

## **Pelvic Stabilization Series:**

Spinal Elongation: Supine position, release arms overhead, reach through the right arm and right leg while lengthening through waist and hips. Repeat on left side and then both arms and both legs. Maintain this length of the spine throughout the workout. Perform this 2x.

Forced Exhale: Place hands on ribcage and then exhale through pursed lips, blowing the air out against resistance and close the ribcage. Inhale, allowing ribcage to expand. Maintain this breathing throughout workout to contract abs.

Pelvic Stabilization: Place ring in between thighs, hands on hips and anchor hips. Locate pelvis and create the sensation of drawing PF up into core. Relax gluteals and hamstrings and squeeze the ring for 5 xs with 5 second hold. Deepen the contraction with each rep and hold last one.

Abdominal Curls with Ring Inhale, lengthen through spine and reach arms up over head. Exhale, contract pelvic floor & squeeze the ring while reaching the arms forward to curl up. Allow the arms to follow the longest pathway of movement to encourage spinal lengthening. Inhale and reach back as spine extends to floor. Repeat 10 xs.

Gluteal Press: With arms at low diagonal draw feet in & underneath knees, exhale; squeezing ring and press hips up toward ceiling. Inhale and lower 3 inches. For 10 reps exhale press & squeeze, & inhale to lower.

Low Back Stretch: Draw thighs in toward chest and curl upper body off mat while following the longest pathway of movement, thus lengthening the spine. Take ring for Straight Leg Isometric.

Straight Leg Isometric: Hold ring in front of chest, inhale & reach arms overhead, lengthen through waist and draw shoulders down, feet flexed and legs & hips anchored to the ground. Exhale & reach arms up following the longest pathway and curl 1/3 of the way up. Inhale & reach long while lowering body back to mat. Repeat 10 xs.

Oblique Isometric: Place 1 arm at a high diagonal and other arm at a low diagonal. Inhale reaching the high arm away from body and then FE as high arm reaches across the midline, curling up towards the opposite knee, following the longest pathway of movement, Inhale while lengthening spine & extending back onto floor. Repeat this 10 xs.

Gluteal Squeeze: (option to add bar): Do not lower hips, inhale and relax thighs then exhale for a count of 5 while squeezing the ring between thighs. Feel the PF, adductors, and abdominals at each contraction. Repeat 10 xs with a 5 second hold.

Transition: Reach arms overhead, draw knees to chest, circle arms forward towards knees and stretch low back.

## **Ribcage Stabilization Series**

Forced Exhale Hold ring over ribcage while slightly elevating elbows off floor. Exhale through pursed lips, blowing the air out against resistance and close ribcage. Use back muscles and upper abs to

squeeze the ring. Inhale; anchor spine and pelvis. Inhibit UT and neck flexors & extensors. Inhale & exhale deepening contraction of abs & back. Perform 3 xs.

Arm Press Bend knees in at chest, extend legs over hips, place ring in between legs, reach arms back and lengthen spine on inhale. Exhale; squeeze ring and curl up. FE with each curl up. Perform 5xs slow & 5 xs fast.

Reverse Curl with Ring Upper body remains curled up. Option to place hands behind head for neck support. Squeeze ring in between legs. Inhale; move legs out 5 inches & exhale; move legs back in to 90 degrees. (Bar - Exhale pressing bar towards legs as they move back in to 90 degrees. Inhale; draw bar in towards chest to bench press)

Cross Stretch: Draw knees to one side and arms to opposite side and switch sides. 1 x per side.

Tricep Reach with Curl (option to add bar for bench press) Pull knees & arms in toward chest then exhale, close the ribcage, & curl up while extending legs out to 45 or 90 degrees. Inhale; pull knees & arms back in. Perform 5 xs. (Bar - Exhale pressing bar towards legs simulating a bench press)

Lateral Reach with Curl Legs up at a 90 degree angle with ring in between them. Exhale; squeeze ring, reach arms out wide & curl up. Inhale: reach arms back wide & overhead. Allow PF, hip, inner thigh to engage with each squeeze. Perform 8 xs.

Abduction/Adduction: Take ring from legs and hold in between hands for Forced exhale. Exhale; draw legs toward each other for adductor strengthening. Inhale; open legs out wide. Repeat for 8 xs.

Combination: Exhale; add curl up with ring or bar when legs draw toward each other. Inhale; reach arms back wide & overhead.

### **Spine Stabilization series**

Spine Stabilization Sit slightly forward of gravity line with legs extended (loose diamond or a little wider than hip width). Reach ring on a forward diagonal. Exhale; Squeeze ring & pull up through PF while contracting abs & upper back. Inhale; lengthen spine & waist. Perform 3 xs.

Lumbar Pelvic Mobilization Exhale; contract abs & tuck pelvis while squeezing ring. Inhale; reach up through pelvic floor & lengthen lower spine. Keep same length between ribcage & waist even when rolling back. Perform 3 xs.

Roll up with Ring For  $\frac{3}{4}$  roll: Sitting up (legs in diamond shape or straight), FE then roll  $\frac{3}{4}$  of the way down, using abs. Inhale; elongate low back then roll back up. For full roll down: Exhale; & roll all the way down, using abs. Inhale & lengthen the low back then exhale, squeeze the ring & roll up. Perform 5 xs  $\frac{3}{4}$  roll & 5 xs Full roll down.

