







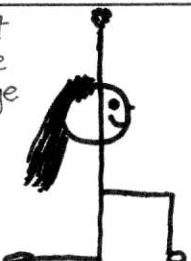




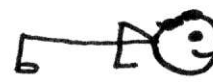


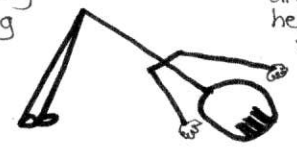












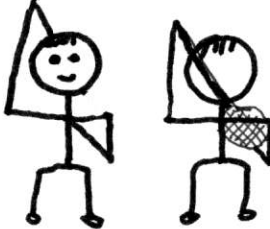


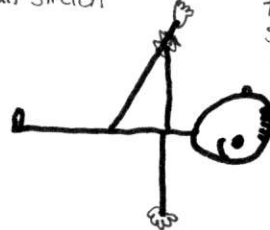
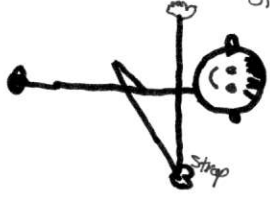
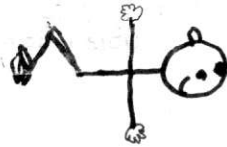
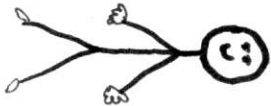



WarmUp/Practice Series

	<p>wiggle fingers wiggle toes circle wrists circle ankles</p>	<p>Arms Overhead</p>  <p>interlace fingers reach palms forward lift arms up or hold ends of racket lift arms up</p>	<p>Sidebend</p>  <p>hold opposite wrist sidebend towards hand holding wrist breathe into ribcage switch sides</p> <p>Cactus</p>  <p>use shoulder blades to lift up arms lift sternum tilt elbows forward</p>
<p>Chair</p> 	<p>bent knees reach arms up maintain deep crease at thighs</p>	<p>Bent Knee Forward Bend</p>  <p>let spine cascade forward let head hang</p>	<p>Forward Bend</p>  <p>slowly straighten legs by moving thighs back place hands on ground, legs, or block do not over stretch back</p> <p>Lunge</p>  <p>take one leg back toes on floor heel in air straighten back leg keep knee above ankle</p>
<p>Bent knee Lunge</p> 	<p>Reach arms up</p>	<p>Bent Knee Twist</p>  <p>press palms together firm shoulderblades keep spine long lift back up to bent knee lunge then...</p>	<p>Calf Stretch</p>  <p>tuck back toes under reach through front heel place hands on toes or leg Return to Lunge</p> <p>Return to Lunge</p> 
<p>Plank</p> 	<p>Fingers gently spread arms straight move shoulderblades towards each other and then away from each other</p>	<p>Plank Dancing</p>  <p>To engage abdominal muscles move knee to or towards same-side elbow or opposite elbow alternate legs</p>	<p>Lower to Floor</p>  <p>keep elbows by side ribs lower down with knees bent or straight</p> <p>Cobra</p>  <p>lift chest keep long reach through legs lower down to floor, use arms to push into</p>
<p>All Fours</p> 	<p>optional balance exercises lift arm and/or leg and hold use legs to transition to</p>	<p>Downward Facing Dog</p>  <p>Deep Crease at hips to help lengthen spine walk feet forward</p>	<p>Repeat - lead with opposite leg</p> 

Movements, Stretches + Additions to Series

<p>Shoulder Circles</p>  <p>Roll shoulders Backwards</p>	<p>Strap</p>  <p>slowly lift strap in front of torso lower strap behind back keep arms straight</p>	<p>Wrist Stretch</p>  <p>fingers point up towards ceiling press palms away from each other firm shoulder blades</p>	<p>Wall Clock</p>  <p>place palm on wall slowly and incrementally slide hand down wall behind back</p>
<p>Wrist and Forearm Stretch</p>  <p>Sit on heels turn fingers to face torso lean back slowly</p>	<p>Quad Stretch</p>  <p>Stand on one leg bend opposite knee clasp feet behind back with hand or strap lengthen thigh towards floor</p>	<p>Reclined Ouchasana</p>  <p>bend knees and place one foot next to hip you may need to sit on a block or blanket to do this lengthen thigh away from pelvis slowly lean back</p>	<p>Ouchasana</p>  <p>place one shin against wall toes pointing toward ceiling bring other foot under knee lengthen thigh down lengthen spine up</p>
<p>Tree</p> 	<p>Warrior I</p> 	<p>Side Angle</p> 	<p>Cow Face</p> 
<p>Hip Opener</p>  <p>Cross ankle over opposite thigh stay there or bend knee towards chest</p>	<p>Hamstring Calf Stretch</p>  <p>Take strap around foot extend leg reach through heel bottom leg can be bent or straight</p>	<p>Side Hamstring and Calf stretch</p>  <p>Spiral leg so toes turn out slowly lower leg towards floor opposite leg bend or straight</p>	<p>IT Band Stretch</p>  <p>Spiral thigh so toes turn in direction of opposite leg keep legs straight slowly cross lifted leg over center of body</p>
<p>Reclined Twist</p> 	<p>Relaxation</p>  <p>eyes closed</p>	<p>Lines 1+2 can be done separately lines 3+4 can be incorporated into series on other side</p>	<p>Twist</p>  <p>Sit upright bring one foot to side of opposite thigh wrap arm around opposite knee lengthen spine twist</p>