



October 2025

Spinal Mobility and Posterior Chain Flexibility

October 2025 focuses on mobilizing the spine through a series of twists and rolls. With added posterior chain static stretches, participants will see increased flexibility throughout their posterior chain.

Link to film will go here

<https://open.spotify.com/playlist/4Def91TaSAxIpi9OAU7A0v>

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	

	Diaphragmatic Breathing	1X	10	1 min	10	
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	Neck semi-circles	1X	4	30 Sec	5	
	Shoulder rolls forward and back	1X	4/each	30 Sec	5	Have participants focus on their arms astraight and the movement driven from their shoulders rather than elbows.
	Seated T-Spine Rotation to the Left	1X	3	30 Sec	5	
	Seated T-Spine Hold with reach to the Left	1X	1	1 Min	5	Participants can reach their Left hand (Instructor right) towards the floor or opposite knee. Encourage the hand to be placed on something solid rather than hanging to increase spinal flexibility leverage.
	Seated Forward Fold	1X	3	30 Sec	5	

	Repeat above to the Right	1X		3 Min		
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	Section 2 Set up: Participants to get strap and Instructor to preview movements			1 Min	5	
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	Strap Row	1X	4	30 sec	5	Participants choose palm up or down based on their own shoulder range of motion and general comfortability.
	Strap Rainbow	1X	4e	30 sec	5	Figure 4 Progression
	Strap L Side Seam Stretch	1X	1	30 sec	5	
	Strap Halo	1X	4e	30 Sec	5	
	Strap Hamstring Stretch	1X	1	1 min	5	

	Repeat, switching left side exercises to right side exercises.	1X		3 Min		
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STRENGTH & BALANCE	<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>
	<i>Transition to standing and preview</i>	1X	1	1 min	10	<i>Set up the chair with the seat of the chair closest to your body.</i>

	Extending Arm Circles (B2F, F2B)	1X	4/e	30 Sec	5	
	T-Spine Rotation Squat to the Left	1X	3	30 Sec	5	
	T-Spine Rotation Squat to the Left with optional reach	1X	1	1 min	10	
	Wide Leg Forward Fold	1X	1	1 min	10	
	8 Count Reset and transition	1X	1	30 Sec	5	8 Count paced extension will help participants to regulate their blood pressure. Due to being bent over with head at or below heart, we needed to slowly reset to limit the risk of light headed or dizzy reaction to the movements.

	Repeat, switching left side exercises to right side exercises.	1X		3.5 Min		
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	<i>Transition to new foot print and preview</i>	1X	1	1 Min	5	<i>Block on chair or floor.</i>
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	L. Kickstand Hamstring Stretch	1X	1	30 Sec	5	
	L. Bicycle with block hold	1X	4	30 Sec	5	
	L. Single Leg RDL combo	1X	4	1 Min	10	
	L. Kickstand or SL Balance Block Halo	1X	4/e	1 Min	10	

	Repeat, switching left side exercises to right side exercises.	1X	1	3 Min	40	
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RECONDITIONING <i>Focusing on hip mobility and tension release.</i>						
TIMESTAMP	MOVEMENT	Sets	Reps	Time	Breaths	NOTES
	Transition to floor: Preview chair modifications	1X	1	1 min	10	Reconditioning starts with the song
	Wide Leg Chest Opener	1X	5	30 Sec	5	Seated position can be in criss-cross, on knees, in butterfly... it is a participant's choice moment.
	Wide Leg Seated T-Spine Rotation	1X	3	30 Sec	5	
	Wide Leg Seated T-spine Hold with reach	1X	1	30 Sec	5	
	Wide Leg 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	
	L. Deconstructed Bicycle	1X	1	30 Sec	5	
	SL Supine Hamstring Stretch	1X	5	30 Sec	5	
	Dorsiflexion/Plantarflexion	1X	5	30 Sec	5	
	Supine T-Spine Twist	1X	5	30 Sec	10	
	Repeat all exercises moving to R. side.	1X	1	2 Min	20	
	Final Resting Pose	1X	1	5 Min		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.