

# Easy Morning Exercises

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## **Preface**

"Easy Morning Exercises" formerly known as "Health Preservation Exercises" were introduced by a registered Chinese medical practitioner. Training sessions of these Exercises have been conducted in Hong Kong and Sydney since 2010. Thereafter, the practitioner and his accredited trainers have organized training sessions of the Exercises to individuals as well as groups in Yokohama, Taipei, London, Vancouver, Hawaii and Bangkok. Over the past ten years, minor amendments had been made to improve the Exercises. The practitioner, however, has decided to further revise and rename these Exercises as 'Easy Morning Exercises' to be in line with health care enhancement, technological advancement, and suggestions from certified trainers and trainees. In addition, free online training is being introduced to support the existing training activities and to enable prospective trainees learning the Exercises at home.

## **What is "Easy Morning Exercises"?**

"Easy Morning Exercises" consist of 15 sets of movements which directly impact the internal and external parts of an individual including organs and systems. These movements are relatively safe low-intensity exercises and take not more than 10 minutes to complete. The Exercises are designed for indoor practice and do not require any equipment. The primary sources of reference for the compilation of the Exercises include Chinese and western traumatological literatures, health preservation reports, and the practitioner's clinical experience of over 30 years.

## **Focuses of Design**

The ultimate goal of "Easy Morning Exercises" is to enhance an individual's alertness. Programmed breathing, skeletal muscle stretching, and meridian / acu-point / body organ massaging are main mechanisms of the Exercises. The tension, warmth and sound generated by the static and dynamic movements of the Exercises aim to enhance oxygen intake, improve blood circulation, energize digestion and excretion, regulate emotions and invigorate nerve induction.

The design of the Exercises focuses on low injury potential, short practising time span, convenience, effectiveness and no incurrence of expenses. The Exercises can be practised by both the young and the elderly as well as fulfil the health care needs of an individual. Individuals may either complete the whole set of exercises in one session or in parts throughout the day. To complement the physical training conducted by existing trainers, online training accompanied by multilingual handbooks is available to allow learners mastering the Exercises in their own time.

## **Main Benefits**

The Exercises aim to improve qi and blood flow as well as enhancing the effectiveness of self-rehabilitation. The intended health benefits include reduced blood vessel blockage, energised muscles, joints and hair follicles, improved balance capability and responsiveness, enhanced emotion and skin elasticity, rejuvenated respiratory and digestive systems, invigorated auditory, visual, reproductive and memory functions, and reinforced immune system.

## **How to practise "Easy Morning Exercises"**

The Exercises should be practised within an individual's capability. If pain, dizziness or abnormal heartbeat occurs, the individual must stop practising immediately. The preferable time for doing the Exercises is in the morning. An individual should adhere to the specifications of each Exercise as shown in the chapter on Description of Exercises. Unless otherwise stipulated, breathe continuously when doing the Exercises. If an exercise meets an individual's particular healthcare need, it should be repeated as appropriate to maximize the intended benefit. To avoid any undesirable effects, do not modify any posture, movement or duration of an exercise without the endorsement of healthcare professionals.

## Description of Exercises

### Exercise: 1

**Title:** Ligament Relaxing

#### Description:

- i.* Lie on the bed with eyes closed, face facing upward and limbs straightened.
- ii.* Put legs together with toes pointing upward and rest palms on the bed. Inhale and turn palms upward, feet 45° outward and the head 30° to the right simultaneously [image a]. Exhale through the mouth with pursed lips. Turn palms downward and move feet and the head to the start up position.
- iii.* Put legs apart at shoulder width with toes pointing upward and rest palms on the bed. Inhale and turn palms upward, feet 45° inward and the head 30° to the left simultaneously [image b]. Exhale through the mouth with pursed lips. Turn palms downward and reposition the head and feet with the face and toe tips toward the ceiling.
- iv.* Rest right palm on the bed and grip the back of the neck with left hand. Inhale and turn the head 45° to the right simultaneously. Exhale through the mouth with pursed lips and turn the head to the start up position [image c].
- v.* Repeat (*iv.*) with the other palm and hand, and turn the head to the left.

