

Objective: Increase spinal mobility and challenge leg strength and balance.

Section 1: Warm Up - 10 Minutes

- Diaphragmatic Breathing
- Small Spinal Roll
- Controlled Arm Swings and circles
- Hamstring Stretch
- Figure 4
- Ankle Mobility
- Transition to Standing

Section 2: Strength and Balance - 20 Minutes

- Superset 1:
 - Extended Mountain Pose
 - Side Seem Stretch with crossed legs
 - Extended Mountain pose with Back bend
- Superset 2:
 - Chair Pose
 - Crescent lunge
 - Standing Wind Release
 - Forward Fold

Section 3: Reconditioning - 10 Minutes

- 1/2 Kneeling Quad and Hip Flexor Stretch
- Staff Pose
- 90/90 Hip Opener (over knee and over toe)
- Final resting pose



Program Notes:

All Sections:

Move through the movements keeping in time with the section outlines. Adding or removing reps as you increase or decrease intensity for participants.

Warm Up:

May 2023 focuses back on slowly mobilizing the spine and bringing some popular Reconditioning poses into the warm up. Our goal is to bring in poses that our participants may recognize to help achieve a change in mobility and help avoid seeing a plateau in flexibility. When utilizing the chair for hamstring stretches, we end up challenging the muscle group a bit more than if we were seated on the floor. When we are seated on the edge of our chair, the hard base around the seat holds down the insertion point of the hamstrings which makes us able to lengthen more than we might on the floor. For a visual, hold one side of a rubber band down on a table and pull the other side. (The hand that is holding down the rubber band is the chair, and the rubber band is our hamstrings.)

Strength and Balance:

In Strength and Balance we programmed 2 basic super sets. In our first super set we focus on lengthening the spine. We have seen side bends in many releases, but this release features a crossed leg. By adding a side bend into our routine, we are able to effectively stretch our obliques, strengthen core muscles, increase our lung capacity, reduce stress and anxiety as well as improve circulation. When we add in the crossed leg we see an added benefit for stretching our Psoas. The Psoas is one of the muscles in the group of muscles that attach our spine to our legs. The Psoas muscle is an integral part in helping us walk and stand! Here are some fun facts about this muscle group to add to your continued education resources:

<https://www.ncbi.nlm.nih.gov/books/NBK535418/#:~:text=Introduction,to%20form%20the%20iliopsoas%20muscle>.

Reconditioning:

Generally, we head straight to the floor for some seated reconditioning work. But, in this release we begin in a half kneeling position. The goal is to continue to increase pressure on the knee to strengthen the tissue over the knee as well as stabilize the joint. In the 1/2 kneeling hip flexor and quad stretch, we are able to rock gently to increase or decrease the intensity of the stretch. After we complete both sides, we finally head to the floor for some hip specific mobility patterns. In the 90/90 stretch, we make sure to lean over both the knees and to toes for a complete hip stretch. Play with leaning in and out to increase the intensity.