



One Love Daily Practice

- Roll out the mid thoracic region by laying perpendicular on the foam roller. Accentuate the movement by adding the **Floor Angels** while rolling. Do for 30-60 seconds.
- Stand tall, weight on your heels and stack your joints all the way up to your head, activating your core. Take a deep breath, lift shoulders up and back and retract head. Make the **Letters A, T, Y, & L with your arms** breathing in deeply and exhaling with each movement. Do 3 reps of each.
- The doorway stretch opens the chest, arms at shoulder height, elbows bent to 90 degrees, step forward in a lunge. Hold the stretch for 10-15 seconds.
- Lying length wise on the foam roller feel your head and tailbone supported on the roller. Lift your left arm and right leg up slowly off the floor and balance, keeping your knee directly above your hip and arm directly above your shoulder. Opposite arm and leg lift to promote balance and strength in the core. Do 10 reps each side and then progress to 30 as you feel stronger.

Tips:





















Do some positive affirmations, recite the Law of Attraction or your favorite positive mantra while doing these exercises.

-I am powerful. I am happy, healthy, and strong. I am positive energy.

Do these exercises every day (they should only take you about 3-5 minutes.) Use these as a warm up before your choice of light exercise or gentle flow yoga, vinyasa yoga and even meditation. Once you are more comfortable you can incorporate the other exercises from the print out 2-3 times a week. Focus more on breathing with the movement than sets and repetition. The goal is a flowing natural movement. If you have any questions let us know.

****If you experience faintness, dizziness, pain or shortness of breath at any time while exercising stop immediately. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional. ****

Exercises

		Prone Plank Sets: 3 Rest: 30 sec	Reps: 10 Freq: 3x/week	Time: 0
		Clam Shell Sets: 3 Rest: 30 sec	Reps: 10 Freq: 3x/week	Time: 0
		Bilateral Doorway Stretch Sets: 3 Rest: 30 sec	Reps: 10 Freq: 3x/week	Time: 0
		Floor Angels Sets: 3 Rest: 30 sec	Reps: 10 Freq: 3x/week	Time: 0
		Prone Blackburn Y Sets: 3 Rest: 30 sec	Reps: 10 Freq: 3x/week	Time: 0
		Brugger Postural Upper Body Sets: 3 Rest: 30 sec	Reps: 10 Freq: 3x/week	Time: 0
		Seated Hamstring Stretch Sets: 3 Rest: 30 sec	Reps: 10 Freq: 3x/week	Time: 0
		Prone Blackburn A Sets: 3 Rest: 30 sec	Reps: 10 Freq: 3x/week	Time: 0
		Child Pose Stretch Sets: 3 Rest: 30 sec	Reps: 10 Freq: 3x/week	Time: 0
		McKenzie Extension - Beginner Sets: 3 Rest: 30 sec	Reps: 10 Freq: 3x/week	Time: 0