**Duration:** 35 seconds

**Action Effects:** regulate neck, shoulder, chest, hip, leg, arm, mouth muscles/ligaments/tendons, somatic motor nerves; relax lungs

**Potential Benefits:** [Main] warming up for prevention of sprains/strains  
[Secondary] helpful for responsiveness and wrinkles around the mouth problems

**Note:** Do not stretch neck and limbs with speed and force.

Turning of the head may begin toward the other side i.e. (*ii.*).. turn.. head 30° to the left.., (*iii.*)..turn.. head 30° to the right.., (*iv.*) Rest left palm on the bed, grip the back of the neck with right hand.. turn the head 45° to the left.., (*v.*)..turn the head to the right.

This exercise may be practised immediately whilst still in bed underneath the cover after waking up.

a.



b.



c.



## Exercise: 2

**Title:** Knee Holding

### Description:

- i. Lie on the bed with eyes closed, face facing upward and put legs together with toes pointing upward.
- ii. Stretch right leg with toes pointing upward. Flex left knee, hold left lower leg with left hand and pull left knee with right hand toward the midpoint of the chest. Turn the head 45° to the right [image a]. Hold this posture for ten seconds.
- iii. Repeat (ii.) with the other leg, knee and hand and turn the head to the left.
- iv. Stretch right leg with toes pointing upward. Flex left knee, hold left foot with right hand and pull left knee with left hand toward left shoulder. Turn the head 60° to the right [image b]. Hold this posture for ten seconds.
- v. Repeat (iv.) with the other leg, knee and hand and turn the head to the left.
- vi. Put legs together and flex knees. Hold legs with hands to pull knees toward the chest, lift the head up approximately 1 cm from the bed [image c]. Hold this posture for ten seconds.

**Duration:** 55 seconds

**Action Effects:** regulate neck, arm, shoulder, back, abdomen, lumbar, buttock, hip, leg, hand muscles/ligaments/tendons

**Potential Benefits:** [Main] helpful for neck, back, lumbar, knee pain/numbness/stiffness  
[Secondary] helpful for arm, shoulder, hip, thigh, lower leg, finger pain/numbness/stiffness, body shape, digestion and sleep quality problems

**Note:** This exercise should be practised after gentle stretching.

Pulling of knee toward the chest/shoulder may begin on the other side i.e. (ii.) Stretch left leg... Flex right knee, hold right lower leg with right hand and pull right knee with left hand.. Turn the head 45° to the left., (iv.) Stretch left leg ... Flex right knee, hold right foot with left hand and pull right knee with right hand toward right shoulder. Turn the head 60° to the left...

This exercise may be practised whilst still in bed underneath the cover before getting up.



a.



b,



c.



### **Exercise: 3**

#### **Title: Hip Raising**

#### **Description:**

- i.* Lie on the bed with eyes closed, face facing upward, legs put together and palms on the bed.
- ii.* Flex one knee and use the foot to lift up the buttock of the same side approximately 1 cm from the bed. Stretch the leg on the side with toes pointing upward and contract perineal muscles [image a]. Hold this posture for ten seconds. During this period, turn palms upward and downward five times.
- iii.* Repeat (*ii.*) with the other knee, foot and leg.
- iv.* Use both feet to lift up buttocks approximately 1 cm from the bed and contract perineal muscles [image b]. Hold this posture for ten seconds. During this period, turn palms upward and downward ten times.
- v.* Repeat (*iv.*) one more time.

**Duration:** 45 seconds

**Action Effects:** regulate arm, shoulder, back, chest, lumbar, buttock, hip, leg, hand, perineal muscles/ligaments/tendons

**Potential Benefits:** [Main] helpful for shoulder, back, lumbar, thigh, lower leg pain/ numbness/stiffness  
[Secondary] helpful for arm, chest, hip, knee, finger, toe pain/ numbness/stiffness; buttock and leg muscle laxity, and excretion/ urinary problems

**Note:** This exercise should be done after gentle stretching.  
Always keep the head and shoulders resting on the bed.  
This exercise may be practised whilst still in bed underneath the cover before getting up.

a.



b.



