

**WORKOUT**

**1. Crocodile Breathing - Prone**



Set	Reps	Tempo	Rest	Weight	Notes
1					
2					
3					

**2. T-Spine Rotation with Rib Grab**



Set	Reps	Tempo	Rest	Weight	Notes
1					
2					
3					

**3. Brettzel Diaphragmatic**



Set	Reps	Tempo	Rest	Weight	Notes
1					
2					
3					

**4. Supine FRC**



Set	Reps	Tempo	Rest	Weight	Notes
1					
2					
3					

**5. Crocodile Breathing - Prone**



Set	Reps	Tempo	Rest	Weight	Notes
1					
2					
3					

**6. Crocodile Breathing - Side Lying**



Set	Reps	Tempo	Rest	Weight	Notes
1					
2					
3					

**7. Crocodile Breathing - Hook Lying**



Set	Reps	Tempo	Rest	Weight	Notes
1					
2					
3					

**WORKOUT**

**8. Rolling Lower Body**



Set	Reps	Tempo	Rest	Weight	Notes
1					
2					
3					

**9. Rolling Upper Body**



Set	Reps	Tempo	Rest	Weight	Notes
1					
2					
3					

**10. Log Roll**



Set	Reps	Tempo	Rest	Weight	Notes
1					
2					
3					

**11. Quadruped FRC**



Set	Reps	Tempo	Rest	Weight	Notes
1					
2					
3					

**12. Quadruped Flexion/Extension**



Set	Reps	Tempo	Rest	Weight	Notes
1					
2					
3					

**13. Quadruped T-spine lumbar locked assisted**



Set	Reps	Tempo	Rest	Weight	Notes
1					
2					
3					

**14. Quadruped Foot to Hand with Cat/Cow**



Set	Reps	Tempo	Rest	Weight	Notes
1					
2					
3					

**WORKOUT**

**15. Brettzel 2.0 on Elbows**



Set	Reps	Tempo	Rest	Weight	Notes
1					
2					
3					

**16. Quadruped T-spine lumbar locked Resisted**



Set	Reps	Tempo	Rest	Weight	Notes
1					
2					
3					

**17. Kneeling FRC**



Set	Reps	Tempo	Rest	Weight	Notes
1					
2					
3					

**18. Tall Kneeling Turns Assisted**



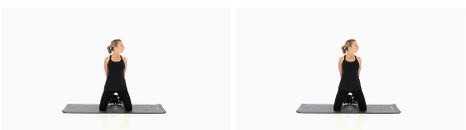
Set	Reps	Tempo	Rest	Weight	Notes
1					
2					
3					

**19. Tall Kneeling Turns Anterior Load**



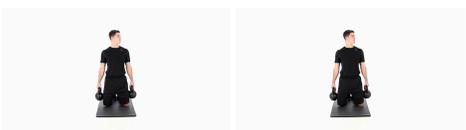
Set	Reps	Tempo	Rest	Weight	Notes
1					
2					
3					

