

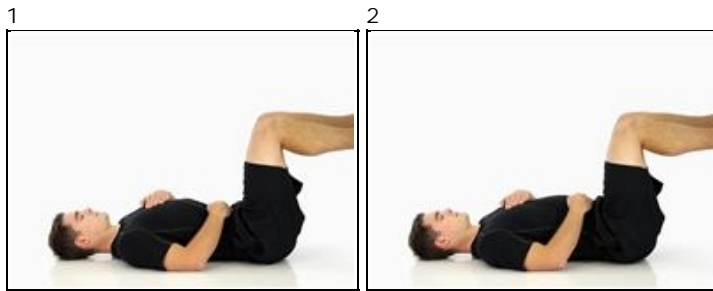


Movement 101

13 Exercises, Duration: 34 mins, 5 seconds

90/90 Breathing Position

2 sets | 2 mins, 40 seconds



Description:

Begin in the supine posture by positioning yourself face up so that your back is on the floor with the feet on a wall, so the knees are bent to 90 degrees and the hips are bent to 90 degrees. Neck and spine should be “neutral” and comfortable. Place one hand on the upper chest and one hand on the lower abdomen.

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 the lateral portion of the stomach pushing your hands out.

Resistance	Instructions	Set	Reps	Sec/Rep	Sec/Rest
		1	1	60	20
		2	1	60	20



Crocodile Breathing

3 sets | 2 mins



Description:

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.

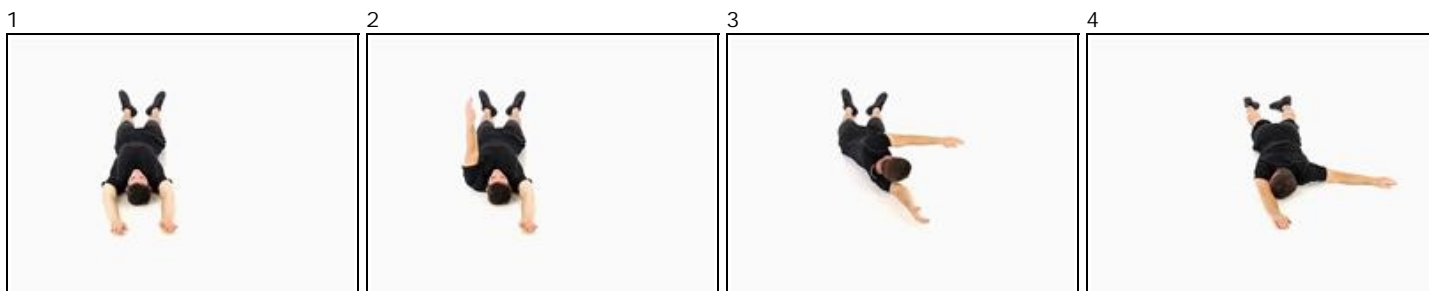
Breathe in through the nose and feel the air move down past the chest into the "stomach". When this happens, you will feel the abdomen push out against the ground, this should happen naturally without you forcing your stomach out.

Resistance	Instructions	Set	Reps	Sec/Rep	Sec/Rest
		1	1	30	10
		2	1	30	10
		3	1	30	10



Rolling Upper Body

2 sets | 1 mins



Description:

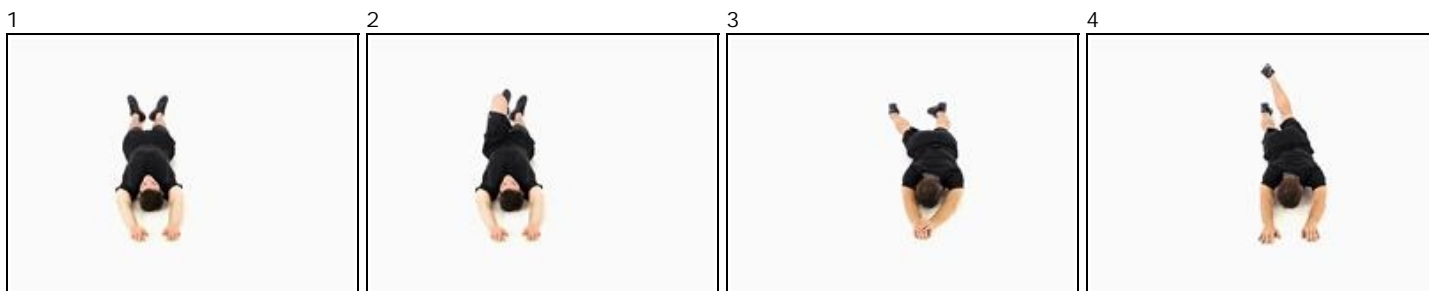
Lay on your back with the hands overhead and the feet shoulder width apart. In a diagonal pattern reach one arm across the body, while keeping the head in contact with the floor. The lower extremity remains on the floor until the upper body pulls it over. To return to the starting position extend and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

Resistance	Instructions	Set	Reps	Sec/Rep	Sec/Rest
		1	5	2	20
		2	5	2	20



Rolling Lower Body

2 sets | 1 mins, 10 seconds



Description:

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.