## **Exercise: 4**

### **Title:** Leg Stretching

### **Description:**

- i.* Lie on the bed with face facing upward, legs put together and toes pointing upward.
- ii.* Place palms over each other on the abdomen (immediately above the belly button). Lift the head up approximately 1 cm from the bed. At the same time, flex knees toward the chest [image a].
- iii.* Raise and stretch legs at 45° from the surface of the bed with eyes looking at toes [image b].
- iv.* Keep the head up 1 cm from the bed, flex knees toward the chest and repeat (*iii.*) at 60°, 90°, 60° and 45° [image c].

**Duration:** 30 seconds

**Action Effects:** regulate neck, back, abdomen, lumbar, buttock, hip, leg, eye muscles/ligaments/tendons

**Potential Benefits:** [Main] helpful for neck, knee, thigh, lower leg pain/numbness/stiffness  
[Secondary] helpful for back, lumbar, hip pain/numbness/stiffness, belly fat, neck muscle laxity, digestion, sleep quality and eye-sight problems

**Note:** This exercise should be practised after gentle stretching.  
Individuals with back pain history should immediately discontinue movements when discomfort is felt.  
Always keep insteps bended.  
Act slowly and adhere closely to the stipulated angle and sequence when stretching the legs.  
Male uses right palm to cover left palm. Female uses left palm to cover right palm.  
This exercise may be practised whilst still in bed underneath the cover before getting up.

a.



b.



c.





## **Exercise: 5**

**Title:** Shoulder Embracing

### **Description:**

- i.* Sit upright on the bed with feet on the floor and eyes looking forward.
- ii.* Put hands together and raise arms up till palms right above the head and elbows straightened. At the same time, inhale deeply and raise the head with eyes looking at the thumbs [image a].
- iii.* Lower the hands sideways and exhale through the mouth with pursed lips [image b]. Move the head and eyes to the start up position.
- iv.* When the hands are lowered at shoulder level, place palms to cover the shoulders on the opposite side with elbows kept close to the chest. Then, raise the shoulders and inhale deeply [image c].
- v.* Lower the shoulders and blow air out through the mouth with pursed lips. Stretch the hands to the side. [image d].
- vi.* Put hands together and raise arms up till palms right above the head and elbows straightened. At the same time, inhale deeply and raise the head with eyes looking at the thumbs [image e].
- vii.* Lower the hands to the chest with palms closed and elbows bended. At the same time, exhale through the mouth with pursed lips.

**Duration:** 25 seconds

**Action Effects:** regulate neck, arm, shoulder, back, chest, abdomen, lumbar, hand, eye, mouth muscles/ligaments/tendons, lungs

**Potential Benefits:** [Main] helpful for shoulder, back, chest pain/numbness/stiffness  
[Secondary] helpful for neck, arm, lumbar, finger pain/ numbness/ stiffness; wrinkles around the mouth problem

**Note:** This exercise should be practised after gentle stretching.  
Turn the body sideways and use hands to support the upper body when getting up from the bed. Movements must be slow.



a.



b.



c.



d.



e.



## **Exercise: 6**

**Title:** Leg Massaging

### **Description:**

- i.* Sit upright on the bed with feet on the floor and legs apart at shoulder width.
- ii.* Bend forward and use hands to massage one leg from thigh to ankle and then back to the thigh [image a]. Keep eyes looking at the thumbs.
- iii.* Repeat (*ii.*) on the other leg [image b].
- iv.* Then, repeat (*ii.*) and (*iii.*) one more time.

**Duration:** 45 seconds

**Action Effects:** regulate neck, shoulder, back, abdomen, lumbar, hip, leg, hand, eye muscles/ligaments/tendons; activate palm section – heart, pericardium, lower limb section - spleen, liver, kidney, stomach, gallbladder and bladder meridians

**Potential Benefits:** [Main] helpful for back, lumbar, thigh, lower leg, knee pain/numbness/stiffness  
[Secondary] helpful for neck, shoulder, hip, finger pain/numbness/stiffness, eye-sight problem

**Note:** Act slowly when bending forward.  
Apply pressure on the legs when massaging is performed.

a.





b.







## **Exercise: 7**

### **Title:** Backward Stretching

#### **Description:**

- i.* Sit upright on the bed with feet on the floor.
- ii.* Stretch arms forward with fingers pointing upward and eyes looking at the fingers [image a].
- iii.* Raise arms up with elbows straightened till palms facing the ceiling. At the same time, inhale deeply and raise the head with eyes looking at the fingers.
- iv.* Lower arms sideways, keep eyes looking forward and exhale through the mouth with pursed lips [image b].
- v.* When hands reach shoulder level, move arms backward with elbows straightened and palms facing downward. Lean the upper body at 45° against the bed [image c].
- vi.* Move the upper body to the start up position by using hands alternatively. Each hand with elbow straightened, fingers pointing backward and palm facing downward presses on the bed five times.