**20. Tall Kneeling Turns Posterior Load**



Set	Reps	Tempo	Rest	Weight	Notes
1					
2					
3					

**21. Tall Kneeling Turns Symmetrical Load**



Set	Reps	Tempo	Rest	Weight	Notes
1					
2					
3					

**WORKOUT**

**22. Half Kneeling Turns Anterior Load**



Set	Reps	Tempo	Rest	Weight	Notes
1					
2					
3					

**23. Half Kneeling Turns Symmetrical Load**



Set	Reps	Tempo	Rest	Weight	Notes
1					
2					
3					

**24. Standing FRC**



Set	Reps	Tempo	Rest	Weight	Notes
1					
2					
3					

**25. Toe Touch Progression**



Set	Reps	Tempo	Rest	Weight	Notes
1					
2					
3					

**26. Standing Turns with 1 KB Racked**



Set	Reps	Tempo	Rest	Weight	Notes
1					
2					
3					

**27. Standing Turns with 2 KB**



Set	Reps	Tempo	Rest	Weight	Notes
1					
2					
3					

**28. Standing Turns 1KB Overhead**



Set	Reps	Tempo	Rest	Weight	Notes
1					
2					
3					

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## Exercise Descriptions

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### Brettzel 2.0 on Elbows

Begin in a side-sit position where the hip and knee of the front leg are bent at 90 degrees and the rear leg is positioned so the hip is in a straight line with the body and the knee is bent at 90 degrees. Place the outside elbow on the ground approximately in-line with the hips/pelvis and begin to rotate the thoracic spine in the direction of the thigh of the front leg. The goal is to place the shoulders on a parallel line with the front thigh with both elbows on the ground. Inhale in the starting position and then during the exhale rotate the shoulders toward the ground trying to get the inside elbow to the ground then continue to use your inhale (which may bring you slightly out of the rotation) and exhale (which should allow you to turn further into the rotation) to get as close as possible to a parallel position of the shoulders to the front thigh. Do not push into pain and this should not be felt as a lower back stretch. Brettzle 2.0 on Elbows

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### Brettzel Diaphragmatic

Begin lying on either side with one knee up, the other down in a neutral position, and the head supported by a foam pad. Take the hand of the arm that is in contact with the ground and grab the knee that is flexed up and supported by a foam roller at belly button height. Take the other hand and grab the ankle of the leg that is behind the back, if it is too difficult to grab the ankle then use a towel or strap.

Begin by inhaling and on the exhale start to rotate to the side of the up leg. Cycle through this progression and hold the rotation gained and continue to cycle breaths until the rotation has stopped improving. Hold that position and cycle 2-3 more breaths.

Then return to the starting position by rotating back to a neutral position.

Remember that the inhale may bring you out of your rotation a bit and the exhale should allow you to turn further.

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### Crocodile Breathing - Hook Lying

Begin in the supine posture by positioning yourself face up so that your back is on the floor with knees bent 90 degrees and feet flat on the ground. Neck and spine should be "neutral" and comfortable. Use a bolster for the neck if necessary. Place one hand very high on the chest and one hand low on the abdomen (at or below the belly button).

1. Take a nasal inhalation and exhalation.
2. Nasal inhalation should be a low, slow 3 seconds
3. Then a brief pause
4. Nasal exhalation should be slow and full 4-6 seconds
5. Then a longer pause (2-3 seconds)
6. Then the next breath cycle
7. The air should "hit" the lower hand first and the finish of the breath should arrive at the top hand. This is sometimes called high/low breathing.
8. Once the High/Low breathing is easily performed move the hands to the sides of the abdomen (just above the iliac crest but below the floating ribs) so that you can feel the lateral expansion of the abdomen equally to both sides. The air should expand in a 360-degree fashion filling the "cylinder" of the abdomen.

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## Exercise Descriptions

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### Crocodile Breathing - Prone

Begin in the prone posture by positioning yourself face down, so that your stomach is on the floor with your forehead on your hands, both palms down, one covering the other. Make sure the chest and arms are relaxed, and you are as "flat" as you can get; your neck should be relaxed and comfortable. You should feel that you are on your chest not on the edge of your ribs.

Breathe in through the nose and feel the air move down past the chest into the "stomach". When this happens, you will feel the abdomen push out against the ground and laterally, this should happen naturally without you forcing your stomach out.

1. Take a nasal inhalation and exhalation.
2. Nasal inhalation should be a low, slow 3 seconds
3. Then a brief pause
4. Nasal exhalation should be slow and full 4-6 seconds
5. Then a longer pause (2-3 seconds)
6. Then the next breath cycle
7. The air should expand in a 360-degree fashion filling the "cylinder" of the abdomen.

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### Crocodile Breathing - Side Lying

Begin in the side-lying posture, so that one side of your stomach is on the floor with a small, soft rolled up towel placed in the space between the top of the crest of the hip and the floating ribs. This will give your breath a "target" and provide proprioceptive feedback during the drill. Make sure the neck and body are relaxed, and in a comfortable side-lying position; your neck should be relaxed and comfortable so you may need a bolster or pillow to find a neutral position.