Resistance	Instructions	Set	Reps	Sec/Rep	Sec/Rest
		1	5	5	10
		2	5	5	10



Assisted Single Leg Lowering to Bolster

3 sets | 2 mins, 39 seconds



Description:

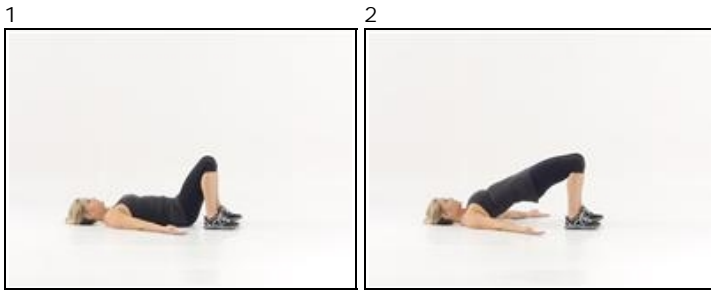
Begin in the supine posture by positioning yourself face-up so that your back is on the floor. Place both feet / Achilles on the bolster. Flex your hips to 90 degrees. If 90 degrees cannot be achieved, flex as much as you can while keeping your legs straight. Hold a handle in each hand and pull the tubing down enough to feel your core activate. Once in this position lower one leg to the bolster, while maintaining the other legs position. Work to get the heel to touch the bolster with a neutral pelvis. Return the band to the start position and repeat the sequence.

Resistance	Instructions	Set	Reps	Sec/Rep	Sec/Rest
		1	8	3	5
		2	8	3	5
		3	8	3	5



Bridge Double Leg

2 sets | 2 mins, 30 seconds



Description:

The double leg bridge is an exercise designed to create symmetry and motor control as a platform for achieving an appropriate deep squat and hip hinge pattern. Additionally, strength is gained as terminal hip extension range is trained.

Lie on the floor in a supine position with the hips flexed at approximately 135 degrees and the knees flexed at 90 degrees. Place the feet flat on the floor pointing straight ahead and shoulder width apart. The arms are held straight down at the sides with palms on the floor. To further challenge stability, the arms may be moved out to the sides or above the head and flat on the ground. Raise the hips off the floor by contracting the glutes. The weight should be kept on the feet when the hips are thrust forward. Keep the lumbar spine neutral allowing the motion to occur about the hips. Once at terminal hip extension, or a straight line from shoulder to hip to knee is achieved, slowly lower yourself back down to the starting position and repeat.

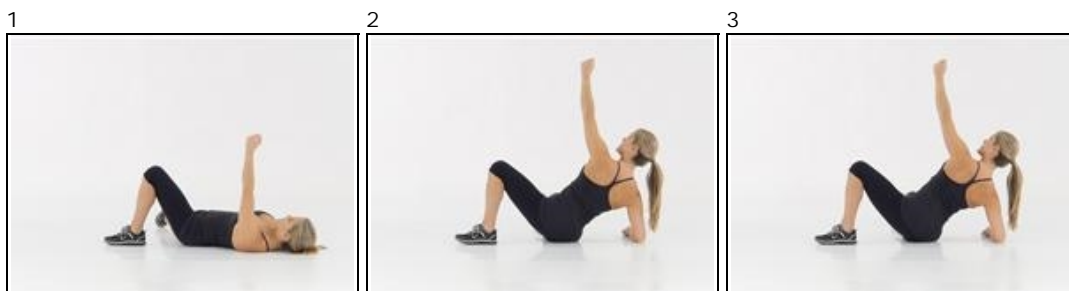
It is essential to use the glutes in neutral and slightly hips-hyperextended ranges of motion as the glutes are the strongest hip extensors at end range hip extension. The bridge exercise is ideal for learning proper glute mechanics, as with bent knees the hamstrings are placed on slack and cannot function optimally, causing the glutes to do more of the work during the bridging motion. Additionally, posterior pelvic tilt is learned from this position.

