



Arms Above Head



PURPOSE: strengthens the abdominals and back
SETUP: Lie on the floor with your knees bent, feet parallel and flat on the floor, legs slightly apart. Your arms are extended long at your sides a few inches above the floor, palms facing down and fingertips together. Make sure your shoulders are pulled away from your ears.

1. Using the air as resistance, lift your arms toward the ceiling.
2. Gently press your arms back down by your sides. Do 3–5 repetitions.

TIPS: Keep your spine imprinted on the floor throughout, and feel as though it is the center which lowers the arms. Extend your arms out from your shoulders, and extend your fingers long beyond your feet.

MODIFICATION: If you have trouble keeping your knees steady, place a pillow between your knees and squeeze it.



Hundred Prep



PURPOSE: teaches us to lift the upper body, shoulders and neck from the center; decreases neck and shoulder tension; puts all power and strength in the abdominals
SETUP: Same as Arms Above Head.

1. Repeat previous exercise as you lift your head and shoulders off the mat. Do 3–8 repetitions.

TIPS: Do not lift from the neck—the lift comes from the center. Keep your abdominals flat and your naval to your spine.

MODIFICATION: If your neck hurts, keep your head down.

Leg Extension



PURPOSE: teaches us to extend the legs and lengthen them from the center to create a beautiful, strong line; works the abdominals and lower back

SETUP: Lie on the floor with your knees bent and together, feet parallel and flat on the floor. Place your fingers on top of your knees and lift your head and shoulders off the floor.

1. Inhale as you slowly, using the air as resistance, extend your legs straight from your knees out to a 45 degree angle, keeping your abdominals pulled into your spine to prevent arching your back.
2. Exhale as you return to start. Do 8 repetitions.

TIPS: Keep your shoulders away from your ears, and your knees squeezing together.



MODIFICATION: If this is too hard on your neck, keep your neck and shoulders down.

ADVANCED: Keeping your legs straight, lower and lift your legs 3 times.