

The logo features the word "AGE" in white, uppercase letters inside a blue semi-circle. Below this, the word "RESTORE" is written in a large, bold, blue, italicized sans-serif font.

# AGE RESTORE

January 2025

## Full Body Mobility and Lengthening

"Falls are a global health concern, the incidence of which significantly increases with age. Understanding the factors that influence falls is critical for fall prevention. Muscle function (eg, the ability to produce torque) is essential for balance recovery and fall avoidance. Hip abductor muscle function contributes to lateral balance control and influences balance with age in tasks such as stepping in multiple directions, obstacle walking, and standing balance."

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10089299/>

<https://youtu.be/ZKjgkc9mXA>

Filmed release of Oct. 2024 for learning purposes.

Play List: <https://open.spotify.com/playlist/3BaxB7VcsL8rCEuaxoFKz7?si=85935c0e3fef4f9e>

This playlist features relaxing melodies and acoustic remakes of some of our favorite songs.

<b>WARM UP</b>	<i>Prepare for Strength and Balance and reduce tension in the back, shoulders, and hips.</i>				
----------------	--	--	--	--	--

<b>TIMESTAMP</b>	<b>MOVEMENT</b>	<b>Sets</b>	<b>Reps</b>	<b>Time</b>	<b>Breaths</b>	<b>NOTES</b>
	Warm Up Intro and Preview	1X	1	1 min	10	Warm Up starts with the song

	Diaphragmatic Breathing	1X	10	1 min	10	Sit at the edge of your chair, sit up tall with shoulders back, inhale and push the belly button away from the spine, exhale and bring the belly button back to its starting position.
--	-------------------------	----	----	-------	----	--

	Cervical Spine Compass Stretch	1X	1	30 Sec	5	chin to chest, chin to ceiling, chin to left, chin to right for one rep.
	Seated Mountain Pose with Sweeping Arms	1X	10	30 Sec	5	Inhale arms above the head and exhale down keeping your chest up the entire time.
	Seated Extended Mountain Pose	1X	5	30 sec	5	I skipped this in filming by accident, please include it in your practice.
	Seated Chest Opener	1X	1	30 sec	5	Hands can be on the chair or off to the sides as shown in the film.
	L. Side Seam Stretch	1X	1	30 sec	5	Right arm can be on the thigh or reaching away from the body as the left arm reaches overhead.
	L. T-Spine Twist	1X	1	30 sec	5	Let the left arm drop across the body to twist, participants can increase the twist by reaching the right arm behind towards the back of the chair.

	Repeat, switching left side exercises to right side exercises.	1X	1	0:03:00	50	
--	--	----	---	---------	----	--

	L. Dynamic Knee Raises	1X	5	30 sec	5	Don't worry about how high the knee gets.
	L. Knee Hold	1X	1	30 Sec	5	Participants might hold the back of their leg for assistance. If they experience pain in their low back, they might consider reclining into their chair.
	L. Hamstring Stretch	1X	1	30 Sec	5	Toes to the ceiling, lead with the chest.
	L. Knee Hold with Ankle Circles	1X	6e	30 Sec	5	3 circles each direction X2
	L. Figure 4	1X	1	30 Sec	5	Regress with the ankle lock position.
	L. Piriformis Stretch	1X	1	30 Sec	5	Regress with the floor connected piriformis stretch shown in the video.
	Repeat, switching left side exercises to right side exercises.	1X	1	3 min	20	

<b>STRENGTH &amp; BALANCE</b>	<b>Strengthen Shoulders and mobilize spine</b>					
-------------------------------	--	--	--	--	--	--

<b>TIMESTAMP</b>	<b>MOVEMENT</b>	<b>Sets</b>	<b>Reps</b>	<b>Time</b>	<b>Breaths</b>	<b>NOTES</b>
	Transition to standing and preview	1X	1	1 min	10	Set up the chair with the seat of the chair closest to your body.

