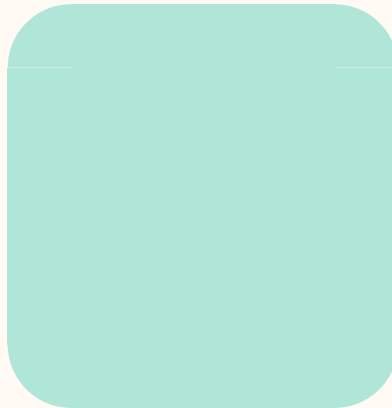
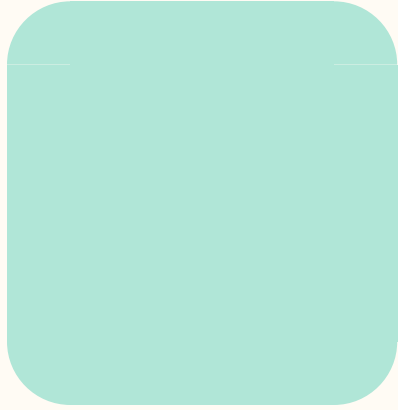




MOBILITY

instructions

- This type of workout is "as many reps as possible" . This is about feeling the stretch so GO SLOW.
- Do each move for 40 seconds.
- Resting no more than 20 seconds between each exercise.
- When you've completed all exercises, take a minute break.
- Then repeat from the start.
- Do 4 rounds.



MOBILITY

one



Cat Cow



1. Sit tall. Ground your weight evenly on the floor.
2. Place hands on knees. Inhale. Lift chest and stick your hips out behind you. Arch back.
3. Exhale as you round your chest, scoop the belly. Curl your tailbone. Drop your head to your chest.



Exercise
1

- SPINE, BACK, ABS,
SHOULDERS, HIPS,
AND PELVIC FLOOR



SunSalutation



Exercise
2

1. Sit tall. Back straight.
 2. Deep breath, lift arms out to the sides and all the way up over your head.
 3. Press palms together and look up.
 4. As you exhale, lower your arms down to your side. Repeat for designated time.
- ARMS, SHOULDERS, UPPER BACK AND ABS



Shoulder Rolls



Exercise 3

1. Sit tall. Back straight.
2. Inhale as you bring shoulders to your ears.
3. Exhale as you circle your shoulders back behind you. Squeezing the blades together.
4. Continue the circle. Repeat for designated time.
5. Once time is complete, go in opposite direction for designated time.

- ARMS, SHOULDERS, &
UPPER BACK



Hip Twist



Exercise 4

1. Start by lying on back, knees bent. Feet wider than hips.
 2. Inhale as you bring knees to the left, keeping your feet in place (but can roll feet to the side as you windshield).
 3. Exhale as you bring your knees back to center, then to the right side. Goal is to aim for knee to heel.
 4. Alternate. Repeat for designated time. .
- HIPS, LOWER BACK, & GLUTES

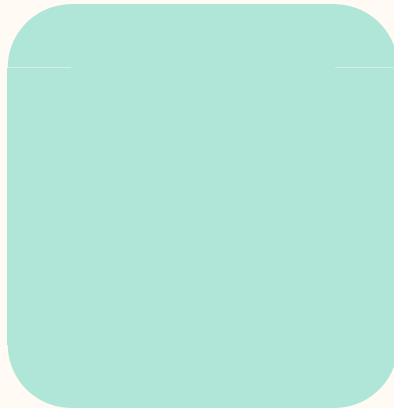
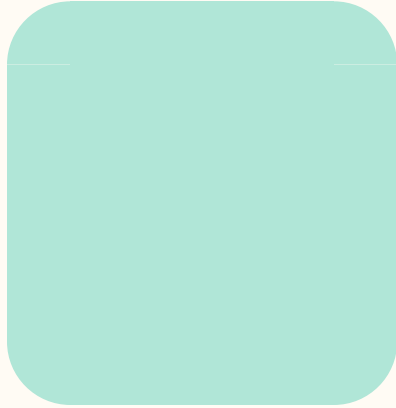


Hip Lifts



Exercise 5

1. Start by lying on back, knees bent. Feet in line with glutes. Finger tips and heels should be close. Do not force.
 2. Inhale as you lift your glutes off the ground, give a squeeze when you get to the top.
 3. Exhale as you bring your body back to starting position.
 4. There should be no strain or pain in the knee, if so play with the position of your feet (ie. duck feet helps)
 5. Repeat for designated time.
- HIPS, LOWER BACK, & GLUTES



MOBILITY

two



SunSalutatio n w/ Fold



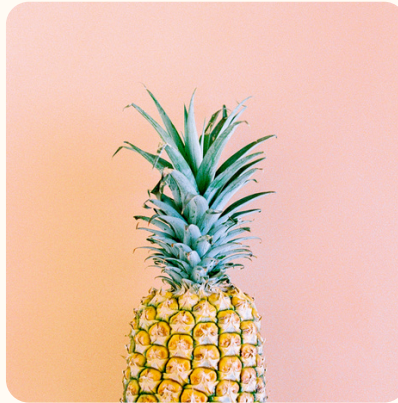
Exercise 1

1. Sit tall. Belly button into spine, chest out, shoulder blades pushing together.
2. Slowly bring your hands above you with arms straight (Y Position).
3. Bring your hands together as you look up.
4. Hinge forward. Keep back straight, as you bring your arms parallel to each other & onto the floor.
5. Sit up to starting position. Core engaged.
6. Repeat for designated time .