Breathe in through the nose and feel the air move down past the chest into the "stomach". When this happens, you will feel the abdomen push out against the ground on your side where the soft roll is placed, this should happen naturally without you forcing your stomach out but aiming your breath for the soft roll.

1. Take a nasal inhalation and exhalation.
2. Nasal inhalation should be a low, slow 3 seconds
3. Then a brief pause
4. Nasal exhalation should be slow and full 4-6 seconds
5. Then a longer pause (2-3 seconds)
6. Then the next breath cycle
7. The air should expand in a 360-degree fashion filling the "cylinder" of the abdomen and allowing you to feel the soft roll
8. Repeat on the opposite side

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## Exercise Descriptions

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### Half Kneeling Turns Anterior Load

Being in the Tall kneeling posture by placing both knees on the ground just wider than your hips, your lower legs remain parallel, and your ankles are plantar flexed. Your pelvis remains in a neutral stacked position with a tall spine, and your shoulder and hips remain squared off.

Begin by holding a kettlebell or sandbag in both hands in front of you. Be sure to maintain the balanced upright posture and perform a series of turns:

#### 1) Head Turns

Turn the head to the right and left in a smooth controlled manner maintaining the “perfect posture”. Begin with small turns and slowly add range but do not push into discomfort or increase the range so you have to compensate in any way.

#### 2) Head and Shoulder Turns with stationary KB

Turn the head and shoulders to the right and left in a smooth and controlled manner maintaining the “perfect posture” and leaving the KB in front of the body. Begin with small turns and slowly add range but do not push into discomfort or increase the range so you have to compensate in any way. Pause at the end range to cycle a full breath.

#### 3) Head and Shoulder Turns with moving KB

Turn the head and shoulders to the right and left in a smooth and controlled manner moving the KB in that direction (if you can turn far enough you may actually move the KB to the outside of the hip you are turning over) and maintaining the “perfect posture”. Begin with small turns and slowly add range but do not push into discomfort or increase the range so you have to compensate in any way. Pause at the end range to cycle a full breath.

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### Half Kneeling Turns Symmetrical Load

Begin in a half kneeling posture by placing one knee down directly under the hip and the other foot should be in line with the knee, this will create the 90/90 position. Depending on the individual, the width of the front foot can be adjusted for balance. The narrower the foot is in relation to the knee, the greater the challenge. The front foot should feel as light as possible, enough to be able to pick it up and put it down. Throughout the exercises concentrate on staying as tall as possible creating a straight line from the ear, shoulder, hip, and down knee for proper posture alignment.

While in the Half kneeling posture begin by holding two kettlebells in both hands at the sides of you. Be sure to maintain the upright balanced posture and perform a series of turns:

#### 1) Head Turns

Turn the head to the right and left in a smooth controlled manner maintaining the “perfect posture”. Begin with small turns and slowly add range but do not push into discomfort or increase the range so you have to compensate in any way.

#### 2) Head and Shoulder Turns with stationary KB

Turn the head and shoulders to the right and left in a smooth and controlled manner maintaining the “perfect posture” and leaving the KB in front of the body. Begin with small turns and slowly add range but do not push into discomfort or increase the range so you have to compensate in any way. Pause at the end range to cycle a full breath.

#### 3) Head and Shoulder Turns with moving KB

Turn the head and shoulders to the right and left in a smooth and controlled manner moving the KB in that direction (if you can turn far enough you may actually move the KB to the outside of the hip you are turning over) and maintaining the “perfect posture”. Begin with small turns and slowly add range but do not push into discomfort or increase the range so you have to compensate in any way. Pause at the end range to cycle a full breath.

