

GENERAL GUIDELINES - 1 (1 of 2)

1. Perform exercises on cushioned mat with shoes off.
2. Keep movement controlled and fluid, not jerky or stiff.
3. Avoid locking elbows or knees when straightening arms or legs.
4. Keep low back "imprinted" (pressed flat) when lying on back with legs in air.
5. Keep pelvis and shoulders in place during movement of arms and legs

GENERAL GUIDELINES - 1 (2 of 2)

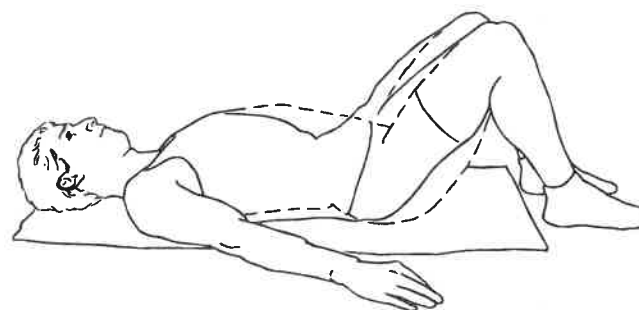
6. Keep abdominals flat (squeeze imaginary marble in navel).
7. Usually exhale when bending torso and inhale when straightening torso.
8. Inhale through nose and exhale through mouth, emphasizing the exhale.
9. Use the diaphragm and pull breath into side and back of lower ribs.
10. Avoid tilting skull forward, chin to chest, when rounding spine.

GENERAL GUIDELINES - 2

Modifications for Beginners
(or Those with Back / Neck Concerns)

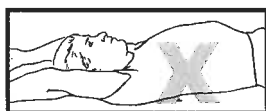
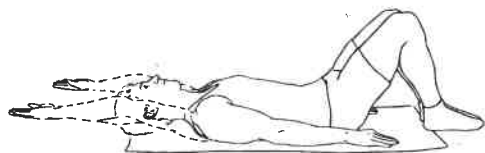
1. If head tilts back when resting on floor, place folded towel under back of head to keep in line with neck.
2. If neck is painful when holding head up in forward flexion exercises on back, perform with head down.
3. If sitting up on floor with straight back is difficult, use hands to help brace back.
4. If holding legs straight causes difficulty, perform exercise with legs bent.
5. Tempo and range of motion may be reduced to help facilitate proper execution of exercise.

BEGINNER - Imprinting (Pelvic Tilt)



Lie on back, legs bent. Exhale, tilting top of pelvis back, pubic bone up, to flatten lower back. Inhale, rolling pelvis opposite way, top forward, pubic bone down, arch in back. Repeat 6-8 times.

BEGINNER - Rib Cage Arms



Lie on back, legs bent, arms by sides. Inhale, lifting arms over head. Exhale, returning.

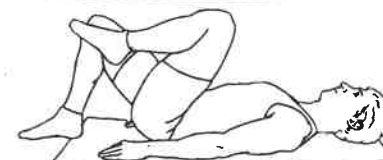
Repeat 6-8 times.

NOTE: Avoid lifting rib cage and abdomen.

BEGINNER - Knee Fold



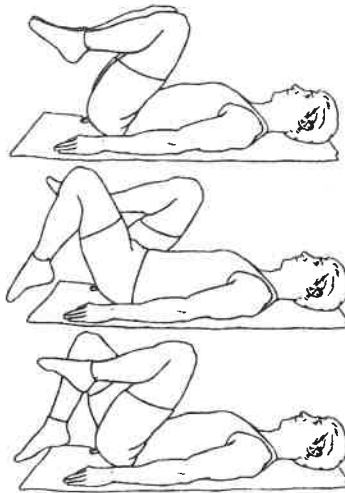
Lie on back, legs bent, arms by sides. Exhale, lifting knee to chest. Inhale, returning. Keep abdominals flat.



Repeat 8-10 times, alternating legs.