- SPINE, BACK, ARMS, &
ABS. STRETCHES
HAMSTRING & BACK



Side to
Side

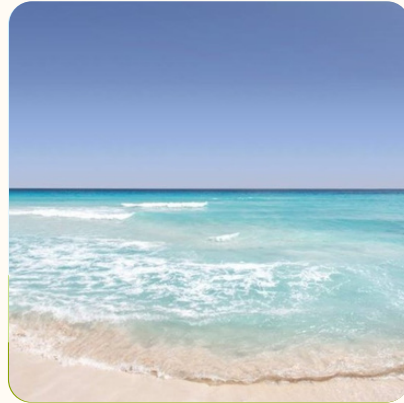


Exercise
2

1. Sit tall. Belly button into spine, chest out, shoulder blades pushing together.
 2. Slide your rib cage to the right as you inhale.
 3. On an exhale, move to the left side in the same way.
 4. Move side to side.
 5. Repeat for designated time .
- OBLIQUES, CORE, WAIST, & LOWER BACK



Sunshine Arms



Exercise 3

1. Sit tall. Belly button into spine, chest out, shoulder blades pushing together.
2. Keeping right arm as straight as possible, extend arm out in front, then up above.
3. At top, flip palm away from you, as you bring arm behind you keeping your back as straight as possible.
4. Bring arm back as it came, flipping palm towards the body when reaching the top
5. Continue with one side.
6. Repeat for designated time .
7. Repeat on other side.

- SHOULDERS, UPPER BACK,
& CHEST.



Side Crunches



Exercise 4

1. Sit tall. Belly button into spine, chest out, hands clasped behind head, legs set wide & feet flexed. Inhale.
 2. Slowly exhale as you bring elbows to your right side. Keeping your shoulders stacked
 3. Alternate. Repeat for designated time.
- SHOULDER, CHEST, UPPER BACK.



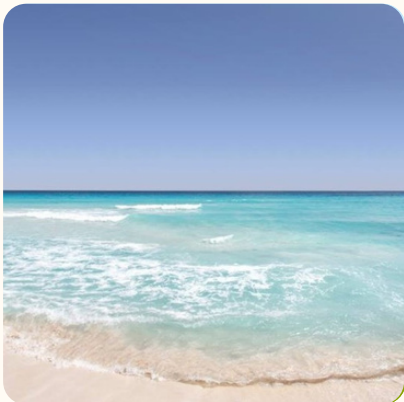
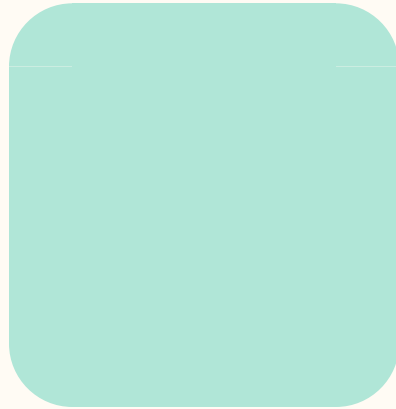
Four Stretch



Exercise 5

1. Lay on back, knees bent.
2. Place left foot on right knee.
3. Thread hands to hold on to right thigh & pull close while keeping your shoulders close to the ground. If this is difficult use a belt/band/towel to bring leg closer.
4. Hold in position for designated time.
5. Repeat on other side .

- GLUTES & HAMSTRINGS.



MOBILITY
three



SunSalutation w/ Twist



Exercise 1

1. Sit Tall. Belly button into spine, chest out, shoulder blades pushing together.
2. Slowly bring your hands above you with arms straight (Y Position).
3. Bring your hands together as you look up.
4. As you exhale, drop arms down and twist to the left. Bringing your right hand to left knee. Left arm behind you.
5. Come back to starting position.
6. Continue onto opposite side. Alternate. Repeat for designated time .

- SPINE, ABS, UPPER BACK, ARMS, HIPS, & WAIST



Straight Arm Leans



Exercise 2

1. Sit Tall. Belly button into spine, chest out, arms above head, hands clasped.
2. Slowly lean left, anchoring your hip to floor. Try not to hunch.
3. Take a deep breath in.
4. Slowly start back to center and lean to the other side.
5. Continue onto opposite side. Alternate. Repeat for designated time .

- ARMS & WAIST



Goddess Circle



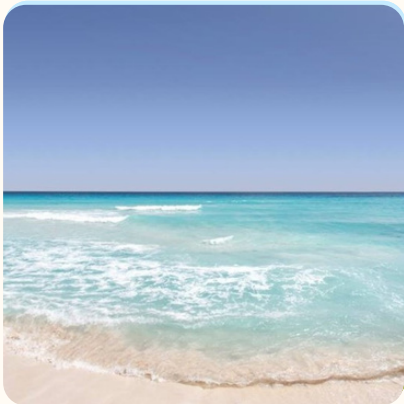
Exercise 3

1. Sit tall. Belly button into spine, chest out.
2. Place hands on knees.
3. Use abs to start circling your torso around in a clockwise position.
4. Engage core.
5. Continue for designated time .
6. Then repeat circling in the other direction.

- PELVIC FLOOR MUSCLES,
LOWER ABS, AND LOWER
BACK



Shoulder Gators



Exercise 4

1. Sit tall. Belly button into spine, chest out, hands clasps behind head. Inhale.
 2. Slowly exhale as you bring elbows together (keeping hand behind head)
 3. Repeat for designated time .
- SHOULDER, CHEST, UPPER BACK.



Lying Hamstring Stretch



Exercise
5

1. Lie on back, left knee bent, right leg extended straight out front.
 2. With the leg straight, bring the leg towards the torso.
 3. Hold in position for designated time. You can hold your calf or thigh... **JUST NOT THE KNEE.** Use a prop (band, belt, towel) to get into a deeper stretch.
 4. Hold for designated time.
 5. Repeat on other side.
- **GLUTES & HAMSTRINGS.**