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## Exercise Descriptions

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### Kneeling FRC

Begin in the Tall kneeling posture by placing both knees on the ground just wider than your hips, your lower legs remain parallel, and your ankles are plantar flexed. Your pelvis remains in a neutral stacked position with a tall spine, and your shoulder and hips remain squared off.

1. Take a normal nasal inhalation and exhalation.
2. At the end of the exhalation the client will take one hand up to the nose and pinch the nose closed and pause or breath hold until the first sign of muscular action and desire to breathe. This is not a maximum breath hold but the functional residual capacity.
3. Record the time

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### Log Roll

Begin in a quadruped position with the elbows placed directly underneath the shoulders on a stack of pads or padded box so the spine is level and the knees placed directly underneath the hips. Perform a natural breath cycle in the neutral or starting position. During the next inhale perform a spine extension (cow pose) articulating the spine into a fully extended position from neck to lower back. And pause briefly at the end range of motion. During the exhale perform a spine flexion (cat pose) articulating the spine into a fully flexed position from neck to lower back. Again, pause briefly at the end range of motion. You can continue to cycle the movement with the breathing or pause for a breath cycle in the neutral position before performing the drill again.

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### Quadruped Flexion/Extension

Begin in a quadruped position with the elbows placed directly underneath the shoulders on a stack of pads or padded box so the spine is level and the knees placed directly underneath the hips. Perform a natural breath cycle in the neutral or starting position. During the next inhale perform a spine extension (cow pose) articulating the spine into a fully extended position from neck to lower back. And pause briefly at the end range of motion. During the exhale perform a spine flexion (cat pose) articulating the spine in to a fully flexed position from neck to lower back. Again, pause briefly at the end range of motion. You can continue to cycle the movement with the breathing or pause for a breath cycle in the neutral position before performing the drill again.

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### Quadruped Foot to Hand with Cat/ Cow

Begin in a quadruped position with the hands placed directly underneath the shoulders and the knees placed directly underneath the hips. Begin by stepping one foot up beside the same side hand and perform a natural breath cycle in the neutral or starting position. During the next inhale perform a spine extension (cow pose) articulating the spine into a fully extended position from neck to lower back. And pause briefly at the end range of motion. During the exhale perform a spine flexion (cat pose) articulating the spine into a fully flexed position from neck to lower back. Again, pause briefly at the end range of motion. You can continue to cycle the movement with the breathing or pause for a breath cycle in the neutral position before performing the drill again.

Repeat the drill on the other side by returning to the starting quadruped position then step the opposite foot up beside the down hand and repeat the breathing and flexion/extension drill.

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## Exercise Descriptions

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### Quadruped FRC

Begin in a quadruped position with the hands placed directly underneath the shoulders and the knees placed directly underneath the hips.

- Take a normal nasal inhalation and exhalation.
- At the end of the exhalation the client will take one hand up to the nose and pinch the nose closed and pause or breath hold until the first sign of muscular action and desire to breathe. This is not a maximum breath hold but the functional residual capacity. Record the time

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### Quadruped T-spine lumbar locked assisted

Get into a quadruped position and sit the buttocks on the heels with the elbows directly under the shoulder and forearms placed together in the center of the body firmly in the floor. Place one hand on your low back, palm facing away from the back. An FMT band is placed around the shoulder of the arm behind the back running across the back toward an attachment point to the side and 45 degrees down from the shoulder. Then, look toward and rotate that shoulder toward the ceiling. The FMT band will assist the turn up into the t-spine rotation. Inhale at the starting position and exhale during the rotation. A pause can be performed at the end range of motion and multiple breath cycles can be performed before returning to the starting position. Return to the starting position and proceed to take the shoulder toward the floor. Keep the post arm firm.

Repeat for the desired number of repetitions/breaths and move the FMT band to the opposite shoulder and repeat on the other side/direction.

