

Objective: Gentle full body mobility and stability

Section 1: Warm Up - 10 Minutes

- Diaphragmatic Breathing
- Ankle Lifts
- Knee Bends (one at a time)
- Hip Circles
- Breath Reset
- Shoulder Cam Shafts
- Dynamic neck stretching

Section 2: Strength and Balance - 20 Minutes

- Superset 1:
 - Shoulder Strengthening Drill
 - Breath to reset
 - Gentle rotational of arms
- Superset 2:
 - Wide Leg forward fold
 - Spinal Rotations
- Superset 3:
 - Forward Fold
 - Crouch
 - Pyramid
 - Warrior 3
 - Forward fold
 - Rest

Section 3: Reconditioning - 10 Minutes

- Butterfly
- Banded Hamstring Stretch
- Wide leg hamstring stretch (side to center to side to center)
- Tspine Rainbows
- 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:

June 2023 takes a slower approach to mobilizing joints. Starting at the ankle and working our way up the body to finish with the neck. Check out this article for more description on the difference of mobility and stability as well as the joint by joint approach: <https://thovementfix.com/the-joint-by-joint-approach-to-human-function/#:~:text=The%20joint%20by%20joint%20approach%20says%20this%3A%20the%20body%20is,segments%20to%20effectively%20produce%20force.>

Strength and Balance:

In Strength and Balance with the aid of Doug Minzghor, we've added in some additional balance sets. Our goal is to strengthen the tissue surrounding the joints. In this portion, we start at the top and work our way down, a little opposite of our warm up section. The shoulder strengthening drill is simplified but we work against gravity to help strengthen the rotator cuff. If a participant has mentioned a rotator cuff injury, you may remind them to keep their reach neutral or bend the elbows close to the midriff to take pressure of the injury. The following balance segments add in both dynamic and static balance opportunities.

Reconditioning:

June 23 brings us back to a seated position. Starting in a butterfly stretch to work on mobilizing the hips and then move into specific hamstring stretching. As we move from straight leg hamstring stretch to wide leg, we will find a little more rounding in the upper spine as participants try to reach further in their stretch. Normally, we would want to discourage rounding of the spine and you can cue those reminders, but know they will also get a little additional stretch in their upper back and shoulders as they reach forward, which may be helpful following the shoulder drills we have done earlier. Finishing into the t spine rainbows helps our participants place a cherry on top of the shoulder mobility sundae we have been working on in this session, both working on the spine and shoulder mobility. Our final resting pose is a 4 min track focused on relaxing the body. Encourage participants to find a position that works for them and remind them that the position may look different than their neighbors.