

Thirty Minute Routine Descriptions

Pelvic Clock – Lie on your back, arms by your side, legs bent, raise your lower back slowly to your bra line and then roll slowly back until your back is slightly arched.

Single Leg Stretch – Lie on your back, knees pulled into your chest, top of head to ceiling, grab one leg and extend the other one, then change legs.

Double Leg Stretch – Lie on your back, top of head to ceiling, legs pulled into chest, extend both arms and legs toward walls and then bring them back in

Criss-Cross – Lie on your back, hands behind your lifted head, knees bent into your chest, extend your right leg out long and in front of you and twist your upper body until your right elbow touches the left knee, return to the other side

The Hundred–Lie on your back, arms out beside you, knees bent, head up with top of the head to the ceiling, scooped belly, flat back. Breathe in and out for one hundred counts.

The Roll-Up – Lie on your back, knees straight, arms by your side, lift your chin to chest and then articulate through the spine, bend over knee and then roll back down.

Rolling Like a Ball – Sit up with knees bent into chest, roll back to shoulder blades and then return to sitting, don't roll to your neck.

CorkScrew–Lie on your back, legs straight in the air, arms by your side, circle legs to the left, down and then to the right, keeping your neck, back and shoulders perfectly still.

Spine Stretch – Sit up with leg straight in front of you slightly wider than your hips, lean forward pushing your naval into your spine, reach as far as you can forward and then slowly return to sitting.

The Saw–Sit up with legs straight in front of you slightly wider than your hips, arms stretched out to your sides, twist at the waist to the left, bring your head and chest toward your right leg and dip, pinkie finger to baby toe, bring your body up and repeat on the other side.

Neck Pull–Lie on your back with your hands behind your head and your legs out straight, slowly curl your body up to sitting and your head up over your legs, articulating through the spine. Then raise up to sitting and roll back down to a lying position.

The Swan– Lie on your stomach, toes on the floor, hands at your armpits, lift your head just slightly and then lift your upper body straightening your arms and then return.

Single Leg Kicks – Lie on your stomach, propped up your elbows in front of you, squeeze your inner thighs together, kick your left heel into your left buttock with a double beat, then repeat on the other side

Double Leg Kicks – Lie on your stomach with your head resting to one side, clasp your hands behind you keeping shoulders and head on the mat, squeeze your inner thighs together and kick both heels to your bottom three times, then return your legs and reach your clasped hands long and low bringing your upper back up off the mat.

Spine Twist – Sit up tall with arms outstretched to your sides, legs are glued together straight in front of you, twist your torso to the right, increase the stretch a little further then return and do other side.

The Jack Knife – Lie on your back, arms down by your side, legs straight out, lift legs up and over your head and roll until you are on the back of your shoulders, raise your legs toward the ceiling, then return

Side Kicks

Up/Down–Lie on your side with your body lined up along the back of the mat, position your feet towards the front of the mat, lift your top leg in the air reaching up and out and return

Rainbow–Tap your toe in front of the bottom leg and then your heel behind your bottom leg

Small Circles–With your top leg elevated make tiny circles in the air with your foot

Clam–Bend your knees up to a forty-five degree angle, lift your top knee, and lower

Up and Over–Tap your knee in front of the bottom leg and your toe behind your bottom leg

Knee Tap–Tap your knee in front with very small taps

Swimming – Lie on your stomach, face down, arms straight in front of you, lift your left arm and right leg and then repeat on the other side, making a swimming motion, face down

Teaser–Lie on your back, legs either in a table top above you or flat on the ground, arms overhead, lift your upper body while either raising or strengthening your legs until you make a V with your body, arms parallel to your lifted legs, return slowly with head and feet touching the mat at the same time

Push-Ups – Stand with your feet in a v and your arms by your side, bend over and touch the mat and walk out until your palms are directly beneath your shoulders, lower your hips, dip your arms and then return, walk back to a stand

Seal – Sit up with your knees bent to your chest and heels together, open your knees to shoulder width and slide a hand under and around each ankle, pull your feet up off of the mat and balance on your tailbone, roll back, and return, when you return clap your feet together three times before re-rolling.