1	WARM UP		OBJECTIVE: Increase mobility in the spine and strengthen shoulders.					
•			more date meaning in the applied direct discongulation critical date.					
		15m						
	TIMESTAMP	В	MOVEMENT	s	R	T	Breaths	NOTES
Song	Non-Lyrical: A World at Rest	0:59						
cong			Diaphragmatic Breathing	1X	10	1 min	10 Breaths	Focus on pushing the belly away from the spine on inhale and pulling belly into spine on exhale. Have participants focus on pulling their shoulders down and away from their ears rather than lifting them with each breath. It may help to coach participants into lifting shoulders up and down with breath and then progressing to belly breathing to help understand properbreathing mechanics.
			Neck Tuck and Tilts	1X	10	1 min	10 breaths	
			Seated Clasped Neck Stretch	1X	30 sec	30 sec	5 breaths	Have particpants clasp their fingers behind their skull, closer to their neck, letting their arms weigh with the gravity.
			Reverse Shoulder Rolls	1X	10	30 sec	5 breaths	Slow controlled movements.
			Forward Shoulder Rolls	1X	10	30 sec	5 breaths	
			Left Side - Dynamic Thread the needle	1X	6	30 sec	6 breaths	
			Left Side - Static Thread the needle	1X	30 sec	30 sec	5 breaths	
			Right Side - Dynamic Thread the needle	1X	6	30 sec	6 breaths	
			Right Side - Static Thread the needle	1X	30 sec	30 sec	5 breaths	
			Transition to strap work		30 sec			
			Strap Rows	1X	6	30 sec	5 breaths	Reverse grip is a good option for someone with a shoulder ailment.
			Strap Straight Arm Raise	1X	6	30 sec	5 breaths	Try to keep arms straight throughout - a good option is bending the elbows if shoulder pain occurs.
			Strap Straight Arm Rainbows	1X	3	15 sec	3 breaths	Lower the strap to the chest to reduce tension on the shoulders and back if needed.
			Strap Left side side seam stretch	1X	15 sec	15 sec	3 breaths	
			Strap Straight Arm Rainbows	1X	3.5	18 sec	3.5 breaths	1/2 rep allows us to transition to the other side for the right side hold.
			Strap Right Side side seam stretch	1X	15 sec	15 sec	3 breaths	
			Strap Lat Pulldowns	1X	6	30 sec	5 breaths	You may want to widen your hand position to reduce tension on the shoulders. You may also find that pulling the strap in front of your face rather than behind your head may provide some tension relief.
			Repeat shaded Section above	1X				Encourage participants to play with the holding the strap with different grips or reducing the full extension once the the set affects their body.
					S			
					3			

2	STRENGTH & BALANCE	15m	Strengthen Shoulders and mobilize spine					
	TIME STAMP	В	MOVEMENT	S	R	T	В	NOTES
Song	Lyrical: My Girl	16:57						
			Static Standing T	1X	30 sec	30 sec	5-6 breaths	
			Dynamic Standing T Twists	1X	6	30 sec	5-6 breaths	
			Static Standing T (optional lower case T)	1X	30 sec	30 sec	5-6 breaths	
			Dynamic T Hinge	1X	6	30 sec	5-6 breaths	Reduce pressure on spine by bringing the hands down or placing the hands on the knees
			Static T Hinge	1X	30 sec	30 sec	5-6 breaths	nalius on the knees
			Reset - Bring Hands to thighs or chair					
			Left side - 1/2 T Hinge Rotation	1X	6	30 sec	5-6 breaths	You may find that bringing your elbow down to support your back feels more
			Reset - Bring Hands to thighs or chair					
			Right side - 1/2 T Hinge Rotation	1X	6	30 sec	5-6 breaths	
			Static T Hinge	1X	30 sec	30 sec	5-6 breaths	Change arm positioningo take pressure off of the low back. Use the chair
			Shoulder Rolls and reset	1X	15 sec	15 sec	3 breaths	
			Repeat Shaded Section	1X				
			Topout oridada ecotion	170				
			Left Dynamic - Wind release to hamstring curl	1X	6	30 sec	5-6 breaths	Use chair to assist in balancing.
			Left Static Hamstring curl	1X	30 sec	30 sec	5-6 breaths	Place your toe on the ground to reduce tension
			Left Dynamic - Wind release to hamstring curl	1X	6	30 sec	5-6 breaths	
			Left Static wind release	1X	30 sec	30 sec	5-6 breaths	Place your toe on the ground to reduce tension
			Repeat Shaded Section above on the Right side	1X				
			Tropodi oridaca occilori above ori trie rrigiti side	1/				

3	RECONDITIONING		DESCRIPTION					
		15m						
	LANDMARKS	В	MOVEMENT	S	R	T	В	NOTES
Song	Non-Lyrical: Inner Knowing	37:00:	Transition to floor: Preview chair motifications					
			Left Side Figure 4 Hamstring Stretch	1X	30 Sec	30 Sec	5-6 breaths	To modify this position, participants can sit on a block to reduce tension on their hamstrings. They can also remove the figure 4 hold portion.
			Left side Figure 4	1X	30 Sec	30 Sec	5-6 breaths	Be mindful of posture and shoulder positioning. To modify, move into an anklelock position.
			Right Side Figure 4 Hamstring Stretch	1X	30 Sec	30 Sec	5-6 breaths	
			Right Side Figure 4	1X	30 Sec	30 Sec	5-6 breaths	
			Transition to strap work					
			Left Strap Hamstring Stretch	1X	30 Sec	30 sec	5-6 breaths	
			Left Strap IT Band Stretch	1X	30 Sec	30 Sec		Bend the knee to reduce tension on the IT band. In the chair tip the toe towards the midline and keep the leg straight.
			Double Hamstring Stretch - transition to other side	1X	30 Sec	30 Sec	5-6 breaths	
			Right Strap Hamstring Stretch	1X	30 Sec	30 Sec	5-6 breaths	
			Right Strap IT Band Stretch	1X	30 Sec	30 Sec	5-6 breaths	
			Double Hamstring Stretch	1X	30 Sec	30 Sec	5-6 breaths	
			Knees to chest and optional rock	1X	30 Sec	30 Sec	5-6 breaths	
Song	Exhale - Steven Current	45:00:						
			Final Resting Pose	1X	5 min	5 min		