**Duration:** 25 seconds

**Action Effects:** regulate arm, shoulder, back, chest, lumbar, hand, eye, mouth muscles/ligaments/tendons, lungs

**Potential Benefits:** [Main] helpful for shoulder, back, palm, finger pain/numbness/stiffness  
[Secondary] helpful for arm, chest, lumbar pain/numbness/stiffness

**Note:** Always keep head, neck and back straight.  
Use the strength of the hands and not the waist when moving the upper body to the start up position.



a.



b.



c.





## **Exercise: 8**

**Title:** Turn Stretching

### **Description:**

- i.* Sit upright on the bed with feet on the floor.
- ii.* Turn the upper body 90° sideway and lean forward with elbows straightened and palms resting on the bed [image a].
- iii.* Move the upper body to upright position by using hands alternatively. Keep eyes looking at the fingertips of the moving hand. Each hand with elbow and fingers straightened and palm facing downward presses on the bed two times.
- iv.* Repeat (*ii.*) and (*iii.*) by turning the body toward the other side.
- v.* Then, repeat (*ii.*), (*iii.*) and (*iv.*) by turning the body 135° sideway [image b].

**Duration:** 30 seconds

**Action Effects:** regulate neck, arm, shoulder, back, chest, abdomen, lumbar, hip, hand, eye muscles/ligaments/tendons

**Potential Benefits:** [Main] helpful for shoulder, back, lumbar pain/numbness/stiffness  
[Secondary] helpful for neck, arm, hip, palm, finger pain/numbness/stiffness, digestion and eye-sight problems

**Note:** This exercise should be practised after gentle stretching.  
Do not turn the upper body beyond the stipulated angles.  
Use the strength of the hands and not the waist when moving the upper body to upright position.

a.





b.





## **Exercise: 9**

### **Title:** Arm Stretching

### **Description:**

- i.* Sit upright on the bed with feet on the floor.
- ii.* Stretch one arm with elbow and fingers straightened, palm right above the head and facing upward, and fingertips pointing toward the opposite side of the body. Simultaneously move another arm to the back of the body and straighten the elbow and fingers with palm facing downward and fingertips pointing toward the opposite side of the body [image a]. Raise the head with eyes looking at the back of the raised palm. Hold this posture for ten seconds..
- iii.* Repeat (*ii.*) with alternative arms.
- iv.* Keep eyes looking forward. Stretch one arm with elbow and fingers straightened, palm right above the head and facing upward and fingertips pointing toward the opposite side of the body. Simultaneously move another arm to the back of the body and straighten the elbow and fingers with palm facing downward and fingertips pointing toward the opposite side of the body. Turn the head and the body 45° from the side of the raised arm [image b]. Hold this posture for ten seconds.
- v.* Repeat (*iv.*) with alternative arms.
- vi.* Then, stand up and repeat (*ii.*), (*iii.*), (*iv.*) and (*v.*). Add a bit of force when stretching the arms [images c and d].

**Duration:** 90 seconds

**Action Effects:** regulate neck, arm, shoulder, back, chest, abdomen, lumbar, hip, leg, hand, eye muscles/ligaments/tendons

**Potential Benefits:** [Main] helpful for arm, shoulder, finger, back pain/numbness/stiffness  
[Secondary] helpful for neck, chest, lumbar, hip, thigh, lower leg, knee, palm pain/numbness/stiffness, eye-sight, body shape and digestion problems

**Note:** This exercise should be practised after gentle stretching.  
Act slowly and adhere closely to the stipulated angle when turning the head and the body.  
When raising the head, do not bend the neck backward with force.  
Body weight should be evenly rested on feet when standing up.



a.



b.



c.



d.



