

BALANCE AND MOBILITY WORKOUT

WARM-UP

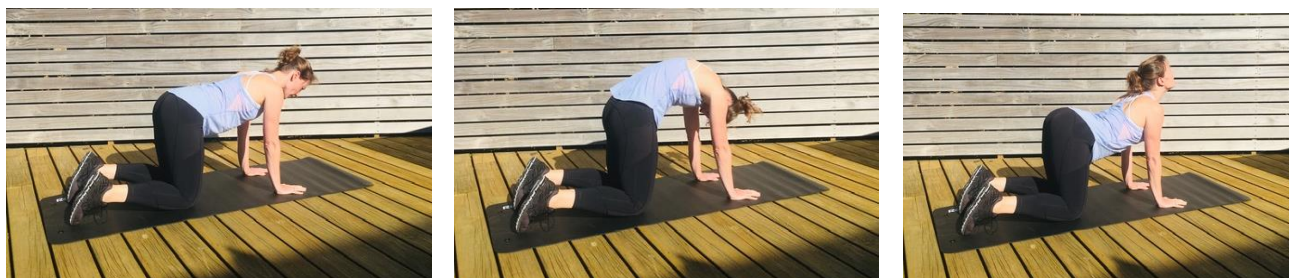
Total warm-up: 7 – 10 minutes.

Vary walking, walking with knees high, walking with heels to backside, shuffle from right to left and back, add some stairs if you want. Finish with big shoulder rolls backwards and rotate around the spine (wide stance).



MOBILISING AND BALANCE CIRCUIT

1. Cat and Cow



Start in 'all fours' position: knees right below the hips and wrists right below the shoulders, look at the floor so that your neck is in line with your spine.

Take a big deep inhale

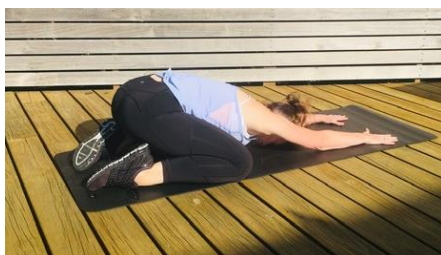
- On the exhale, round your spine up towards the ceiling, and imagine you're pulling your belly button up towards your spine, really engaging your abs. Tuck your chin towards your chest, and let your neck release. This is your cat-like shape.
- On your inhale, arch your back, let your belly relax and go loose. Lift your head and tailbone up towards the sky — without putting any unnecessary pressure on your neck. This is the Cow portion of the pose.
- Continue flowing back and forth from Cat Pose to Cow Pose, and connect your breath to each movement — inhale for Cow Pose and exhale on Cat Pose.

Repeat this for at least 10 times.

2. Bird Dog Pose



- Start in all fours position.
- Extend your right leg straight back, straightening your knee. There's no need to try to lift the leg above your pelvis. This can actually cause stress in your lower back. Let your leg be parallel to the floor. Focus on reaching, rather than lifting. Remember to keep your thumbs up, facing to the ceiling.
- Extend your left arm forward, straightening your elbow. Again, there's no need to lift your hand higher than your shoulder.
- Ground firmly through your right palm and left knee, shin and foot, rooting them into your mat.
- Simultaneously extend the right leg backward and left arm forward, keeping the back of your neck long (look at the floor).
- Stay for 5 to 10 deep breaths, then return to all fours and do the same on the other side.
- Return to all fours. Rest here if you like, feeling the effects of the pose. You can also rest in Child's Pose if you prefer:

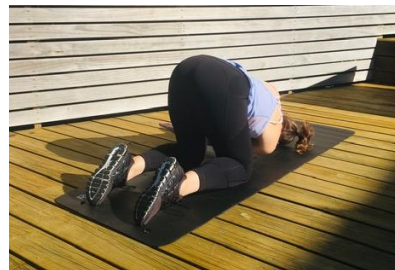
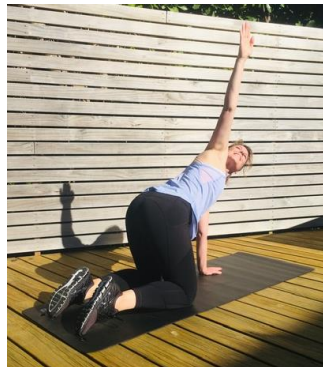


Repeat this 5 times on each side.

Extra Challenge: While in Bird Dog Pose, move your arm and leg sideways, away from the centre line. Hold this for two breaths, than back to normal Bird Dog Pose.



3. Thread the Needle Pose



This pose stretches and opens the shoulders, chest, arms, upper back, and neck. It releases the tension that is commonly held in the upper back and between the shoulder blades. This pose also provides a mild twist to the spine, which further reduces tension.