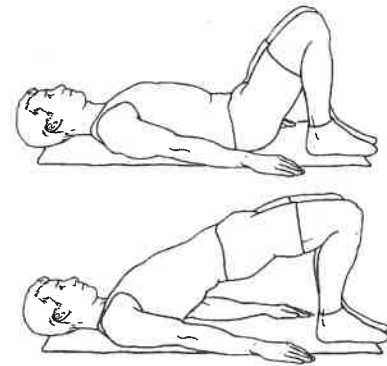
BEGINNER - Toe Touch

Lie on back, legs folded to chest, arms by sides. Exhale, lowering leg to just touch toes to mat. Inhale, returning knee to chest. Keep abs tight and maintain imprint.



Repeat 8-12 times, alternating legs.

BEGINNER - Bridge



Lie back, legs bent. Inhale, pressing hips up and tightening glutes. Exhale, lowering back to start. Maintain neutral pelvis.

Repeat 8-10 times.

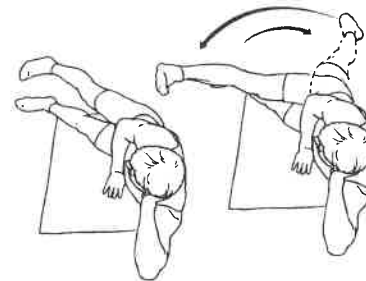
BEGINNER - Single Leg Raise



Lie on back, one leg bent, other leg straight on mat. Inhale, raising straight leg toward ceiling. Keep hips on mat. Exhale, lowering leg to mat. Maintain neutral pelvis.

Repeat 5-10 times. Repeat with other leg.

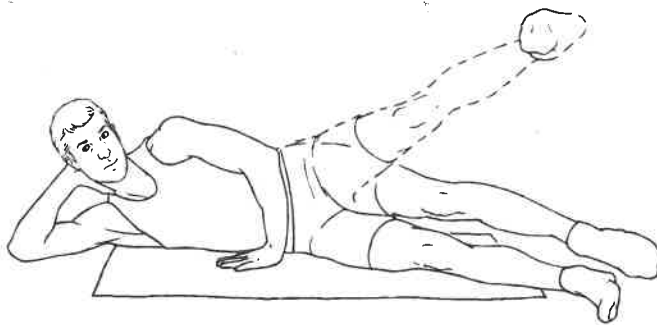
BEGINNER - 29 Side Kick



Lie on side, back straight along edge of mat, legs 30° in front of torso. Lift top leg to hip height, foot flexed. Exhale, kicking forward twice. Inhale, kicking once backward with pointed foot. Keep leg hip height, torso still.

Repeat ____ times. Repeat on other side.
Do ____ sessions per day.

BEGINNER - Side Leg Lift



Lie on side, back straight along edge of mat, legs in line with torso. Flexing foot, lift top leg to 45° without hiking hip. Lower leg, foot pointed.

Repeat 8-12 times. Repeat on other side.

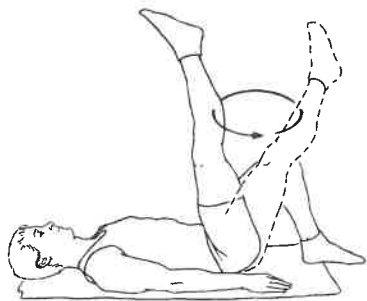
BEGINNER - Inside Leg Lift



Lie on side, back straight along edge of mat, legs in line with torso. Bend top leg, foot in front of lower thigh. May hold ankle to maintain position. Lift bottom leg, foot flexed.

Repeat ____ times. Repeat on other side.
Do ____ sessions per day.

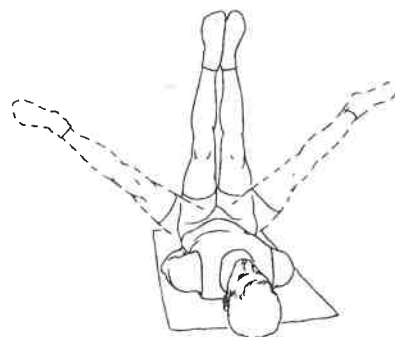
BEGINNER - Single Leg Circle



Lie on back, one leg bent, other leg straight up. Inhale, circling leg across body, and exhale while circling down and around to beginning. Maintain still pelvis; avoid rocking. Keep circle small.

Repeat 5 times clockwise, then counterclockwise.
Repeat with other leg.