Resistance	Instructions	Set	Reps	Sec/Rep	Sec/Rest
		1	15	3	30
		2	15	3	30



Get-up Press to Elbow Thoracic Waves

2 sets | 40 seconds



Description:

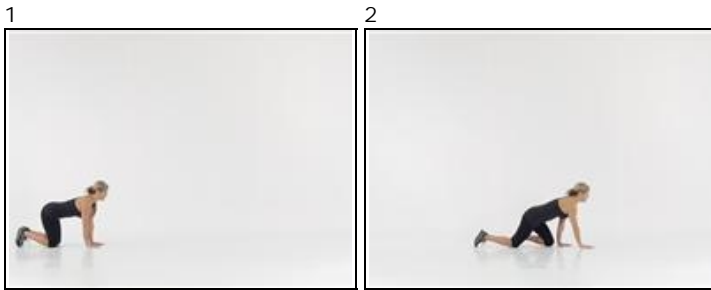
Begin in the elbow post position with one leg straight and the other bent toward the chest. This exercise requires no external load because it is a self limiting stretch that creates thoracic mobility. While in this position begin to flex and extend the upper spine to allow for movement of the thoracic spine. It is also acceptable to move the spine in clircles both clockwise and counterclockwise. Pay close attention to doing this exercise on both the left and right sides and take note for any asymmetries.

Resistance	Instructions	Set	Reps	Sec/Rep	Sec/Rest
		1	5	2	10
		2	5	2	10



Bear Crawl from Quadruped

2 sets | 7 mins, 20 seconds



Description:

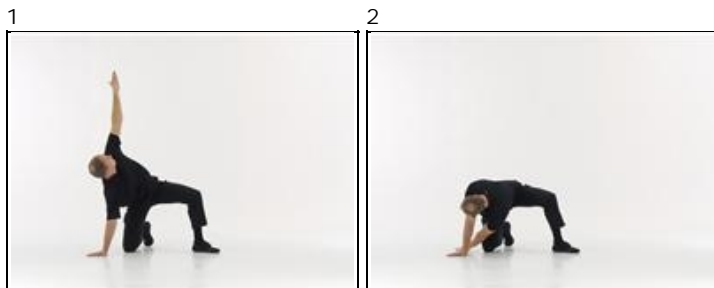
Begin on the floor in the quadruped position (hands and knees). Begin to reach with arm forward and plant the hand on the floor. Once this has been achieved, lift and plant the opposite knee in a cross body diagonal pattern. When both have been planted onto the ground, begin to do the opposite arm and knee. Eventually, this exercise should be fluid and to where the body is constantly moving.

Resistance	Instructions	Set	Reps	Sec/Rep	Sec/Rest
		1	20	10	20
		2	20	10	20



Get-up High Pelvis to Bend Kneeling Windmill Rotations

2 sets | 1 mins



Description:

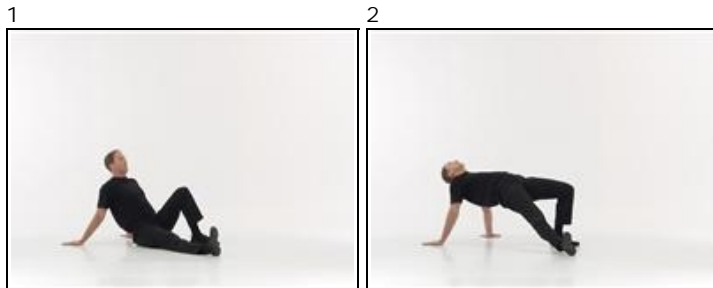
Once in the posted arm position, begin to sweep the extended leg backward. The knee of that leg should maintain contact with the floor. Extend one arm up as if it were holding a kettlebell, and then begin to sweep the arm downward so that it rotates around the body. Then sweep the arm upwards so that it is back in the neutral position.

Resistance	Instructions	Set	Reps	Sec/Rep	Sec/Rest
		1	5	4	10
		2	5	4	10



Get-up Post to High Pelvis Bridge Isolations

2 sets | 1 mins, 36 seconds



Description:

With arms behind the back, plant both palms on the ground with the fingers pointed backward and off to the side. Bend one leg and extend the other. Begin to bridge with the leg that is in the flexed position moving the hips up toward the ceiling.

