and back



Open your arms with your palms facing forward and rotate them. Rotate in the other direction. Repeat with the back of your hands facing forward.

Upper Body Version

#08 Shoulders and back



Stretch your arms in front of you while facing your palms inwards and rotate. Rotate in the other direction. Repeat with the back of your hands facing inwards.

Upper Body Version

#09 Shoulders and back



Stretch your arms in front of you with your palms facing outwards. Make fists with your hands while pulling your elbows back.

Upper Body Version

#10 Shoulders and back



Raise your arms above your head facing your palms outwards. Make fists with your hands while pulling your elbows to your sides.

Upper Body Version

#11 Shoulders and back



Raise your arms above your head facing and join your palms. Lower your elbows to shoulder height and join both hands and elbows together in front of you and return to the initial position.

Rev Exercise

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Upper Body Version

#12 Shoulders and shoulder blades



While keeping your arms down, bring your shoulders upwards close to your neck and bring them down.

Upper Body Version

#13 Shoulders and shoulder blades



Clasp your hands behind your back while pulling your shoulder blades inwards and stretch your arms downwards.

Upper Body Version

#14 Shoulders and shoulder blades



Place the palm of your hands outwards on your lower back and pull your shoulder blades inwards and then outwards.

Upper Body Version

#15 Core



Clasp your hands above your head with your palms facing upwards. Place your left foot one step behind your right foot and lean your upper body left and right. Repeat with the other leg.

Upper Body Version

#16 Lower back, shoulders, shoulder blades, and hamstrings



Clasp your arms behind your back, push your shoulder blades towards each other, and lean your upper body forward.

Lower Body Version

#17 - #23

Lower Body Version

#17 Lower back and the iliacus muscles



Place your hands on your waist and raise one of your legs waist-high with your knee bent 90 degrees. Repeat with the other leg.

Lower Body Version

#18 Lower back, glutes maximus, and middle glutes



Place your hands on your waist, work your gluteus muscles (buttocks) and raise your leg behind you. Repeat with the other leg.

Lower Body Version

#19 Lower back, gluteus minimus, and the outer side of the buttocks



Place your hands on your waist and raise one of your legs to the side. Repeat with the other leg.

Lower Body Version

#20 Back, quadriceps muscles, and hamstrings



Stand with your legs shoulder-width apart, clasp your hands with the palms facing outwards and stretch your arms forward while lowering your hips.

Lower Body Version

#21 Calves



Stand with your legs shoulder-width apart, again with your hands on your hips and stand on your toes.

Lower Body Version

#22 Glutes maximus and quadriceps muscles



Place your hands on your waist and lower your body while stepping forward with your foot. Repeat with the other leg.

Solid exercise for when you're tired. Yamaha active rest.

Rev Exercise

When relaxing, make large movements.

Lower Body Version

#23 Quadriceps muscles



Hold your ankle with your hand and pull upwards to stretch your quads.

Chair Version

#24 – #32

Chair Version

#24 Quadriceps muscles



Sitting on a chair, place your hands on your waist and stretch your left leg forward. Repeat with the other leg.

Chair Version

#25 Calves



Sitting on a chair, place your hands on your waist and stand on your toes.

Chair Version

#26 Hamstrings



Sitting on a chair, place your right leg forward and point your toes upwards. Grab your right ankle with your right hand and stretch. Repeat with the left leg.

Chair Version

#27 Glutes and quadriceps muscles



Sitting on a chair, bring your right leg up onto your left leg. Place your hands on your right knee and ankle, and bend your upper body forward. Now switch to the other leg and repeat the stretch.

Chair Version

#28 Fingers, shoulder blades, and back



Sitting on a chair, clasp your hands, stretch your arms in front of your chest with your palms facing outwards, and lower your head through the space between your arms and stretch.

Chair Version

#29 Shoulder blades



Sitting on a chair, fold your arms behind your back, bringing the shoulder blades together and stretch your arms.

Chair Version

#30 Lower back



Sitting on a chair, place your left hand on your right thigh. Twist your neck and upper body to the right while holding the backrest of your chair with your right hand and stretch. Repeat with the other side.

Chair Version

#31 Hamstrings



Hold the backrest of your chair with both hands, place your one foot forward and the other behind, and lean forward. Repeat with the other leg.

Chair Version

#32 Calves, hamstrings, glutes, back, and shoulders



Stand with your legs slightly wider than shoulder-width apart, hold the backrest of your chair with both hands, and lean forward.