

INSTRUCTIONS

For all exercises, focus on breathing, keeping the abdominals tight, and controlling the movement. Be sure to keep the pelvis stable to protect the lower back.

Do each exercise only once per workout, and try to go through them in order.

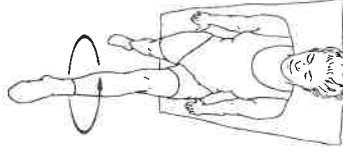
If you have osteoporosis, keep your head on the mat when you are lying face up, and avoid movements like the Spine Stretch, which flex the spine forward.

INTERMEDIATE - The Hundred



Lie on back, legs up, bent, arms toward ceiling. Exhale, pressing arms down to sides, curling up head and upper torso. Hold. Pump arms in small flutters up and down. 5 pumps per inhale, 5 pumps per exhale. Repeat for a total of 100 beats.

INTERMEDIATE - Single Leg Circle (Intermediate / Advanced)



Lie on back, leg extended on mat, other leg straight up. Inhale, circling leg across body, and exhale as you finish circling down and around to beginning. Maintain still pelvis; avoid rocking. Keep circle small.

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

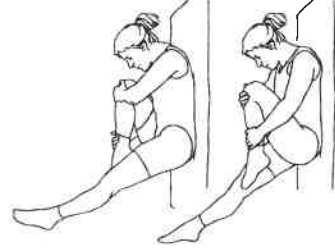
INTERMEDIATE - Single Leg Stretch

Lie on back, opposite hand holding knee to chest, other hand on same shin, other leg at 45°. Exhale, curling up head and upper torso. Holding curl, inhale and change leg and hand positions. Exhale, changing back.

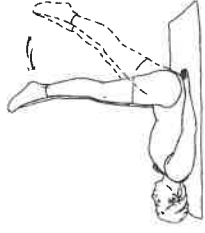
Repeat 8-10 changes with single breaths.

Repeat 12-16 changes in double time: 2 per inhale, 2 per exhale.

NOTE: Keep navel to spine, back flat.



INTERMEDIATE - 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 8-10 times.

NOTE: Keep navel to spine, back flat.

INTERMEDIATE - Double Leg Stretch

Lie on back, hands holding knees to chest. Exhale, curling up head and upper torso to knees. Hold curl, inhale, then exhale and extend arms and legs toward ceiling. Inhale, bringing legs and arms back in.

Repeat 8-10 times with single breaths.

NOTE: Keep abs pulling in, back flat. Progress to extending arms and legs to 45°.



INTERMEDIATE - Crisscross

Lie on back, legs bent to chest, hands behind head. Exhale, lifting head and upper torso. Twist torso and elbow to opposite knee, extending other leg to 45°. Inhale, twisting to other side, changing legs.

Repeat 8-10 times.

NOTE: Keep abs pulling in, back flat.

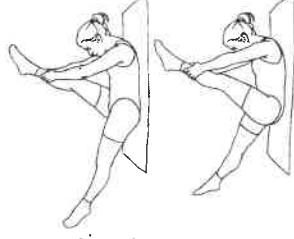


INTERMEDIATE - Scissor (Intermediate / Advanced)

Lie on back, legs straight up. Round up torso, reach up and hold ankle. Lower other leg to 45°. Exhale, pulling gently on leg twice. Inhale, switching legs.

Repeat 10-12 times, alternating legs.

NOTE: Keep abs pulling in, back flat.

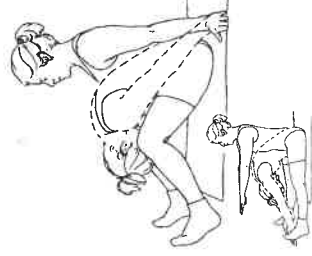


INTERMEDIATE - Spine Stretch

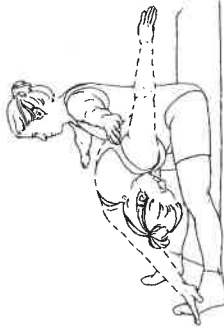
Sit straight, bent legs open slightly wider than hips, feet flexed, hands behind on mat. Inhale. Exhale, rounding torso over. Inhale, sitting up.

Repeat 3-5 times.

NOTE: Progress to legs straight, arms forward before rounding torso.



INTERMEDIATE - Saw



Sit up straight, legs open slightly wider than hips. Extend arms to side, flex feet. Inhale, twisting to side. Exhale, rounding spine over leg, reach opposite hand toward outside of foot, other arm back, palm up.
Repeat 3 times each side, alternating sides.

INTERMEDIATE - Prone Single Leg Raise



Lie on stomach, forehead on hands. Exhale, raising one leg, front of hip on the mat. Inhale, lowering leg.
Repeat 8-10 times per side, alternating legs.

