

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)

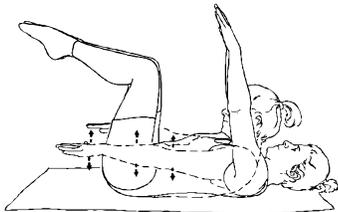
6. Keep abdominals flat (navel to spine).
7. Usually exhale when bending torso and inhale when straightening torso.
8. Inhale through nose and exhale through mouth, emphasizing the exhale.
9. Use the diaphragm and pull breath into side and back of lower ribs.
10. Avoid tilting skull forward, chin to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

INTERMEDIATE - 1 The Hundred



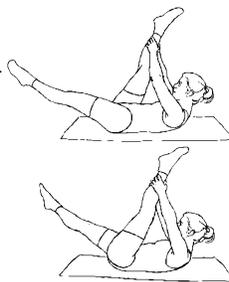
Lie on back, legs up, bent, arms toward ceiling. Exhale, pressing arms down to sides, curling up head and upper torso. Hold. Pump arms in small flutters up and down. _____ pumps per inhale, _____ pumps per exhale. Repeat _____ times. Do _____ sessions per day.

INTERMEDIATE - 8 Scissor (Intermediate / Advanced)

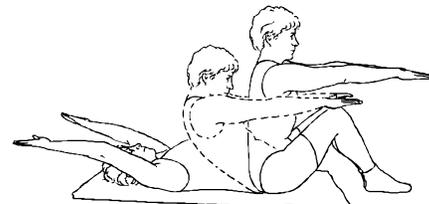
Lie on back, legs straight up. Round up torso, reach up and hold ankle. Lower other leg to 45°. Exhale, pulling gently on leg twice. Inhale, switching legs.

Repeat _____ times, alternating legs. Do _____ sessions per day.

NOTE: Keep navel to spine, back flat.



INTERMEDIATE - 2 Roll-Up



Lie on back, legs bent, arms over head. Exhale, bringing arms forward, curling up from top of spine. Inhale, sitting up straight. Exhale, rolling slowly back down.

Repeat _____ times. Do _____ sessions per day.

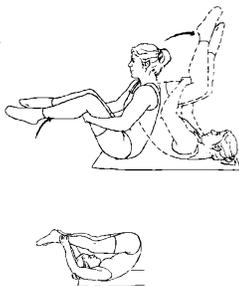
NOTE: Hold onto thighs, if necessary.

INTERMEDIATE - 13 Open Leg Rocker (Intermediate / Advanced)

Sit straight, hands under thighs, legs hip width apart. Press navel to spine and lean back to balance on seat, legs bent in air. Exhale, rounding spine and head. Inhale, rolling to bottom of shoulder blades. Exhale, returning to balance with rounded spine.

Repeat _____ times. Do _____ sessions per day.

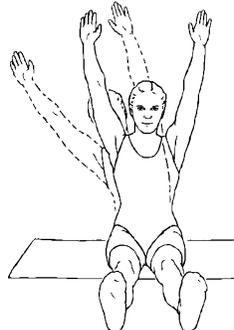
ADVANCED: With legs extended, hold ankles.



INTERMEDIATE - 28 Parallel Side Lean

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

Repeat _____ times, alternating sides. Do _____ sessions per day.



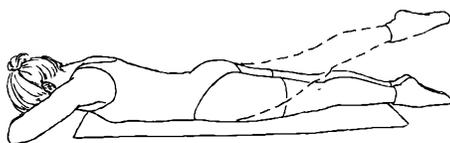
INTERMEDIATE - 16 Saw



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 _____ times, alternating sides. Do _____ sessions per day.

INTERMEDIATE - 17 Prone Single Leg Raise

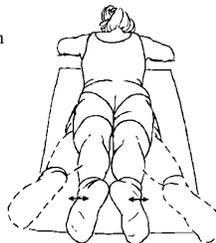


Lie on stomach, forehead on hands. Exhale, raising one leg, front of hip on the mat. Inhale, lowering leg. Repeat _____ times, alternating legs. Do _____ sessions per day.

INTERMEDIATE - 19 Prone Leg Beats

Lie on stomach, forehead on hands. Exhale, raising legs, slightly turned out. Inhale, beating heels together for _____ small beats. Exhale, lowering legs.

Repeat _____ times. Do _____ sessions per day.



YOGA - 24 Cat Back

On hands and knees, exhale and round back up. Inhale and arch back down.

Hold for _____ breaths.