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### Quadruped T-spine lumbar locked Resisted

Get into a quadruped position and sit the buttocks on the heels with the elbows directly under the shoulder and forearms placed together in the center of the body firmly in the floor. Place one hand on your low back, palm facing away from the back. An FMT band is placed around the shoulder of the arm behind the back running across the back toward an attachment point to the side and 45 degrees down from the shoulder. Then, look toward and rotate that shoulder toward the ceiling. The FMT band will assist the turn up into the t-spine rotation. Inhale at the starting position and exhale during the rotation. A pause can be performed at the end range of motion and multiple breath cycles can be performed before returning to the starting position. Return to the starting position and proceed to take the shoulder toward the floor. Keep the post arm firm.

Repeat for the desired number of repetitions/breaths and move the FMT band to the opposite shoulder and repeat on the other side/direction.

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### Standing FRC

Begin Standing. Take a normal nasal inhalation and exhalation.

- At the end of the exhalation the client will take one hand up to the nose and pinch the nose closed and pause or breath hold until the first sign of muscular action and desire to breathe. This is not a maximum breath hold but the functional residual capacity.
- Record the time

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## Exercise Descriptions

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### Standing Turns 1KB Overhead

While standing begin by holding a kettlebell or sandbag in the racked position and then safely press it overhead. Be sure to maintain the balanced upright posture and perform a series of turns:

#### 1) Head Turns

Turn the head to the right and left in a smooth controlled manner maintaining the “perfect posture”. Begin with small turns and slowly add range but do not push into discomfort or increase the range so that you do not have to compensate in any way. If you reach a point where a full breath cannot be achieved, back out of the turn until you can achieve a full breath. Perform a few breath cycles there and then return to the point in the rotation where a full breath could not be achieved and see if it is now possible to cycle a full breath. If so, stay there and complete a few breath cycles.

#### 2) Head and Shoulder Turns with stationary KB

Turn the head and shoulders to the right and left in a smooth and controlled manner maintaining the “perfect posture” and leaving the KB in front of the body. Begin with small turns and slowly add range but do not push into discomfort or increase the range so that you do not have to compensate in any way. Pause at the end range to cycle a full breath. If you reach a point where a full breath cannot be achieved, back out of the turn until you can achieve a full breath. Perform a few breath cycles there and then return to the point in the rotation where a full breath could not be achieved and see if it is now possible to cycle a full breath. If so, stay there and complete a few breath cycles.

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### Standing Turns with 1 KB Racked

While standing begin by holding a kettlebell or sandbag in the racked position. Be sure to maintain the balanced upright posture and perform a series of turns:

#### 1) Head Turns

Turn the head to the right and left in a smooth controlled manner maintaining the “perfect posture”. Begin with small turns and slowly add range but do not push into discomfort or increase the range so that you do not have to compensate in any way. If you reach a point where a full breath cannot be achieved, back out of the turn until you can achieve a full breath. Perform a few breath cycles there and then return to the point in the rotation where a full breath could not be achieved and see if it is now possible to cycle a full breath. If so, stay there and complete a few breath cycles.

#### 2) Head and Shoulder Turns with stationary KB

Turn the head and shoulders to the right and left in a smooth and controlled manner maintaining the “perfect posture” and leaving the KB in front of the body. Begin with small turns and slowly add range but do not push into discomfort or increase the range so that you do not have to compensate in any way. Pause at the end range to cycle a full breath. If you reach a point where a full breath cannot be achieved, back out of the turn until you can achieve a full breath. Perform a few breath cycles there and then return to the point in the rotation where a full breath could not be achieved and see if it is now possible to cycle a full breath. If so, stay there and complete a few breath cycles.

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## Exercise Descriptions

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### Standing Turns with 2 KB

While standing begin by holding a kettlebell or sandbag in both hands behind you, with one kettlebell or sandbag held to one side, or with a kettlebell or sandbag in each hand on each side. Be sure to maintain the balanced upright posture and perform a series of turns:

#### 1) Head Turns

Turn the head to the right and left in a smooth controlled manner maintaining the “perfect posture”. Begin with small turns and slowly add range but do not push into discomfort or increase the range so that you do not have to compensate in any way. If you reach a point where a full breath cannot be achieved, back out of the turn until you can achieve a full breath. Perform a few breath cycles there and then return to the point in the rotation where a full breath could not be achieved and see if it is now possible to cycle a full breath. If so, stay there and complete a few breath cycles.

