## :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 nondominate 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!

Laura #928-699-1024

: 5 min. sleeping bag series-MORNING & NIGHT

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

## Lie on Back:

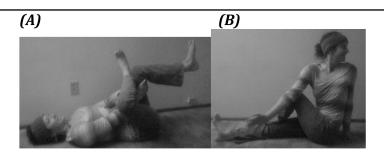
Hamstring/Leg Stretch:

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)** 
  - on back pull one knee across keep opposite leg straight.

## Lie on Belly:

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









*UPDATED* 3/2015