BEGINNER - Straight Leg Open / Close

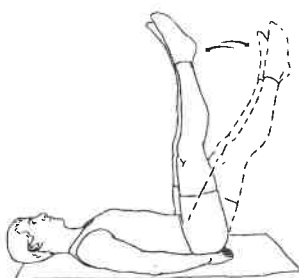


Lie on back, legs straight up, hands under lower hips, head down. Inhale, opening legs to side. Exhale, closing legs.

Repeat 4-6 times.

NOTE: Keep navel to spine, back flat.

BEGINNER - Lower Lift

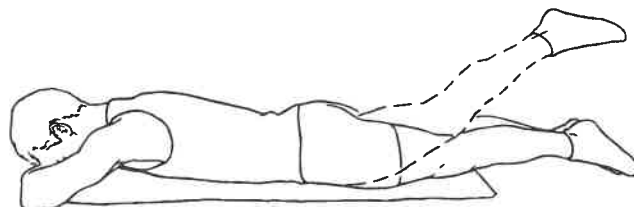


Lie on back, legs straight up, slightly turned out, hands under hips. Exhale, slowly lowering legs a few degrees. Inhale, returning. Press heels together. Knees may be slightly bent, leaving quads released.

Repeat 5-10 times.

NOTE: Keep abs tight, back flat.

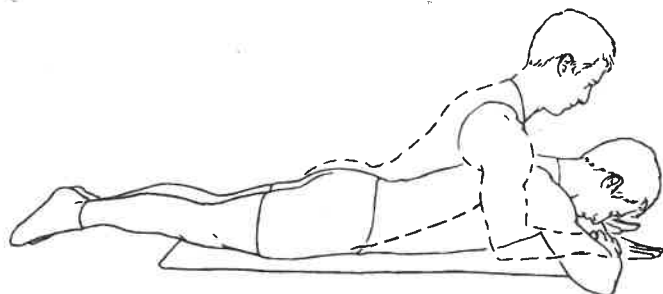
BEGINNER - Prone Single Leg Raise



Lie on stomach, forehead on hands. Exhale, raising one leg, front of hip on the mat. Inhale, lowering leg. Keep abs tight, no arching of lower back.

Repeat 8-12 times, alternating legs.

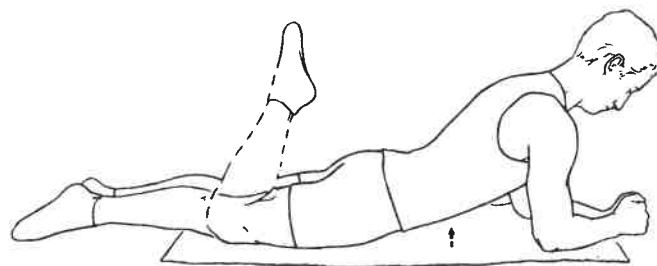
BEGINNER - Swan Prep



Lie on stomach, chin on hands. Inhale, raising upper torso with back extensors, hips flat. Pivot on hands to bring forearms parallel. Exhale, slowly lowering torso and pivoting arms open. Keep shoulders down and neck in line with spine.

Repeat 8-10 times.

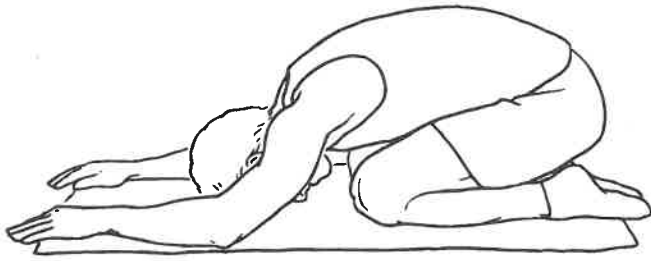
BEGINNER - Single Leg Kick



Supported on elbows, press fists together, lifting stomach. Exhale, pulling heel to buttock (tighten back of thigh). Inhale, returning. Keep abs tight, neutral pelvis.

Repeat 8-12 times, alternating legs.

