

| 1 | | WARM UP | | Prepare the body for Strength and Balance by increasing core temperature and stability in major joints. | | | | | | |
|-----------|---------------------------------------|--------------------|-------------------------------------|---|------|---------|---------|-------|--|--|
| | | Instrumental Music | | 15m | | | | | | |
| TIMESTAMP | | B | MOVEMENT | S | R | T | Breaths | NOTES | | |
| Song | Non-Lyrical: | 0.2 | | | | | | | | |
| | Chara Rising (delta 2Hz) - nightbloom | | Diaphragmatic Breathing | 1 | 1 | 2 min | | | | |
| | | | | | | | | | | |
| | | | L. Tilted Neck Stretch | 1 | 1 | 30 Sec | 5 | | | |
| | | | L. Dynamic Side Stretch | 1 | 3 | 30 sec | 5 | | | |
| | | | L. Static Side Stretch | 1 | 1 | 30 sec | 5 | | | |
| | | | L. Dynamic Seated Thread the Needle | 1 | 3 | 30 sec | 5 | | | |
| | | | L. Static Seated Thread the Needle | 1 | 1 | 30 sec | 5 | | | |
| | | | | | | | | | | |
| | | | Switch to right side. | 5 | 9 | 2.5 min | 25 | | | |
| | | | | | | | | | | |
| | | | Dynamic Wide Leg Forward Fold | 1 | 3 | 30 Sec | 5 | | | |
| | | | Static Wide Leg Forward Fold | 1 | 1 | 1 min | 10 | | | |
| | | | L. Toe Circles | 1 | 5per | 30 Sec | 5 | | | |
| | | | L. Heel Circles | 1 | 5per | 30 Sec | 5 | | | |
| | | | L. Knee Circles | 1 | 5per | 30 Sec | 5 | | | |
| | | | | | | | | | | |
| | | | Switch to right side. | 5 | 4 | 3 min | 30 | | | |

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|---|-------------------------------|----------|--|----------|----------|----------|----------|---|
| 2 | STRENGTH & BALANCE | | <i>Strengthen hips & legs and mobilize spine</i> | | | | | |
| | <i>Lyrical Music</i> | | | | | | | |
| | TIME STAMP | B | MOVEMENT | S | R | T | B | NOTES |
| | | | <i>transition to standing</i> | | | 60 sec | | |
| | | | Wide Leg Neck Stretch - both directions | 1 | 1 | 30 Sec | 5 | 15 seconds per direction |
| | | | L. Side Stretch | 1 | 1 | 30 Sec | 5 | |
| | | | L. Horizontal Spinal Twist | 1 | 1 | 30 Sec | 5 | |
| | | | Shoulder Roll | 1 | X | 30 Sec | 5 | Reps will be per participant - as many as needed within the time limit. |
| | | | <i>Switch to Right side</i> | 4 | 3 | 2 min | 20 | |
| | | | Squat Hold | 1 | 1 | 30 Sec | 5 | |
| | | | Step to L. Lunge Hold | 1 | 1 | 30 Sec | 5 | |
| | | | Step to L. SL Balance with overhead reach | 1 | 1 | 30 Sec | 5 | |
| | | | Reset: Step to lunge, to squat, to standing | 1 | 1 | 30 Sec | 5 | Arms will continue to be in overhead reach to transition into forward fold. |
| | | | Forward Fold | 1 | 1 | 30 Sec | 5 | |
| | | | <i>Repeat on R. Side</i> | 5 | 5 | 2.5 min | 25 | |
| | | | Squat Hold | 1 | 1 | 30 Sec | 5 | |
| | | | Step to L. Lunge Hold | 1 | 1 | 30 Sec | 5 | |
| | | | Step to L. SL Extended Balance | 1 | 1 | 30 Sec | 5 | The Left leg will be extended out, arms will remain overhead. |
| | | | Reset: Step to lunge, to squat, to standing | 1 | 1 | 30 Sec | 5 | Arms will continue to be in overhead reach to transition into forward fold. |
| | | | Forward Fold | 1 | 1 | 30 Sec | 5 | |
| | | | <i>Repeat on R. Side</i> | 5 | 5 | 2.5 min | 25 | |

| | | | | | | | | |
|---|---------------------------|------------|--|----------|----------|----------------|----------|---|
| 3 | RECONDITIONING | | <i>Focusing on hip mobility and tension release.</i> | | | | | |
| | <i>Instrumental Music</i> | <i>15m</i> | | | | | | |
| | LANDMARKS | B | MOVEMENT | S | R | T | B | NOTES |
| | | | <i>Transition to floor</i> | | | <i>60sec</i> | | |
| | | | Wide Leg Neck Stretch Both directions | 1 | 1 | 30 Sec | 5 | 15 Sec per direction |
| | | | Wide Leg Side Stretch Both Directions | 1 | 1 | 30 Sec | 5 | 15 Sec per direction |
| | | | Wide Leg Forward Reach | 1 | 1 | 1 Min | 10 | |
| | | | <i>Repeat above</i> | 3 | 3 | 2 | 20 | |
| | | | Butterfly Stretch | 1 | 1 | 30 Sec | 5 | |
| | | | L. Hamstring Stretch with L. reach | 1 | 1 | 30 Sec | 5 | Encourage participants to use a strap if they feel like it could be helpful. |
| | | | L. Hamstring Stretch with both hands | 1 | 1 | 30 Sec | 5 | Some participants may not be able to reach with both hands and can use a block or strap for assistance. |
| | | | Pointed Toe Wide Leg Stretch with Reach | 1 | 1 | 1 min | 10 | Pointing the toe helps increase mobility at the ankle. |
| | | | <i>Repeat on R. side</i> | 4 | 4 | <i>2.5 min</i> | 25 | |
| | | | Rest | 1 | 1 | 5 min | 50 | |