#### 2) Head and Shoulder Turns with stationary KB

Turn the head and shoulders to the right and left in a smooth and controlled manner maintaining the “perfect posture” and leaving the KB in front of the body. Begin with small turns and slowly add range but do not push into discomfort or increase the range so that you do not have to compensate in any way. Pause at the end range to cycle a full breath. If you reach a point where a full breath cannot be achieved, back out of the turn until you can achieve a full breath. Perform a few breath cycles there and then return to the point in the rotation where a full breath could not be achieved and see if it is now possible to cycle a full breath. If so, stay there and complete a few breath cycles.

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### Supine FRC

Begin in the supine posture by positioning yourself face up so that your back is on the floor with knees bent 90 degrees and feet flat on the ground. Neck and spine should be “neutral” and comfortable. Use a bolster for the neck if necessary.

- Take a normal nasal inhalation and exhalation.
- At the end of the exhalation the client will take one hand up to their nose and pinch the nose closed and pause or breath hold until the first sign of muscular action and desire to breathe. This is not a maximum breath hold but the functional residual capacity.
- Record the time

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## Exercise Descriptions

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### Tall Kneeling Turns Anterior Load

Being in the Tall kneeling posture by placing both knees on the ground just wider than your hips, your lower legs remain parallel, and your ankles are plantar flexed. Your pelvis remains in a neutral stacked position with a tall spine, and your shoulder and hips remain squared off.

Begin by holding a kettlebell or sandbag in both hands in front of you. Be sure to maintain the balanced upright posture and perform a series of turns:

#### 1) Head Turns

Turn the head to the right and left in a smooth, controlled manner maintaining the “perfect posture” and take a deep diaphragmatic breath and return to a neutral position. Begin with small turns and slowly add range but do not push into discomfort or increase the range, so you have to compensate in any way.

#### 2) Head and Shoulder Turns with stationary KB

Turn the head and shoulders to the right and left in a smooth and controlled manner maintaining the “perfect posture” and leaving the KB in front of the body. Begin with small turns and slowly add range but do not push into discomfort or increase the range, so you have to compensate in any way. Pause at the end ranges to cycle a full breath.

#### 3) Head and Shoulder Turns with moving KB

Turn the head and shoulders to the right and left in a smooth and controlled manner while moving the KB in that direction. (if you can turn far enough you may move the KB to the outside of the hip you are turning over). The aim is to perform this turns while maintaining “perfect posture” Begin with small turns and slowly add range but do not push into discomfort or increase the range, so you have to compensate in any way.

**Pause at the end ranges to cycle a full breath.**

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## Exercise Descriptions

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### Tall Kneeling Turns Assisted

Being in the Tall kneeling posture by placing both knees on the ground just wider than your hips, your lower legs remain parallel, and your ankles are plantar flexed. Your pelvis remains in a neutral stacked position with a tall spine, and your shoulder and hips remain squared off.

An FMT band is placed around one shoulder and behind/across the back to an attachment point lateral to the individual's stance. This will assist the rotation in the direction of the attachment point but resist rotation in the direction toward the attachment point. Be sure to maintain the balanced upright posture and perform a series of turns:

#### 1) Head Turns

Turn the head to the right and left in a smooth, controlled manner maintaining the "perfect posture" and take a deep diaphragmatic breath and return to a neutral position. Begin with small turns and slowly add range but do not push into discomfort or increase the range, so that you do not have to compensate in any way. If you reach a point where a full breath cannot be achieved, back out of the turn until you can achieve a full breath. Perform a few breath cycles there and then return to the point in the rotation where a full breath could not be achieved and see if it is now possible to cycle a full breath. If so, stay there and complete a few breath cycles.