- Begin in a neutral all fours position with your hands and knees on your mat.
- Inhale to reach your right arm out and up to prepare, try to look at your right hand, then exhale to reach your right arm under your left arm.
- Lower your right shoulder and ear to the ground, keep your hips high, right on top of your knees.
- Keep equal weight in your knees, feet straight out behind you.
- Hold for 5 breaths. Release back to all fours, then repeat on the other side.

Repeat this 5 times on each side.

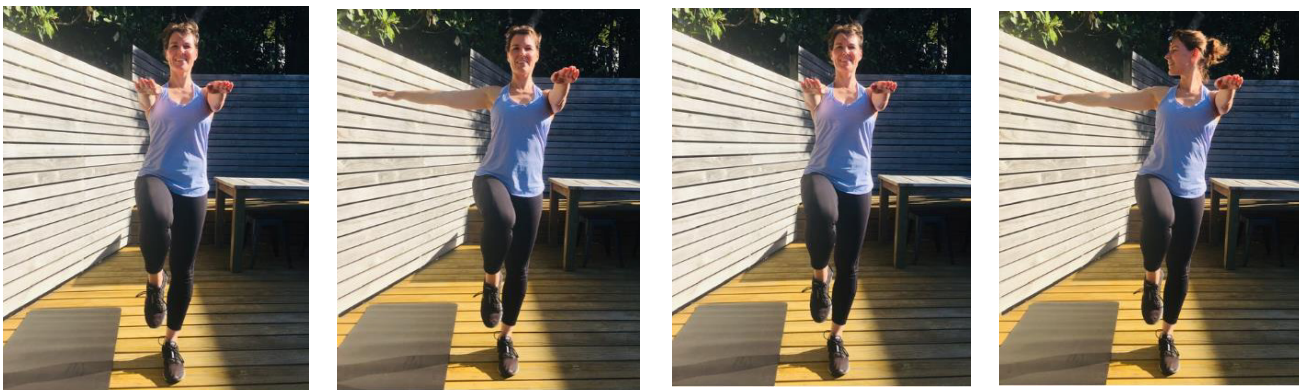
4. Donkey Kick - Fire Hydrant Pose



This exercise makes the hip stabilisers work, with the main focus on the Gluteus Maximus.

- Start in all fours position, keep your neck in line with your spine.
- Without rounding your spine, engage your lower abdominals. Keeping the 90-degree bend in your right knee, slowly lift your leg straight back and up toward the ceiling. Your max height is right before your back starts to arch, or your hips begin to rotate. Return to the starting position.
- Keep your abs strong, lift your right leg away from your body at a 45-degree angle. Keep your knee at 90 degrees.
- Lower your right leg to the starting position to complete 1 rep.
- Do this 4 times on one leg, then repeat with the other.
- Do 3 x 4 reps on each leg.

5. Single Leg Standing

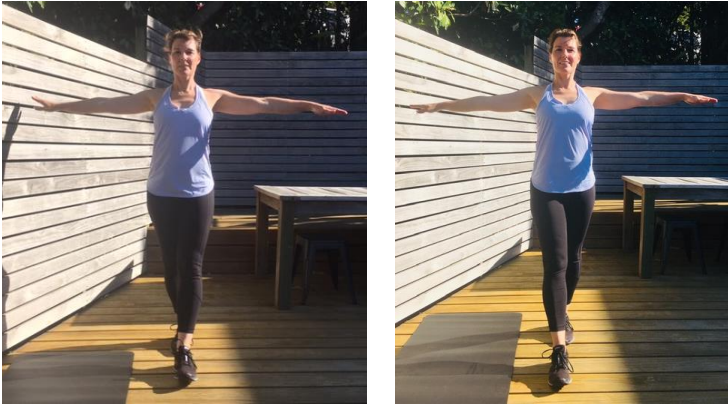


- Stand on your left leg, bring your right leg up. Both arms in front of you at shoulder level.
- Your right foot does not touch your left leg.
- Balance on your left leg for as long as you can.
 - Adjustment: stand next to a chair or a table, so you can hold on to it to assist you in keeping your balance.
- Then repeat on your right leg. Do this 5 times for each leg.

Extra challenge:

1. *Bring one arm to the side, at shoulder level, then back to the front. Then bring the other arm to the side, at shoulder level, and back to the front. Keep going for as long as you can keep your balance.*
2. *The same as in 1., but this time you turn your head while you keep looking at the hand of the arm that is moving sideways.*