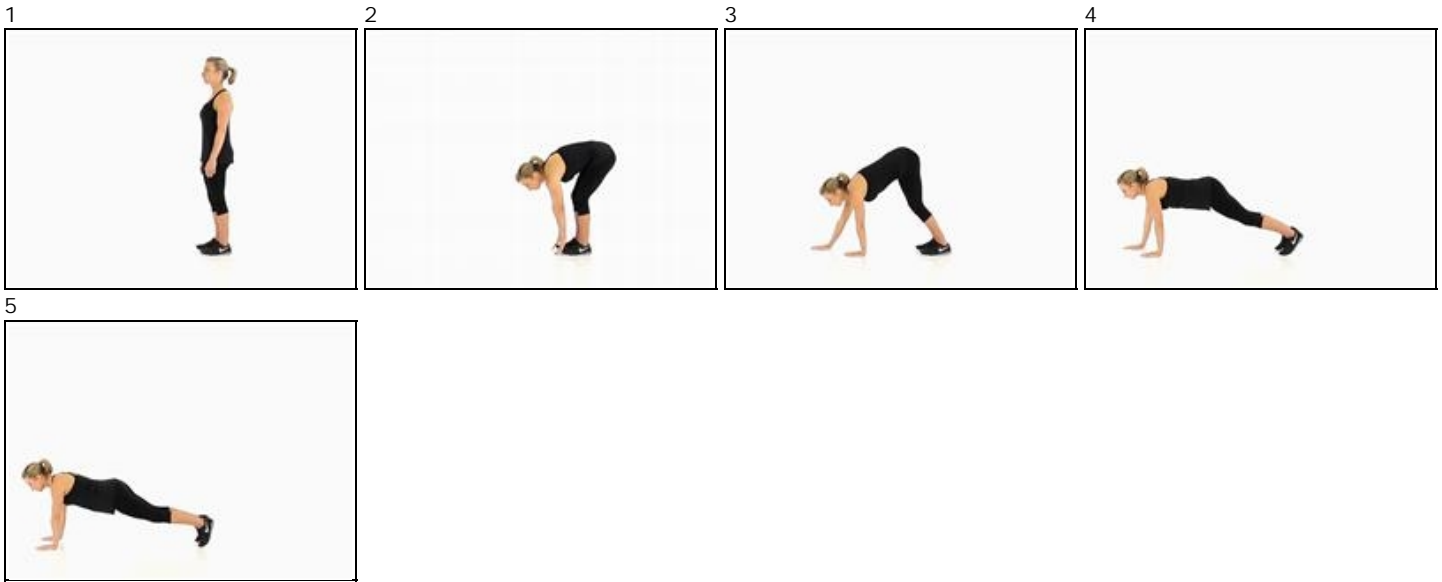
At the top position of the bridge, the shoulders and hips should be squarely aligned with no sag. Make sure to check both legs and determine if there is a difference between each leg during the bridge pattern.

Resistance	Instructions	Set	Reps	Sec/Rep	Sec/Rest
		1	6	3	30
		2	6	3	30



Push-up Walkout

3 sets | 2 mins



Description:

The pushup walkout begins by having the individual standing with feet shoulder width apart. Bend over so that your hands hit the floor, bend at the knees if needed. Then walk your hands out as far as possible keeping a stable back and not hyperextending. Walk the hands back toward the feet and return to standing position. Progress by walking hands out further as well as walking hands side to side.

Resistance	Instructions	Set	Reps	Sec/Rep	Sec/Rest
		1	5	5	15
		2	5	5	15
		3	5	5	15



Body Weight Get-Up

2 sets | 7 mins, 30 seconds



Description:

Begin lying down in the starfish position and begin to raise one arm and leg on the same side. Then perform a post to elbow, post to hand, a high bridge, leg sweep, a half kneeling position, a lunge up, and then symmetrical stance.

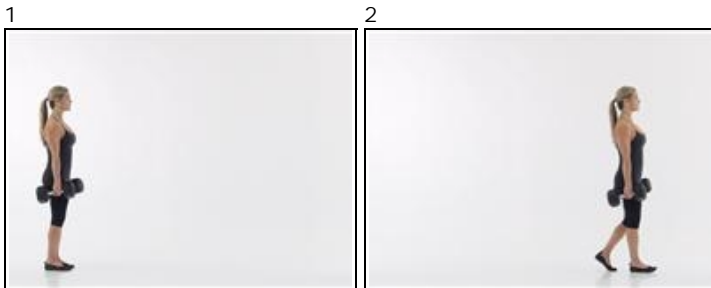
Repeat these steps in reverse order when going back down. Make sure that proper alignment of each position is achieved before doing the next. This exercise should be done the same whether holding a kettlebell or not.

Resistance	Instructions	Set	Reps	Sec/Rep	Sec/Rest
		1	3	30	45
		2	3	30	45



Farmer's Walk Double Arm Down with Two DB

2 sets | 2 mins



Description:

Stand in between two dumbbells placed on a rack or platform. Using proper hip hinge mechanics, grasp one weight in each hand and execute a deadlift. Stand up and hold each weight with the arms hanging down at the sides.

Look straight ahead with the head and neck neutral, the shoulders are depressed and retracted, and the sternum out. Make sure to grip the weights tightly and maintain postural stability during the exercise. This exercise should not be rushed and focus on the quality of the stepping motion.

Resistance	Instructions	Set	Reps	Sec/Rep	Sec/Rest
		1	1	30	30
		2	1	30	30