

#1 Transcript of Recording

Practice breathing

- Exhale – abdominals in (soften)
- Inhale – abdominals out

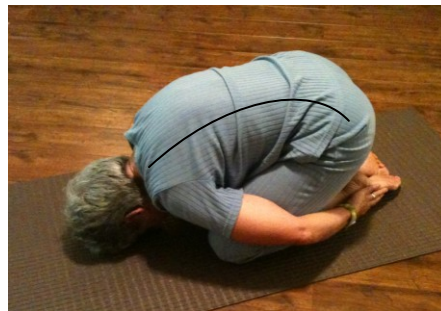
Isometric Press

- Starting position: On your back, arms in a T formation on the floor with facing palms up, legs bent and dropped to side in opposite direction (like an open book).
- On exhale bring the arms towards the ceiling and press them firmly together. At the same time bring the legs together and squeeze the thighs together.
- On inhale return to your starting position.
- Repeat 6X



Wheel

- Starting position: On your hands and knees
- On inhale lift your chest and look forward, slight dip in your back
- On exhale drop your head and bend the elbows as you bring your hips back. Pause and release your head, neck and shoulders
- Come back to the starting position
- Repeat 4 to 6X or as needed.



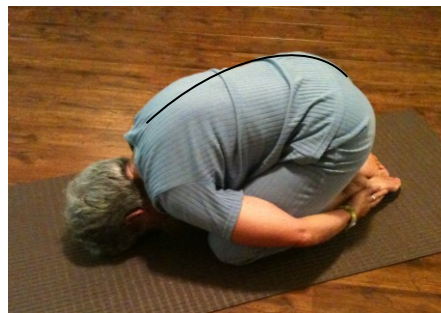
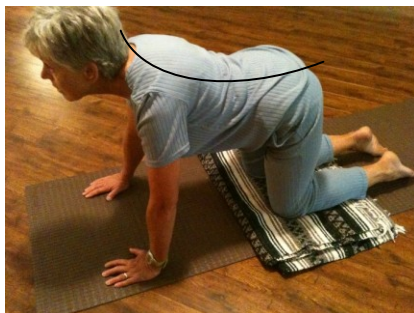
Cobra – widening leg variation.

- On your stomach, elbows on the floor
- On inhale lift the chest and head as you bring the shoulders away from the ears
- On exhale come down
- Repeat 2 more times then take legs wider and repeat lifts 3X, take legs as wide as the mat and lift 3x
- Tips: keep legs on the floor, toes point straight back, do not push into the floor with hands/arms. Bring shoulders down away from the ears – feel your whole back tighten. The widening leg variation challenges the muscles in the buttock & back at different angles.



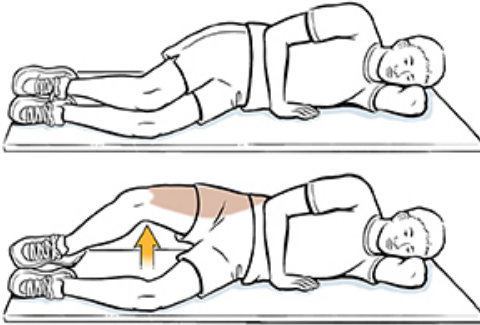
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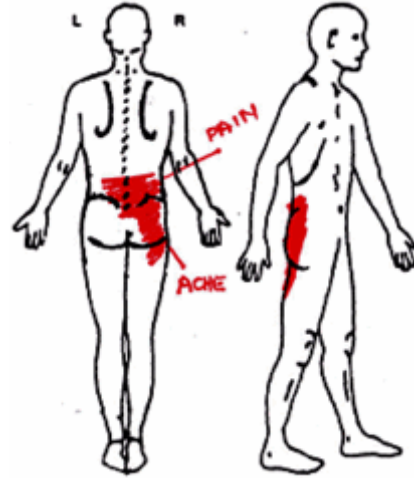


Clams

- Starting position: Lay on your right side, stack the bent legs one above the other.
- Lift the left leg and hold up to 10 seconds, then relax and repeat lifts another 4-6X
- Tips: See diagram below for area that we are targeting. If you feel it anywhere else, you need to consciously relax that area and focus on the outer hips and gluteus medius.



If this is too easy, lift the foot and keep it lower than the knee. When this becomes too easy, straighten the leg (see variations in class #2 & #3)



Weak Gluteus medius are often the cause of pain in all or some of the highlighted areas above, in red.

When you've completed both sides, lay on your back, bend both legs and drop both legs to one side (twist) Rest. Then switch sides and rest for a few breaths. End with knee to chest pose and lay quietly for a few minutes.