#### 2) Head and Shoulder Turns

Turn the head and shoulders to the direction of assistance from the FMT band in a smooth and controlled manner maintaining the "perfect posture". Begin with small turns and slowly add range but do not push into discomfort or increase the range, so that you do not have to compensate in any way. Pause at the end ranges to cycle a full breath. If you reach a point where a full breath cannot be achieved, back out of the turn until you can achieve a full breath. Perform a few breath cycles there and then return to the point in the rotation where a full breath could not be achieved and see if it is now possible to cycle a full breath. If so, stay there and complete a few breath cycles. (Turns can also be performed in the direction of resistance as well)

#### 3) Head and Shoulder Turns

Turn the head and shoulders to the direction of assistance from the FMT band in a smooth and controlled manner. The aim is to perform the turns while maintaining "perfect posture". Begin with small turns and slowly add range but do not push into discomfort or increase the range, so that you do not have to compensate in any way. If you reach a point where a full breath cannot be achieved, back out of the turn until you can achieve a full breath. Perform a few breath cycles there and then return to the point in the rotation where a full breath could not be achieved and see if it is now possible to cycle a full breath. If so, stay there and complete a few breath cycles. (Turns can also be performed in the direction of resistance as well)

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## Exercise Descriptions

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### Tall Kneeling Turns Posterior Load

Being in the Tall kneeling posture by placing both knees on the ground just wider than your hips, your lower legs remain parallel, and your ankles are plantar flexed. Your pelvis remains in a neutral stacked position with a tall spine, and your shoulder and hips remain squared off.

Begin by holding a kettlebell or sandbag in both hands behind of you. Be sure to maintain the balanced upright posture and perform a series of turns:

#### 1) Head Turns

Turn the head to the right and left in a smooth, controlled manner maintaining the “perfect posture” and take a deep diaphragmatic breath and return to a neutral position. Begin with small turns and slowly add range but do not push into discomfort or increase the range, so you have to compensate in any way.

#### 2) Head and Shoulder Turns with stationary KB

Turn the head and shoulders to the right and left in a smooth and controlled manner maintaining the “perfect posture” and leaving the KB in front of the body. Begin with small turns and slowly add range but do not push into discomfort or increase the range, so you have to compensate in any way. Pause at the end ranges to cycle a full breath.

#### 3) Head and Shoulder Turns with moving KB

Turn the head and shoulders to the right and left in a smooth and controlled manner while moving the KB in that direction. (if you can turn far enough you may move the KB to the outside of the hip you are turning over). The aim is to perform this turns while maintaining "perfect posture" Begin with small turns and slowly add range but do not push into discomfort or increase the range, so you have to compensate in any way.

**Pause at the end ranges to cycle a full breath.**

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### Tall Kneeling Turns Symmetrical Load

Being in the Tall kneeling posture by placing both knees on the ground just wider than your hips, your lower legs remain parallel, and your ankles are plantar flexed. Your pelvis remains in a neutral stacked position with a tall spine, and your shoulder and hips remain squared off.

Begin by holding a two kettlebells in both hands to the sides of you. Be sure to maintain the balanced upright posture and perform a series of turns:

#### 1) Head Turns

Turn the head to the right and left in a smooth, controlled manner maintaining the “perfect posture” and take a deep diaphragmatic breath and return to a neutral position. Begin with small turns and slowly add range but do not push into discomfort or increase the range, so you have to compensate in any way.

#### 2) Head and Shoulder Turns with stationary KB

Turn the head and shoulders to the right and left in a smooth and controlled manner maintaining the “perfect posture” and leaving the KB in front of the body. Begin with small turns and slowly add range but do not push into discomfort or increase the range, so you have to compensate in any way. Pause at the end ranges to cycle a full breath.

#### 3) Head and Shoulder Turns with moving KB

Turn the head and shoulders to the right and left in a smooth and controlled manner while moving the KB in that direction. (if you can turn far enough you may move the KB to the outside of the hip you are turning over). The aim is to perform this turns while maintaining "perfect posture" Begin with small turns and slowly add range but do not push into discomfort or increase the range, so you have to compensate in any way.

