SESSIONS 22-28

WARM-UP					
Neck (from a seated position):	REPEAT				
o Head turns:					
 Turn the head, taking the nose to one side as you inhale. 	4-5x on				
 Exhale and move the nose to the other side, keeping the chin level 	each side				
as you move the head.					
<u>o Retractions:</u>					
 Place hands on the sides of the head. 	5-7x				
 Gently press the side of the head into one hand. 	3 / /				
Return to center.					
Back/Shoulder Blades:					
o Extend arms to the sides.					
o Slowly twist to one side.	6-8x				
o When fully twisted, reach the arms to the front and back.					
o Slowly untwist.					
Arms:					
o Stand facing the wall with feet about hip-width apart; arms should be					
fully extended to the wall at about shoulder-height.	5-7x				
o Slowly lower the body toward the wall, squeezing the elbows in toward					
the sides/ribs.					
o Push away from the wall, returning to the starting position.					
Core:					
o Sit tall in the chair with the feet flat on the floor.					
o Pull the front and sides of the abdomen in toward the spine.	10-15x				
o Lift one knee, tap the heel to the ground in front, lift the knee, then lower					
foot to the ground.					
BALANCE 1					
Feet:					
o Toe stretch:	5x with				
 Extend one leg straight out in front, flexing the foot, and pressing 	each foot				
out through the heel.	32.2				
 Spread the toes as far apart as possible. Release. 					
o Phone Number:	1x with				
 Extend one leg straight out in front, roll through the foot until it is 	each foot				
fully extended to the front.					

SESSIONS 22-28

•	Write	your	phone	number	with	one	foot.
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• Repeat with the other foot.

o Foot towel

• Stretch the dishtowel out on the floor under one foot.

• Try to pick the towel up by "scrunching" the toes.

Release the towel.

Work on any foot/towel exercise previously covered.

Static Balance:

o Using the following progression, find a position that feels challenging, but in which you do not have to hold on with your hands:

1. Feet hip-width apart

2. Feet together

3. One foot forward

4. One foot in front of the other (not touching)

5. One foot in front of the other, touching heel to toes

6. Stand on one foot

7. On balance pad, feet hip-width apart

8. Continue progression on balance pad

o Add challenge on second round:

• Move the arms; up/down, to sides, etc.

Balance Challenge:

o Begin high-knee marches on the balance pad.

o Step back off the mat with both feet, then on the pad with both feet.

o After several, add a pause when stepping on to the pad.

o After 5-6x, repeat the pattern, starting with the opposite foot.

Clock Yourself:

o Use the app or video to follow along.

3-5 minutes

5-6x

10x with

each foot

Hold each

pose for 1

minute, repeat

2-3x

STRENGTH BUILDING

Calves; Calf Raises and Toe Lifts:

- o Stand with the feet about hip-width apart.
- o Press the feet into the ground to lift the heels.
- o At the top of the movement, press the balls of the feet and toes into the ground, lifting the heels toward the ceiling as much as possible.

o Lower slowly.

- o Hold the last one for a count of 5-8.
- o Peel the toes off the ground, pressing the heels into the ground.
- o Lower slowly.

10x

Page | 2

SESSIONS 22-28

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0	Hold the last one for a count of 5-8.	
Qua	ads; Fondu:	
	Lift one foot to the opposite knee, then extend to the front until the	
	knee is straight.	5-6x on
0	Gently bend both knees.	each leg
0	Straighten both knees.	
0	Lower the leg down slowly.	
Har	nstrings; "Good Mornings":	
0	Stand with the feet about hip-width apart.	
0	Begin to hinge forward at the hips, bending both knees, keeping the back flat.	10x
0	Return to standing position slowly.	
Hip	s; Side Leg Lift with Squat:	
0	Stand with the feet less than hip-width apart.	
0	Lift one leg directly to the side, lifting the heel toward the ceiling.	10 leg lifts
0	Place the foot back on the ground, feet about hip-width apart.	with each
0	Squat.	leg
0	Shift the weight over and lift the same leg to the side.	
0	Return to the beginning position.	
Glu	tes; Seated Bridge:	
0	Sit at the front edge of the chair, with hands holding the sides of the	
	chair.	5-8x
0	Press the heels into the ground while pushing the hips up toward the	J-0X
	ceiling.	
0	Return to a seated position slowly.	
	BALANCE 2	
Plyc	metrics: Power Squats	
0	Stand with feet about hip-width apart in front of a chair.	
0	Lower into a squat quickly (but safely!)	10x
0	Hold for 3 seconds.	TUX
0	Return to standing.	
	*Be mindful of this exercise if heart and/or breathing conditions exist.	
Tigh	nt-rope Walk:	
0	Walk forward and backward with one foot in front of the other.	10 stone
0	On round two, add arm movement.	10 steps front/back
	*If this feels too unstable, try taking longer steps and widen the	I TOTAL DACK
	stance/step.	

SESSIONS 22-28

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Tigh o	nt-rope Walk Variation: Continue the tight-rope walk, adding a pause every three steps.	10 steps front/back
Barı	rel Walk:	10 steps
0	Walk to the front and step over an imaginary barrel.	front/back
	nbination: Grapevine	
0	March 8x.	
0	Step touch 4x.	
0	March 8x.	
0	March 3x, kick front. Repeat.	
0	March 8x.	Follow the
0	Tap front, in, tap side, in. Repeat with opposite foot.	music
0	March 8x.	
0	Step to the right, feet together*, step right, feet together.	
0	Step to the left, feet together*, step left, feet together.	
	*Instead of bringing the feet together, one foot can be crossed either in	
	front or behind the opposite foot.	
	STRETCHING	
Hip	and Glute:	
0	Lift one foot to the opposite ankle or knee.	30
0	Flex the top foot.	seconds on each
	 Hinge forward from the hips (lean forward), trying to keep a flat back. 	side
Che	est/Shoulder:	
0	High-V	
	 Hold towel over the head in a high-v. 	
	 Reach the hands and elbows back as the towel lowers. 	
	 Return to starting position. 	4.57
0	 Return to starting position. Low-arms 	4-5x
0		4-5x
0	Low-arms	4-5x
0	Low-arms Take the towel behind the back and hold the hands as close	4-5x