

Exercise To Heal:TM

Full Body Shape-Up

with Karen Holden

**ALWAYS TALK TO YOUR DOCTOR BEFORE
BEGINNING ANY NEW EXERCISE PROGRAM**

EXERCISE GUIDELINES

Congratulations! You're about to experience new levels of health, energy, and relaxation! This routine involves gentle flowing movements drawn from Qi Gong, Yoga, Tai Chi, and traditional strength training practices. While it's a safe, low-stress routine, not all exercises are suitable for everyone. To get the most out of your routine, we suggest the following:

- Before doing the *Age-Defying* routine(s), watch the entire DVD all the way through. Karen has broken down each routine step-by-step for you.
- Wear comfortable, loose clothing that allows you to move freely.
- Don't exercise on a full stomach; wait at least 30 minutes after eating before doing this routine.
- There should never be any pain or discomfort during the routine. If any of the movements hurt or are uncomfortable, STOP. Remember, this isn't a competition. Listen to your body!
- Feel free to take a break at any time during the routine; you will still experience benefits from the exercises.

Learn more about Exercise to Heal products:

On the Web: www.ExerciseToHeal.com
Call Toll-Free: 1-866-HEAL-FLOW (1-866-432-5356)
Email: Info@ExerciseToHeal.com

HEALING PRODUCTS FROM

*Exercise To Heal*TM

Full Body Shape-Up: Sequence of Movements

Creative Tai Chi

- 1. Deep Abdominal Breathing**
Releases tension and stress. Prepares the muscles for exercise and strengthening.
- 2. Lung Qi Gong**
Infuses the lungs and organs with energy and vitality.
- 3. Foot- and Ankle-Circles**
Improves circulation and flexibility in the feet, ankles, and ankle joints.
- 4. Knee-Circles**
Improves circulation and flexibility in the knees, ankles, feet, and legs.
- 5. Hip-Circles**
Warms up the low back, hips, knees, ankles, feet, and core.
- 6. Shoulder-Circles**
Warms up the upper spine.
- 7. Squat with Spinal Rotation (Alternating)**
Improves flexibility in the upper body.
- 8. Arm-Spirals with Side-to-Side Knee-Bends**
Stretches the arms, shoulders, and spine.
- 9. Wu Qi Arms Up/Arms Down**
Brings energy and power to the body.
- 10. Twist Side-to-Side**
Improves upper body flexibility.
- 11. Side-to-Side with Hands Up and Cloudy Hands**
Gathers in positive energy and intention. Clears negative energy and limitations.
- 12. Qi Ball**
Focuses the life-force energy in your mind and body.
- 13. Palms Together, Arms Up, Then Circle Out**
Focuses and gathers life-force energy to the heart center.

Aerobics (Repeat each exercise 4 to 8 times and entire sequence 3 times)

Helps to improve cardiovascular health. Builds and tones key muscle groups vital to balance and flexibility.

- 1. March in Place for 8 Steps then do 4 Heel-Lifts**
- 2. March 8 Steps Forward and 8 Steps Backward**
- 3. March 3 Steps Forward / 3 Steps Backward with Toe-Taps**
Strengthens core muscles and improves coordination.
- 4. March 3 Steps Forward / 3 Steps Backward with Knee-Lifts**
- 5. March 3 Steps Forward / Backward with Knee-Lifts and Punches**
- 6. Step Side-to-Side with Toe-Taps**
Lateral movements improve hip flexibility and balance.
- 7. Step Side-to-Side with Toe-Taps and Arm-Circles**
Arm-circles increase the heart-rate.
- 8. Step Side-to-Side with Hamstring-Curls**
Strengthens the back of the legs.
- 9. Alternating Heel-Taps to Front**
Stretches the calves.
- 10. Alternating Toe-Taps to Front**
- 11. Alternating Toe-Taps Side-to-Side with Arm-Extensions**
- 12. Alternating Toe-Taps to the Rear with Arm-Extensions**
- 13. Toe-Taps - Front, Side, Back, Together - Alternating Sides**
- 14. Toe-Taps - Front, Side, Back, Together - Add Arms**
Keeps feet, legs, hips, arms, and shoulders strong and flexible.

Full Body Shape-Up: Sequence of Movements

Strengthen & Stretch

- 1. Squats**
Strengthens the lower back, thigh, gluteal, and hamstring muscles.
- 2. Rows - Add Squat**
Strengthens the back, thigh, gluteal, and hamstring muscles.
- 3. Dead Lifts** - Stretches and strengthens the backs of the legs.
- 4. Chest-Press, Squeeze Arms Together** - Strengthens the pectorals.
- 5. Chest-Press with Pulse** - Strengthens the pectorals.
- 6. Lunges - Hands on Hips - Left Leg then Right Leg**
Stretches the hip flexors and strengthens the thighs and gluteals.
- 7. Bicep-Curls** - Builds strength in the biceps.
- 8. Tricep-Kickbacks** - Builds strength in the triceps.
- 9. Shoulder-Press**
Improves strength and flexibility in the shoulders.
- 10. Forward Bend with Arm-Circles**
Stretches and relaxes the arms, shoulders, and back.
- 11. External Press Arm-Rotation** - Strengthens rotator cuff muscles.
- 12. Internal Press Arm-Rotation** - Strengthens rotator cuff muscles.
- 13. Forward Bend with Arm-Circles**
Releases tension in the arms, shoulders, and back.
- 14. Half Sun-Salutation Stretch-Flow** - Stretches the spine, arms, and legs.
- 15. Forward Bend, Chest, Shoulder, and Bicep-Stretches with Variations**
Opens the chest, lengthens the upper arm muscles, and stretches the hamstrings.
- 16. Side- and Tricep-Stretch Sequence: Right Side then Left Side**
Stretches the side, upper back, shoulders, and triceps.
- 17. Modified Warrior One Calf-Stretch: Right Side then Left Side**
Stretches the calf muscles and achilles tendons.
- 18. Centering** - Collects and focuses life-force energy.
- 19. Bamboo in the Wind**
Grounds, centers, and connects mind and body.