**Exercise: 10****Title:** Wall Climbing**Description:**

- i.* Stand up with back kept straight, legs put together and toes touching a wall.
- ii.* Place palms on the wall with elbows and fingers straightened. Raise the head with eyes looking at fingertips and the tongue tip on the bony ridge behind the upper front teeth [image a].
- iii.* Put one palm up against the wall as high as possible while the other remains in the same position. Hold this posture for two seconds [image b].
- iv.* Repeat (*iii.*) with alternative hands.
- v.* Then, repeat (*iii.*) and (*iv.*) nine times.

**Duration:** 60 seconds

**Action Effects:** regulate neck, arm, shoulder, back, chest, abdomen, lumbar, leg, hand, eye, tongue muscles/ligaments/tendons

**Potential Benefits:** [Main] helpful for neck, shoulder, back pain/numbness/stiffness  
[Secondary] helpful for arm, chest, lumbar, thigh, lower leg, knee, palm, finger, toe pain/numbness/stiffness, body shape, eye-sight and digestion problems

**Note:** Always keep heels on the floor and eyes looking at the fingertips of the stretched up hand.  
When putting one palm up, do not lower the other.  
Body weight should be evenly rested on feet when standing up.  
Having familiarized with the movements, an individual may do the exercise against a virtual wall with the back always kept straight.

a.



b.



## **Exercise: 11**

**Title:** Body Turning

### **Description:**

- i.* Stand up with neck and back kept straight, tongue tip on the bony ridge behind the upper front teeth and feet apart at shoulder width.
- ii.* Raise hands up to shoulder level with fingers and elbows straightened and palms facing each other [image a].
- iii.* Turn the head and the body 180° to the right with right arm straightened and left elbow bended. Keep hands parallel to each other with eyes looking at the fingers of the right hand [image b]. Hold this posture for ten seconds.
- iv.* Repeat (*iii.*) by turning the body to the left side.
- v.* Then, repeat (*iii.*) and (*iv.*) two times.

**Duration:** 70 seconds

**Action Effects:** regulate neck, arm, shoulder, back, chest, abdomen, lumbar, hip, leg, hand, eye, tongue muscles/ligaments/tendons

**Potential Benefits:** [Main] helpful for neck, shoulder, lumbar, thigh, lower leg, knee pain/ numbness/stiffness  
[Secondary] helpful for arm, back, chest, hip, finger, toe pain/ numbness/stiffness, body balancing, digestion, body shape, eye-sight and neck wrinkle problems

**Note:** This exercise should be practised after gentle stretching.  
Keep heels on the floor and knees straightened when turning the body.  
Do not turn the body beyond the stipulated angle.  
Body weight should be evenly rested on feet when standing up.  
Turning of the head and the body may begin toward the other side i.e. (*iii.*) Turn the head and body.. to the left with left arm straightened and right elbow bended.. eyes looking at the fingers of the left hand...

a.



b.



## **Exercise: 12**

### **Title:** Back Rubbing

### **Description:**

- i.* Stand up with eyes closed and tongue tip on the bony ridge behind the upper front teeth.
- ii.* Place palms on the back next to each other at belly button level with fingers pointing downward.
- iii.* Rub the low back by moving hands up and down 30 times [image a].
- iv.* Then, hold palms approximately 1 cm toward the closed eyes. Hold this posture for ten seconds, within this period move eye balls up and down, toward each side, and diagonally [image b].

**Duration:** 20 seconds

**Action Effects:** regulate arm, shoulder, back, chest, lumbar, leg, hand, eye, tongue muscles/ligaments/tendons; activate acu point - shenshu (BL23), low back section - bladder meridian

**Potential Benefits:** [Main] helpful for lumbar, shoulder, back pain/ numbness/ stiffness  
[Secondary] helpful for arm, chest, thigh, lower leg, knee, palm pain/ numbness/stiffness, eye-sight and reproductive system problems

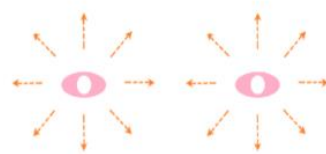
**Note:** Apply pressure on the low back with palms when moving hands up and down. Body weight should be evenly rested on feet when standing up.



a.



b.



## **Exercise: 13**

### **Title:** Ear Rubbing

### **Description:**

- i.* Stand up with eyes closed and tongue tip on the bony ridge behind the upper front teeth.
- ii.* Rest palms on ears with fingers pointing upward.
- iii.* Move hands up and down to rub the respective ears 20 times [image a].
- iv.* Then, place palms on and off the ears ten times [image b].