INTERMEDIATE - Prone Double Leg Raise



Lie on stomach, forehead on hands. Inhale, raising legs, slightly turned out. Exhale, lowering legs.
Repeat 6-8 times.

INTERMEDIATE - Swan



Lie on stomach, arms straight out to sides. Inhale, using lower back extensors to raise upper torso, reach arms backward and rotate palms up. Keep legs down and neck in line with spine. Exhale, lowering.
Repeat 8-10 times.

INTERMEDIATE - Neck Roll



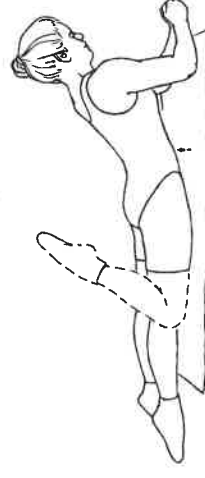
Supported on arms, face front, abdominals in, shoulders down. Inhale, looking to side. Exhale, facing front. Inhale, repeating to opposite side. Repeat 3-5 times per side, then gently lower torso to mat.

INTERMEDIATE - Shell



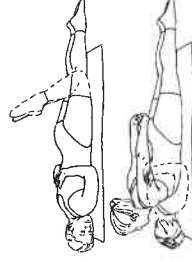
Prone, push torso back, folding over legs. Push hips toward heels, allowing head and arms to settle toward mat. Relax, breathing deeply into back for 3-4 full breaths.

INTERMEDIATE - Single Leg Kick



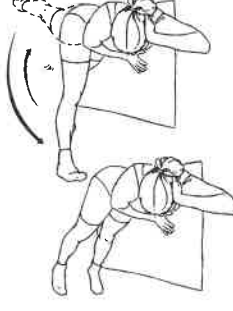
Supported on elbows, press fists together, lifting stomach. Exhale, kicking heel to buttock twice. Inhale, returning.
Repeat 8-12 times, alternating legs.

INTERMEDIATE - Double Leg Kick



Prone, hands between shoulder blades, turn head to side. Exhale, kicking legs to buttocks 3 times. Inhale, straightening legs, grasping hands and extending arms toward feet, arching upper torso. Exhale, lowering torso and replacing hands to back, rotating head to opposite side. Inhale lightly.
Repeat 6-8 times, alternating sides.

INTERMEDIATE - 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 8-12 times. Repeat on other side.

INTERMEDIATE - Side Leg Lift



Lie on side, back straight along edge of mat, legs 30° in front of torso. Flexing foot, lift top leg to 45° without hiking hip. Lower leg, foot pointed. Repeat 8-12 times. Repeat on other side.

INTERMEDIATE - Side Leg Circle



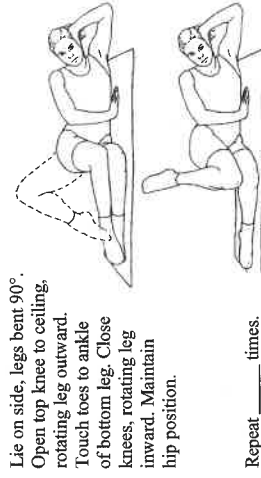
Lie on side, back straight along edge of mat, legs 30° in front of torso. Lift top leg to hip height. Rotate in small circle, 8-10 times in each direction.

INTERMEDIATE - 34 Inside Leg Lift



Lie on side, back straight along edge of mat, legs 30° in front of 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.

INTERMEDIATE - 38 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 _____ times. Repeat on other side. Do _____ sessions per day.

INTERMEDIATE - 34 Inside Leg Lift



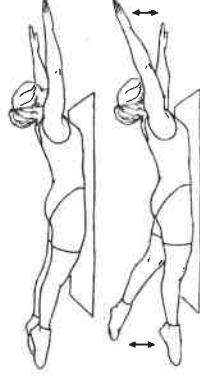
Lie on side, back straight along edge of mat, legs 30° in front of torso. Bend top leg, foot in front of lower thigh. May hold ankle to maintain position. Lift bottom leg, foot flexed. Repeat _____ times. Repeat on other side. Do _____ sessions per day.

INTERMEDIATE - 37 Bottom to Top



Lie on side, back straight along edge of mat, legs 30° in front of torso. Lift top leg slightly higher than hip. Hold. Exhale, lifting bottom leg to top leg. Repeat _____ times. Repeat on other side. Do _____ sessions per day.

INTERMEDIATE - Swimming



Lie on stomach. Inhale, lifting arms, upper body, and legs, keeping head in line with spine. Exhale, quickly fluttering arms and legs in opposition for 4 changes. Inhale for 4 changes. Repeat for 6-8 breath cycles. NOTE: Do not arch neck. Keep arms and legs long.