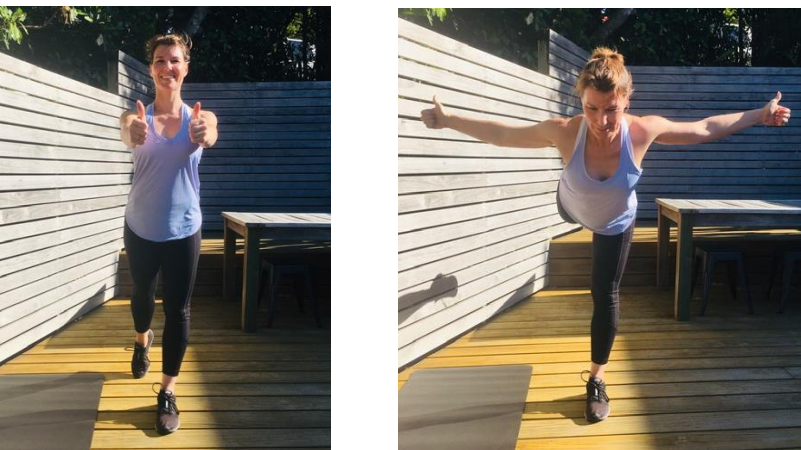
6. Walk the line



See if you can find a line on the floor at home. Maybe made by tiles? (Or just imagine a line on the floor). Now, walk that line from one end to the other, placing your feet one in front of the other. Your goal is to walk 12 steps without losing balance.

Tip: If you have a hallway, this is probably the best place to practise this exercise, with a wall on each side of you to assist you in keeping your balance.

7. Airplane Pose



- Start with standing on your left leg, your arms in front of you, thumbs up.
- Extend your arms out to either side.
- When you feel balanced, lean forward, lifting your right leg straight behind you.
- Open your chest, bring your shoulder blades together. Keep your hips parallel to the floor.
- Hold this pose, aim for at least 4 seconds, then return your leg to the ground and your arms to your sides.
- Repeat with your opposite leg.
- Do this 4 times on each leg.

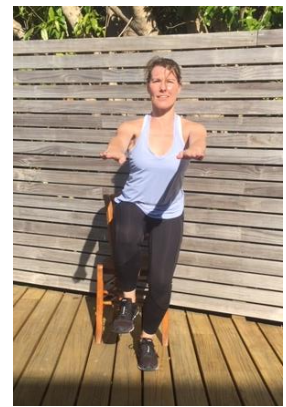
Remember to keep the Gluteus Maximus of the lifting leg strong.

8. Half Moon Pose



- Bring your right leg out to the side, both your arms out to the side at shoulder level.
- Bring your body weight onto your left leg.
- Then lean slowly sideways while lifting your right leg off the floor. Keep the right leg straight.
- Toes and palms facing forward.
- Hold this pose for at least 4 seconds.
- Imagine that you are stuck in between two walls: one in front of you, one behind you. No bending forward of the torso.
- Repeat on the opposite leg.
- Do this 4 times on each leg.

9. Body weight Squats with a chair

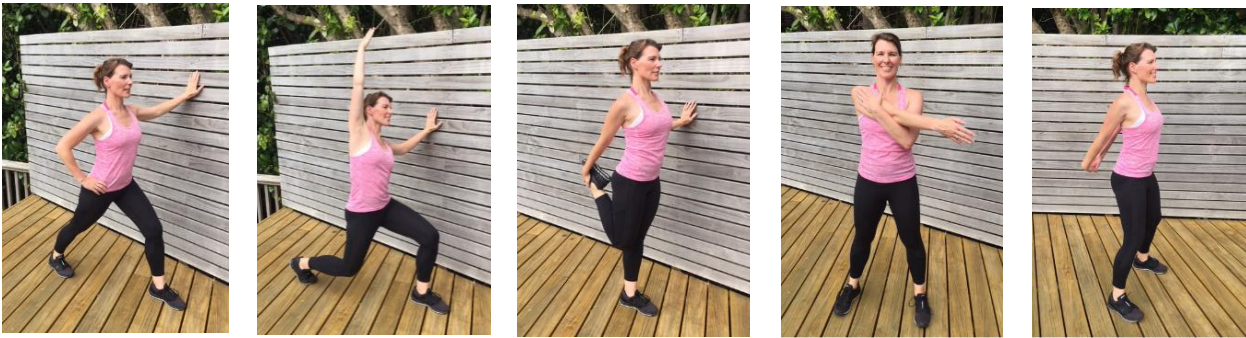


- Stand in front of a chair with your feet hip-width apart, your arms reaching out in front of you.
- Bring your hips backwards while sitting down. Make sure your knees stay on top of your feet (do not move inwards).
- Then stand up, while squeezing your Glutes.
- Do this 10 – 12 times.
 - Adjustment: To provide extra assistance, just ask someone to stand in front of you and hold your hands while you are doing the exercise.

Extra challenge:

1. Sit down using both legs, stand up on one leg.
2. Sit down and stand up on one leg.

STRETCHING



- Left hand to the wall, right foot back – push the right heel into the floor
- Tilt the hips, go slightly lower and reach to the wall
- Bring your body weight onto your left foot, bring your right foot to your backside and keep the knees together (use a towel to bring your foot up if needed)
- Repeat on the other side
- Shoulder stretch as per photo
- Chest stretch: bring your hands together behind your back – breathe in, open your chest - breathe out and squeeze your shoulder blade together, open the chest
- Hold each stretch pose for at least 30 seconds

WELL DONE! TIME FOR A COFFEE! 😊