**Duration:** 15 seconds

**Action Effects:** regulate arm, shoulder, back, tongue muscles/ligaments/tendons, outer/middle/inner ear functionality; activate acu points – erheliao (SJ22), ermen (SJ21), tinggong (SI19), and tinghui (GB2)

**Potential Benefits:** [Main] helpful for shoulder pain/numbness/stiffness, hearing problem  
[Secondary] helpful for arm, back pain/numbness/stiffness

**Note:** Always place palms on ears gently.  
Rub ears and lift palms from ears with speed.  
Body weight should be evenly rested on feet when standing up.

a.



b.



## **Exercise: 14**

### **Title: Scalp Massaging**

#### **Description:**

- i.* Stand up with eyes closed and tongue tip on the bony ridge behind the upper front teeth.
- ii.* Place palms and fingers on the top of the head with fingers pointing toward the midline of the head. Move hands forward and backward ten times [image a].
- iii.* Place palms and fingers on both sides of the head (immediately above the ears) with fingers pointing backward. Move hands forward and backward ten times [image b].
- iv.* Place the medial part of palms on the back of the neck where the base of the skull meets the top of the neck with fingers pointing upward. Move hands up and down ten times [image c].

**Duration:** 20 seconds

**Action Effects:** regulate neck, arm, shoulder, back, hand, tongue muscles/ligaments/tendons; activate palm section – heart, pericardium, head section - bladder, gallbladder, and du meridians

**Potential Benefits:** [Main] helpful for shoulder pain/numbness/stiffness, hair growth problem  
[Secondary] helpful for the neck, arm, back, palm, finger pain/numbness/stiffness, responsiveness, memory, and emotion problems

**Note:** Apply pressure with palms and fingers on the head when moving the hands.  
Body weight should be evenly rested on feet when standing up.

a.



b.





c.



## **Exercise: 15**

### **Title: Abdomen Massaging**

#### **Description:**

- i.* Stand up with eyes closed and tongue tip on the bony ridge behind the upper front teeth.
- ii.* Place palms over each other on the abdomen (immediately below the belly button) with hands pressing down and moving clockwise ten times and then anti-clockwise ten times [image a]. Breathe continuously when moving the hands.
- iii.* Keep the palms over each other on the abdomen [image b]. Hold this posture for 15 seconds. During this period, inhale and exhale two times.

**Duration:** 35 seconds

**Action Effects:** regulate arm, shoulder, abdomen, lumbar, leg, hand, tongue muscles /ligaments/tendons; activate acu points - shimen (RN5), guanyuan (RN4), and zhongji (RN3), abdominal section – stomach, kidney and ren meridians, small intestine

**Potential Benefits:** [Main] helpful for digestion problem  
[Secondary] helpful for abdomen, arm, shoulder, lumbar, thigh, lower leg, knee, palm pain/numbness/stiffness, reproductive system and body shape problems

**Note:** Do not press the abdomen with force if the bladder is full.  
Male uses right palm to cover left palm. Female uses left palm to cover right palm.  
When the palm is placed on the abdomen, sense the penetration of warmth originated from the palm.  
Body weight should be evenly rested on feet when standing up.

a.



b.



## **Conclusion**

"Easy Morning Exercises" consist of exercising movements when an individual is standing, sitting and lying down. The stipulated flexing, stretching and massaging techniques, breathing method, and visual and auditory excitation aim to rejuvenate internal and external organs/systems of an individual. Accordingly, the objectives of health preservation, self-healing caring and disease prevention could be attained.

To achieve the intended objectives, a learner must form a daily habit to do each exercise accurately and repeat any exercises that are particularly effective in meeting the individual's own healthcare requirements. The Exercises may also be incorporated into an individual's existing moderate/vigorous intensity workout program if the program is regarded as an irreplaceable routine to the individual.

In addition to practising physical exercises, an individual should also pay attention to diet, living environment and emotional serenity to improve health and normalize emotional feelings for the attainment of optimal fitness.

If the Exercises are helpful to you, please introduce them to others so that more people may benefit from practising these time-efficient and effect-oriented exercises to satisfy their healthcare needs.