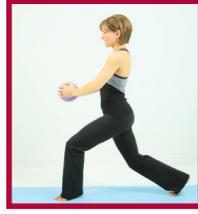


## SQUAT TWIST



**GENERAL:** In this squat, we are focused on our abdominals but get the benefit of working your quadriceps and glutes as well.

### EXERCISE:

1. Begin standing. Step forward bending your front leg to a 45° angle.
2. Keep your knee directly above your heel.
3. Hold ball or light weight in front of you, just under your chest, keeping shoulders squeezed back and down.
4. Slowly move hands toward your left hip, squeezing your obliques.
5. Repeat on other side.

**REPETITIONS:** 12-24 on each side.

**TIP:** Never allow your knee to move forward of your foot. This will put strain on your knee.

## BOAT



**GENERAL:** If you only have time for a few moves, make sure Boat is one of them. This pose tones your tummy while giving lower back support.

### ALIGNMENT:

1. From a sitting position on the floor, contract your abs to lift both legs into a "V" position.
2. Keep legs straight and strong.
3. Extend arms so they are straight and parallel to your legs or to the floor.
4. Keep head neutral, eyes focused forward.

**MODIFICATION:** To modify Boat, bend your knees slightly or place feet on the floor one at a time. Keep your core engaged.

**TIPS:** Be careful not to round your back. You should be balancing on your "sit" bones.

## DOWNWARD FACING DOG



**GENERAL:** Stretches spine, strengthens arms, opens shoulders and lengthens the back of the leg. What more could you want?

### ALIGNMENT:

1. Begin on hands and knees. Curl toes under and press tail bone toward the sky. Hands should be parallel, shoulder width apart with palms flat and fingers slightly spread.
2. Feet are hip width apart. Roll shoulder blades down and back. Pull navel toward your spine. Keep muscles active for a great tone and sculpt!
3. Focus on lengthening your spine, straightening legs and pulling heels toward the floor for the ultimate stretch.

**TIPS:** If you feel any pain gently return to a more comfortable position. Protect your wrists by placing weight toward knuckles or placing a towel underneath your palms.

## ROLL UP



**GENERAL:** For the best results go slow and be controlled on every move in this book. For the Roll Up think of moving one vertebra at a time to get the maximum benefit.

### EXERCISE:

1. Lie on your back with legs straight and arms over your head.
2. Pull your navel to your spine.
3. Keeping your heels on the floor, slowly roll up one vertebra at a time to a sitting position.
4. Slowly roll back down, one vertebra at a time.

**REPETITIONS:** 12-24

**TIP:** Do not rest at the top and bottom of the move, unless necessary.

## CHAIR



**GENERAL:** As simple as this move looks it is a fantastic full body toner.

### ALIGNMENT:

1. Begin from a standing position or Mountain pose. Arms will be stretched above your head. Focus is forward.
2. Bend your knees to a 90° angle keeping a straight line between your hips and wrists.
3. Pull navel toward spine and engage your hips, thighs and buttocks.

**MODIFICATION:** Try a 45° angle (as pictured) to begin. As you gain strength and confidence you can deepen into the bend.

**TIPS:** Focus your weight through your heels, not your toes. Do not round your back.

## CHEST OPENER



**GENERAL:** This move can be done standing, sitting in a chair or on the floor. Simply make sure you keep good posture throughout.

### STRETCH:

- Clasp hands behind head.
- Pull up straight in your back but do not arch.
- Focus on pulling your shoulder blades together and feeling the stretch through your chest.
- Hold 15-30 seconds.

**TIP:** This is an important stretch to do if you work long hours hunched over a computer. Take a minute or so every half hour to do a few simple stretches.

## STANDING HAMSTRING STRETCH



**GENERAL:** Throughout my gymnastics career, I had many hamstring injuries. Most could have been prevented by paying a little more attention to when and how long I was stretching. Most importantly, when stretching, proceed slowly and do not bounce.

### STRETCH:

- Slowly lift your right leg onto a raised surface such as a chair or ottoman.
- Hold onto a wall or other sturdy object to help with balance.
- Slowly lean forward until you feel the stretch, keeping a straight back.
- If you like, reach forward with your hands but do not put pressure on your knee.
- Hold 15-30 seconds. Repeat on opposite side.

**TIP:** Make sure you are not locking out your base leg.

## RUNNER'S STRETCH



**GENERAL:** This pose stretches your hamstring and hips and gives you a wonderful lower back stretch.

### ALIGNMENT:

1. From a sitting position bring right heel to left thigh.
2. Fold forward from hip sockets reaching toward your left foot.
3. Keep foot flexed with focus on your knee.

**MODIFICATION:** If you're feeling up to it, place your forehead on your forward leg. If you're a little less flexible, try bending your knee slightly.

**TIPS:** Do not round your back. Make sure to fold forward from your hips, protecting your lower back.