BEGINNER - Shell

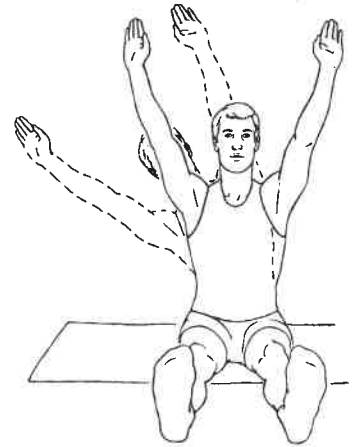


Prone, push torso back, folding over legs. Push hips toward heels, allowing head and arms to settle toward mat. Relax, breathing deeply into back for 3-4 full breaths.

BEGINNER - Parallel Side Lean
(Beginner / Intermediate)

Sit straight, arms and legs extended, palms forward, feet flexed. Exhale, leaning to side, both hips on mat. Inhale, returning.

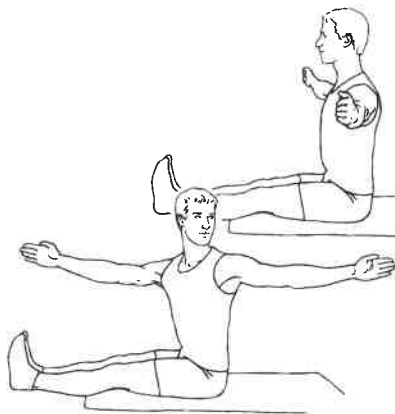
Repeat 6-8 times, alternating side.



BEGINNER: Bend knees slightly and bend arms so hands touch shoulders.

BEGINNER - Twist

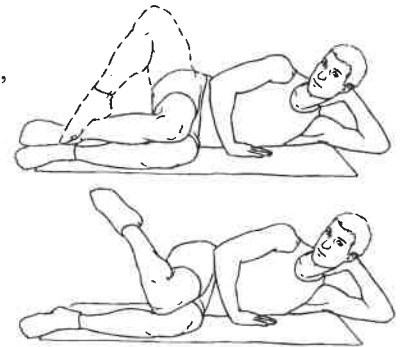
Sit up straight, legs pressed together, feet flexed. Reach arms out to sides, palms forward. Exhale, twisting twice to one side. Inhale, returning. Keep arms straight, legs pressed together.



Repeat 6-8 times, alternating sides.

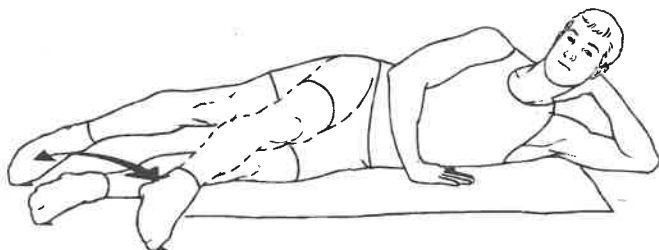
BEGINNER - Clam

Lie on side, legs bent 90°. Open top knee to ceiling, rotating leg outward. Touch toes to ankle of bottom leg. Close knees, rotating leg inward. Maintain hip position.



Repeat 10-15 times.
Repeat on other side.

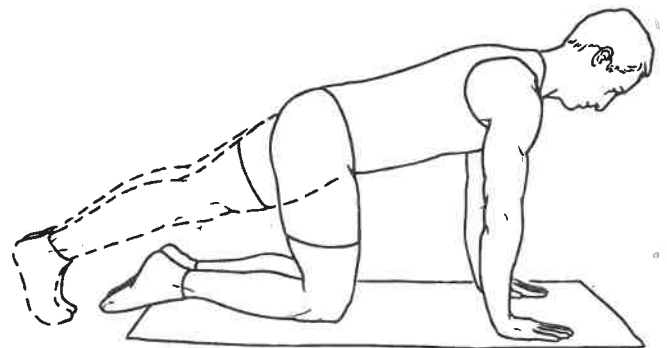
BEGINNER - Over / Back: "Hot Potato"



Lie on side, back straight along edge of mat, legs 30° in front of torso. Touch toes of top foot in front of bottom leg, then quickly touch in back. Keep abs tight, maintain neutral pelvis.

Repeat 10-15 times. Repeat on other side.

BEGINNER - Front Arm Support



On hands and knees, extend right then left leg to push-up position. Keep body in straight line.

Hold 5-10 seconds. Repeat 5-10 times.