

Holistic Core Restore – Every Woman October 2015 Through to January 2015

Intro

Grounding Breath and Intrinsic Core Synergy
Plantar fascia Release
Platysma Release
Thoracic Release – 3 each side
Stop and Wave
Inverted Supine Reaches (Sagittal and Off-Sagittal)
Palm Ceilings With Step Back
Triple Extension Squats

Main Programme (1 Min/Ex)

Scap Retraction with Foot Rolls
Palm Press with Ball Press at Knees
Up Bi Curls with Squat
Up Bi Curl with Lunge
Tiptoe Scap Retraction
Tiptoe Face Pulls
3 x 3 Point Squat and Reaches (3 Heights 1 Round)
SL Abduction and Drag with Sagittal Reach
Standing Crunch with Elevated Prayer Hands
X-Band Squat to Abduction
X-Band Squat to Kickbacks
T-Step (to Release)

Onto floor.....

Thruster 100's 10 Full Range/10 Pulse – 3 sets

Downtrain & Releases (Use Your Instincts for Time/Pace)

Updog\Cobra
Pigeon Pose
Wide Child's Pose
Off Sagittal Child's Pose
Savasana including Meditation On The Breath