



**April 2025**

**Hip Stabilization and Spinal Mobility**

*April 2025 focuses on strengthening all of the soft tissue in supporting joints for the hip as well as working on spinal mobility with repeating spinal twists.*

*Link to film will go here*

<https://open.spotify.com/playlist/4Def91TaSAXlpi9OAU7A0v>

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

	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.
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	Neutral Reach to Chest Opener	1X	1	30 Sec	5	
	Seated T - Shoulder rotations	1X	10	30 Sec	5	Palms face down and then face up with a slow rotation
	Head Cradle Neck and Upper Back Stretch	1X	1	30 Sec	5	
	Side seam stretch	1X	1	15 Sec	3	
	Dynamic Low back release	1X	5	30 sec	5	
	Static Low Back Release	1X	1	30 sec	5	
	L. Thread the Needle	1X	1	30 sec	5	

	Repeat, switching left side exercises to right side exercises.	1X	1	0:03:15	30	
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	L. Seated Lunge	1X	5	30 sec	5	
	L. Seated Lunge or Crouch with Extension	1X	1	30 Sec	5	
	L. Seated Lunge or Crouch with T-Spine Twist	1X	1	30 Sec	5	
	L. Dynamic Hamstring Stretch	1X	6e	30 Sec	5	
	L. Static Hamstring Stretch	1X	1	30 Sec	5	
	L. Hip Opener	1X	1	30 Sec	5	
	Repeat, switching left side exercises to right side exercises.	1X	1	3 min	20	

<b>STRENGTH &amp; BALANCE</b>	<i>Strengthen Shoulders and mobilize spine</i>					
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<i>TIMESTAMP</i>	<i>MOVEMENT</i>	<i>Sets</i>	<i>Reps</i>	<i>Time</i>	<i>Breaths</i>	<i>NOTES</i>
	Transition to standing and preview	1X	1	1 min	10	Set up the chair with the seat of the chair closest to your body.

	Standing Reverse Sunflower	1X	5	30 sec	5	
	Standing T - Shoulder Rotations	1X	1	30 sec	5	Palms face down and then face up with a slow rotation
	Standing Head Cradle chest opener	1X	5	30 Sec	5	
	Extended Side Seam Stretch	1X	1	30 Sec	5	
	Semi Circle Low Back Release	1X	1	30 sec	5	1 each direction
	Forward Fold	1X	1	30 sec	5	
	Half Lift	1X	1	30 sec	5	
	Forward Fold	1X	1	30 sec	5	

	Repeat, switching left side exercises to right side exercises.	1X	1	4 min	40	
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	<i>Transtion to new foot print and preview</i>	<i>1X</i>	<i>1</i>	<i>60 Sec</i>	<i>5</i>	<i>Set the block inbetween the feet with a nuetral stance - participants should rotate their chair for the back of the chair closest to your body.</i>
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0:24:30	Dynamic Transverse Step or Squat	1X	5	30 sec	5	
	Static Transverse Squat	1X	1	30 sec	5	
	Static Knee Lift	1X	1	30 sec	5	
	Transverse Squat to Knee Lift	1X	1	30 Sec	5	Holding for a count of 2 in each position.
	Recovery	1X	1	30 Sec	5	Have participants shift side to side to loosen up, they can do what they need to do before resetting and moving to the other side.

	Repeat, switching left side exercises to right side exercises.	1X	1	0:02:30	25	
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RECONDITIONING	Focusing on hip mobility and tension release.					
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TIMESTAMP	MOVEMENT	Sets	Reps	Time	Breaths	NOTES
	Transition to floor: Preview chair modifications	1X	1	1 min	10	Reconditioning starts with the song Departure by Freyr.

	Seated Reverse Sunflower	1X	5	30 Sec	5	Seated position can be in criss-cross, on knees, in butterfly... it is a participant's choice moment.
	Seated T Shoulder rotations	1X	1	30 Sec	5	
	Head Cradle Neck and Upper Back Stretch	1X	1	30 Sec	5	
	L Side seam stretch	1X	5	30 Sec	5	
	L. Thread the Needle	1X	1	30 Sec	5	Can be in a quadraped thread the needle as an option.

	Repeat, switching left side exercises to right and right side exercises to left.	1X	1	0:02:30	25	
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	Butterfly Stretch	1X	1	30 Sec	5	
	Wide Leg Hamstring Stretch	1X	1	30 Sec	5	
	L. Figure 4 Hamstring Stretch	1X	1	30 Sec	5	
	L. Figure 4	1X	1	30 Sec	5	
	R. Figure 4 Hamstring Stretch	1X	1	30 Sec	5	
	R. Figure 4	1X	1	30 Sec	5	

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