

2 STRENGTH & BALANCE		15m	<i>Strengthen Shoulders and mobilize spine</i>					
TIME STAMP	B	MOVEMENT	S	R	T	B	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		
		<i>Reset - Bring Hands to thighs or chair</i>						
		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 comfortable in this position. Refer to the 2nd set in the video.	
		<i>Reset - Bring Hands to thighs or chair</i>						
		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 positioning to take pressure off of the low back. Use the chair for more support	
		Shoulder Rolls and reset	1X	15 sec	15 sec	3 breaths		
		Repeat Shaded Section	1X					
		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					

3 RECONDITIONING		DESCRIPTION						
		15m						
LANDMARKS	B	MOVEMENT	S	R	T	B	NOTES	
Song	Non-Lyrical: Inner Knowing	37:00:	Transition to floor: Preview chair modifications					
			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	5-6 breaths	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		