**Pause at the end ranges to cycle a full breath.**

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## Exercise Descriptions

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### Rolling Lower Body

Lay on your back, hands overhead, feet shoulder width apart. Flex one hip and reach the leg across the body. The upper extremity remains still on the floor until the lower body pulls it over. To return to the starting position extend and reach the same leg diagonally across the body. Again the upper extremity remains on the floor and the lower body merely pulls it over.

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### Rolling Upper Body

Lay on your back with the hands overhead and the feet shoulder width apart. In a diagonal pattern reach one arm across the body, while keeping the head in contact with the floor. The lower extremity remains on the floor until the upper body pulls it over. To return to the starting position extend and reach the same arm diagonally across the body. Again the lower extremity remains on the floor and the upper body merely pulls it over. The head always looks at the moving hand.

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### T-Spine Rotation with Rib Grab

Lay on floor in a side lying position, flex the top hip to 90 degrees and support the knee with a foam roll and keep the foot on the ground. The head is supported by a towel roll. Reach under your ribs with the top hand. Begin rotating your top shoulder to the floor and pull the ribs in the direction you are rotating. Maintain contact between the knee and the foam roll. Then return to the starting position by rotating back to a neutral position.

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## Exercise Descriptions

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### Toe Touch Progression

The toe touch progression is a simple exercise to improve body awareness (or sensory awareness) for deep squatting and hip hinging. The toe touch progression is a fundamental component of the exercises needed for the deep squat. It simply teaches the relaxation of the tension in the lower back and how to shift weight from the heels to the toes in a smooth and consistent fashion.

Stand erect with the feet side by side, heels and toes touching. The balls of both feet should be elevated onto a 1 to 2-inch platforms such as a board or free weight plate. Insert a towel roll or foam roll between the knees by flexing the knees slightly and separating them without changing foot position. The towel or foam roll should be thick enough that the knees cannot be locked backward or hyperextended. This position will feel bowlegged and extremely awkward, but do not change it. If foot position is altered in any way, the towel roll is too large; unroll a layer or two before continuing. The back should be relaxed and without tension. You should feel the tension from the outside of the knee up through the outside of the hips.

Reach for the ceiling, stretching the arms as high as possible with palms facing forward. Allow out the abdomen by pulling in as deeply as possible with the abdominal muscles. This should not alter breathing. If it does, continue practicing the movement until it can be done without significantly changing breathing.

Bend forward so that the fingertips touch the toes. If the fingertips do not make it completely to the toes, remember to keep the abdominal area pulled inward. Also, squeeze the towel roll slightly to help relax certain muscles in the outer thigh and back so that the toes can be reached. If you still cannot reach the toes, bend the knees slightly to reach them for the first repetition.

Return to the starting position, keeping the heels on the ground and the hands raised as high as possible overhead with palms facing forward. Keep the abdominal region pulled inward and repeat the movement. If a slight knee bend was required for the first repetition, try to bend the knees a little less this time. Reduce the knee bend with each repetition and try to go a little farther each time. You will feel the tension in the calf behind the knee, in the hamstrings and possibly in the lower back.

Phase two of the toe touch progression uses the same movement but from a different position. For phase two, elevate the heels on a 1 to 2-inch platform. The toes should be on the ground. Insert the towel roll between the knees without changing the foot position. Repeat the toe touch movement, reaching up to the ceiling, pulling in the abdominals and reaching to the toes. There may be slightly greater tension in the lower back and hamstrings and slightly less tension in the calves than in phase one. Bend the knees as little as possible to allow a toe touch and bend the knees less and less with each repetition until they can be held in a nearly straight position. At no time during the exercise should the knee hyperextend or the foot position change. You should be closer to touching your toes or doing so more comfortably following this drill. You should be comfortable touching your toes before starting deep squatting activities.