

# :5 MINUTE SLEEPING BAG SERIES

## GENERAL CONCEPTS TO KEEP IN MIND:

- Strengthen your abs & use them- they SAVE your back!
- Lift with your legs not your back- STRAIGHT BACK, TIGHT ABS, BENT LEGS.
- Vary body positions by using both dominant and non-dominant hands/sides for motoring and paddling. Stand, push, and pull for rowing.
- Counter your forward bending activities with supported backbends.
- BREATHE- it helps keep you relaxed and focused.

These stretches/postures are some suggestions to help keep your body healthy. This is not medical advice; consult your doctor if you have a medical condition or any concerns.

Alignment and most importantly listening to your body and not pushing things too far are essential to not injuring yourself.

Note: If you would like more suggestions or specific suggestions for YOUR body, please contact me!

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## : 5 min. sleeping bag series- MORNING & NIGHT

On all 4's: Cat and Cow- *warm up the spine.*

Lie on Back :

- Hamstring/Leg Stretch:  
Use a strap to assist./bend opposite knee, foot flat.
- Hip Rotator Stretch **(A)**
  - X- bent leg- right and left. Keep upper foot strongly flexed.
- Single/Double Knee to Chest
- Spine Twist **(B)**
  - Seated- one leg extended or lie on back pull one knee across keep opposite leg straight.

Lie on Belly:

- Back Stretches:
  - Supported Backbend on elbows (Sphinx)- hold for: 30 sec.
  - Childs Pose- arms extended
- Back Strengtheners:
  - Locust Pose- legs and arms lift- hold: 10 sec. **(C)**
  - All Fours: Opposite Arm/Leg Lift **(D)**
- Abdominal Strengtheners:
  - Bicycle- alternating elbow to opposite knee **(E)**

**(A)**



**(B)**



**(C)**



**(D)**



**(E)**



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