	Mountain Pose with Sweeping Arms	1X	5	30 sec	5	Repeating from our Warm Up - we will continue to see this move in each section.
	Forward Fold	1X	1	30 sec	5	The purpose for the pushups is not necessarily chest work, but actually a way to increase the length of the hamstrings in a dynamic matter.
	Downward Facing Dog Tricep Push Ups	1X	5	30 Sec	5	This is not about triceps or chest as you might think a tricep push up will be and more about lengthening through the back of your body.
	L. Extended Angle	1X	1	30 sec	5	Options could include using the chair for support, bringing the chest more upright and rest the front arm on the thigh or maybe reach deeper without chair assistance.
	L. Warrior 2	1X	1	30 sec	5	Pressing out of the extended angle may cause issues for those that struggle with balance, encourage them to use their chair and body as they come up.
	Windmill to Forward Fold	1X	1	30 sec	10	Pedal the feet or sway side to side. At 20-25 sec, slowly start rising up.

	Repeat, switching left side exercises to right side exercises.	1X	1	3 min	40	
--	--	----	---	-------	----	--

	<i>Transition to new foot print and preview</i>	1X	1	60 Sec	5	<i>Set the block inbetween the feet with a neutral stance - participants should rotate their chair for the back of the chair closest to your body.</i>
--	---	----	---	--------	---	--

0:24:30	L. Dynamic Lateral Step to the block	1X	5	30 sec	5	Focus more on the descent to the block and back to the floor.
	L. Step to the block hold	1X	1	30 sec	5	Barely put pressure into the foot on the block. You should be just grazing the block with your toe.
	L. Dynamic Knee Lift	1X	5	30 Sec	5	I accidentally skipped this in the film - try not forgetting this as we transition into it.
	L. Knee Lift Hold	1X	1	30 sec	5	The knee will only go up as far as your hip will let it. Practice not tipping at the hip.
	L. Tree Pose	1X	1	30 Sec	5	Avoid setting the foot on the knee. Place the foot above or below. Participants might stay connected with the floor to help assist in the balance.
	Recovery	1X	1	30 Sec	5	

	Repeat, switching left side exercises to right side exercises.	1X	1	0:03:00	25	
--	--	----	---	---------	----	--

<b>RECONDITIONING</b>	<i>Focusing on hip mobility and tension release.</i>				
-----------------------	--	--	--	--	--

<b>TIMESTAMP</b>	<b>MOVEMENT</b>	<b>Sets</b>	<b>Reps</b>	<b>Time</b>	<b>Breaths</b>	<b>NOTES</b>
	<i>Transition to floor: Preview chair modifications</i>	1X	1	1 min	10	Reconditioning starts with the song Departure by Freyr.

	Seated Mountain Pose with Sweeping Arms	1X	5	30 Sec	5	Try out different options for the legs in this position. Some participants may struggle with posture and pa
	Seated Heart Opener	1X	1	30 Sec	5	Relax the chin and take the gaze to the ceiling or slightly behind.
	L. Side Seam Stretch	1X	1	30 Sec	5	Have participants refocus on posture here.
	Dynamic Hamstring Stretch to Hamstring Stretch Hold	1X	5, 1	60 Sec	10	Reach towards your foot and lead with your chest rather than your forehead. Complete 5 dynamic reps a

	Repeat, switching left side exercises to right and right side exercises to left.	1X	1	0:02:30 min	20	
--	--	----	---	-------------	----	--

	Supine Lumbar Extension	1X	1	30 Sec	5	Try to make an arch with your mid back while keeping your hips and shoulders connected with the floor.
	L. Single Leg Extension to R. Tree Pose hold	1X	1	30 Sec	5	We're focusing on inner thigh stretching with this one. Participants may need to decrease how far their hip opens up.
	Supine Knees Bent	1X	1	30 Sec	5	Participants can relax with their knees bent, they can complete the supine lumbar extension or they can work on rounding their pelvis. This is a choose your adventure hold.
	R. Single Leg Extension to R. Tree Pose hold	1X	1	30 Sec	5	
	Supine Knees Bent	1X	1	30 Sec	5	Play with the footprint to see what feels best with this move.
	Supine Butterfly	1X	1	30 Sec	5	Participants may struggle with opening up their hips up fully. To regress, they may place blocks under their thighs to decrease how far the hips open up. To progress, they may relax their hands on their legs to add pressure.

	Final Resting Pose	1X	1	0:05:00		Encourage participants to find a position that helps their muscles fully relax. Turn the spotlights off to darken the room and spend a majority of the time in quiet.
--	--------------------	----	---	---------	--	---

	Seated Exit - Deep breath and shoulder roll.	1X	1	30sec	5	Please refrain from Namaste but you are more than welcome to give thanks.
--	--	----	---	-------	---	---