Latissimus Reach Sitting slightly forward of gravity line without flexing spine (legs in diamond shape or straight) reach bar overhead & then lower bar behind head (base of skull, not shoulders) then reach up for count (5-4-3-2-1x) Roll down (3/4 or full roll down) bringing arms in front of shoulders. Inhale, then exhale; bring bar up while curling up then press up for (4-3-2-1x) then roll down. Count down 1 rep each time.

## **Back Extension Series**

Stretch - In prone position, reach through the right arm & right leg, then reach through the left arm & left leg, then both arms & legs.

Quad Stretch (with arch) Bring heel into hip for a quad stretch, then exhale & press up to an arch while tightening the abs. Do 1 xs each side.

Posterior Leg Lift Single - Reach arms forward to loose diamond shape, anchor pelvis & stretch leg long out of hip. Tighten abs while raising right leg up & down. Do 5 slow & 5 fast.

Posterior Leg Lift Double- Raise both legs up & down while keeping abs tight. Do 5 slow & 5 fast.

Cat Back Stretch On all 4's stretch the lower spine. Exhale & round the spine while pulling up through the pelvic floor & tighten abs. Inhale, lengthen spine & slightly arch. Perform 3 x's.

Quadruped Stretch the right arm & left leg out, then bend in & extend for (4-3-2-1x) Repeat on other side for another 4's then 3's each side, then 2's each side then alternate.

Adductor squeeze Remain in loose diamond and contract the gluteals & lower abs as you close & open the inner thighs. Do 10 xs slow & 20 xs fast.

Transition - Go into LB stretch. Reach right leg back then left leg for push up position.

## **Push-Up Series**

Push-up Hold Extend one leg out behind body, then the other leg for push-up position. (On knees for beginners) Tighten into the core, anchor hips, squeeze glutes & hold for 10 seconds.

Leg Extension Exhale & lift one leg up then lower to floor with pointed toe. Float head, close ribcage, & anchor shoulders. (optional - bring knee into chest, then extend leg out & back) Do 4 xs each side.

Pectoralis Push-ups Remain in push-up position with hands under shoulders. Bend elbows so they come alongside ribcage & lower body. Exhale & extend elbows lifting body up. Float head out & shoulders down. Do 5 xs.

Transition: Walk hands back towards feet, bring feet in to hip width apart & roll up through spine to standing. Walk to front of mat & lie supine.

## **Abdominal & Hip Flexor Series**

Single Knee Repeating In supine, bring one knee into chest for a hip stretch on exhale. Keep the other leg extended on floor. Inhale, stretch & extend bent leg, never touching leg down. Circle the arms to stretch & reach them towards bent leg. Repeat 4 xs then switch legs.

Leg Lift Repeating Extend leg up to stretch hamstring. Reach leg long towards floor but not touching

floor & arms over head. Circle arms reaching them towards leg on exhale. Inhale & stretch long. Repeat as previous exercise for 4 xs. Switch sides and repeat.

Leg Circles Anchor supporting leg, lengthen spine, release neck & bring shoulders wide. Maintain pelvic stabilization & extend leg up toward the ceiling & circle leg exhaling as leg comes in toward the body. Lengthen waist rather than pressing LB towards floor. Repeat 4 xs 1 direction then switch direction for 4 xs. Then switch sides.

Rolling Hug Hug both knees in to chest round spine & roll up to a sitting position. Balance while supporting from abdominals. Inhale roll back & exhale roll up.

### **Spine Rotation Series**

Forward Stretch (with legs together or apart) Sitting legs straight feet flexed exhale & hinge forward from the pelvis. Reach forward toward toes while lengthening spine. Reach up & open arms. Do 4 xs.

Alternating Rotation Lengthen as you rotate spine on exhale. Inhale bring spine to neutral & exhale as you rotate spin in opposite direction. Do 4 xs.

Sitting Leg Lift Place hands down, close feet raise leg up & down 4 times each side. Repeat 4 xs.

Rotated Single Leg Lift Rotate left reaching right hand to left foot & hinge back while lifting leg up & lengthening spine. 1 x each side. Then rotate left reach left leg up for a count of 4-3-2-1 (keep length in spine). Both sides count down in 3's,2's & alternate 4 x's.

Transition - Fold forward from hip to stretch low back & hamstrings.

### **Hip ROM Series (Do series on 1 side then switch sides.)**

Side Kick Lie on side with head weight in hand, legs slightly in front of hips, externally rotate legs. Lift top leg & stretch. Lower leg down pulse, flex foot lift up pulse, exhale point toe & lower leg down to pulse. 8-10 x's one side.

Extension On side bend knee, extend rising leg up, flex ankle & lower leg while squeezing inner thighs tight, lift both legs off ground using abs. Inhale, exhale, inhale, exhale & lift. 8-10 x's one side.

Small ROM On side Circle leg small front to back, reverse. Extend leg long out of hip as make circles. 8-10 x's one side.

Adductor Squeeze with Ring Place ring between legs & roll slightly back on hip. Squeeze ring tightly while feeling inner thighs & hip muscles working. Relax legs & release ring. 8-10 x one side.

Double Leg Lift Roll back slightly & lift both legs up & down. Squeeze tightly into the inner thigh, pelvis, & abs.

Large ROM On side making circles bigger (flex front, point to reach it back) Reverse, point rotate leg to front reach it back to flex. For gluteal, hip, & abs. 8-10 x's one side.

Transition - Take ring out & lie on side, stretching waist. Bring top leg back & bottom leg forward. Stretch arm overhead to increase stretch. Spinal elongation before repeating series on other side.