



July 2025

**Multi-planar mobility and Balance**

*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/4Def91TaSxlpj9OAU7A0v>

WARM UP	Prepare for Strength and Balance and reduce tension in the back, shoulders, and hips.					
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TIMESTAMP	MOVEMENT	Sets	Reps	Time	Breaths	NOTES
	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.
	Chin Tuck and tilt	1X	1	30 Sec	5	
	Scap Retraction	1X	10	30 Sec	5	
	Arm wrap hug	1X	1	30 Sec	5	Switch arms halfway though
	Chest Opener	1X	1	30 Sec	5	
	Seated Dynamic Row the Boat	1X	5	30 sec	5	
	Seated Static Low Back Release	1X	1	30 sec	5	
	Seated Dynamic Row the Boat Piriformis Stretch	1X	5	30 sec	5	Figure 4 Progression
	Seated Static Piriformis Stretch	1X	1	30 Sec	5	

	Repeat, switching left side exercises to right side exercises.	1X	1	0:02:00	30	
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	L. Dynamic Leg Extensions	1X	5	30 sec	5	
	L. Static Leg Extension with ankle rolls	1X	1	30 Sec	5	
	L. Seated Hamstring Stretch	1X	1	30 Sec	5	
	L. Seated Reverse Lunge	1X	1	30 Sec	5	
	L. Seated Lateral Lunge	1X	1	30 Sec	5	
	L. Curtsy Ankle Stretch	1X	1	30 Sec	5	
	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>
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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.

	Dynamic Row the Boat Forward Fold	1X	3	30 Sec	5	
	Static Row the Boat Forward Fold	1X	1	30 Sec	5	
	Dynamic Crossback Forward Fold	1X	3	30 Sec	5	
	Static Crossback Forward Fold	1X	1	30 Sec	5	

	Repeat, switching left side exercises to right side exercises.	1X	1	0:02:00	20	
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	<i>Transtion to new foot print and preview</i>	1X	1	60 Sec	5	
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	L. Forward Lunge	1X	5	30 Sec		Add a pulse to increase the difficulty
	L. Forward Lunge Hold	1X	1	30 Sec		
	L. Reverse Lunge	1X	5	30 Sec		
	L. Reverse Lunge Hold	1X	1	30 Sec		
	L. Lateral Lunge	1X	5	30 Sec		
	L. Lateral Lunge Hold	1X	1	30 Sec		
	L. Curtsy Lunge	1X	5	30 Sec		
	L. Curtsy Lunge Hold	1X	1	30 Sec		

	Repeat, switching left side exercises to right side exercises.	1X	1	0:04:30	40	
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<b>RECONDITIONING</b>	<i>Focusing on hip mobility and tension release.</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>
	<i>Transition to floor: Preview chair modifications</i>	1X	1	1 min	10	Reconditioning starts with the song Tyler - Brandon Hargrave

	Straight Leg Row the boat - dynamic	1X	5	30 Sec	5	Seated position can be in criss-cross, on knees, in butterfly... it is a participant's choice moment.
	Static Hamstring Stretch	1X	1	30 Sec	5	
	Cross legged row the boat - dynamic	1X	1	30 Sec	5	
	Cross legged - static hamstring stretch	1X	5	30 Sec	5	

	Repeat, switching left side exercises to right and right side exercises to left.	1X	1	0:02:30	25	
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	90/90 Hold	1X	1	30 Sec	5	Participants can reach over knee, shin, or wherever is most comfortable for them.
	90/90 Ankle Lift	1X	5	30 Sec	5	For this entire hip mobility sequence, encourage participants to find a comfortable position with their upper body. They may feel better down on an elbow rather than an extended arm.
	90/90 Knee Lift	1X	5	30 Sec	5	
	90/90 Hip Lift	1X	5	30 Sec	5	In the chair, you might consider having them lift their knee in front rather than keeping it lateral.

	Repeat all exercises moving to R. side.	1X	1	0:02:00	20	
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	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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