

Exercise To Heal:™

Stretching

with Karen Holden

FLOOR ROUTINE

**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.

10. Interlaced Fingers Behind Back and Lift

Stretches the chest and opens the “heart center.” Stretches the shoulders.

11. Shake Out the Legs

Prepares for lower body stretches.

12. Forward Bend, Legs Together

Lengthens the hamstrings

13. Back Stretches

Stretches between the shoulder blades and releases tension in the upper back.

14. Seated Spinal Twist

Stretches the hip. Enhances flexibility of the spine.

15. Crossed-Leg Forward Bend

Opens the hips and lengthens the low back. Circulates energy into the kidneys.

16. Butterfly Stretch

Opens the hips and stretches the inner thighs.

17. Straddle Stretch

Opens the hips and lengthens the inner thigh muscles.

18. Point and Flex Your Feet

Stretches the muscles in lower leg.

19. Lying Down, Bent Knee Stretches

Low back massage. Enhances circulation and energy in the muscles of the low back.

20. Foot Circles

Stretches achilles tendons, feet, and ankles.

Stretching: Sequence of Movements

If your muscles are very tight, begin the seated portion of this program by sitting on one or two smoothly folded blankets or towels. It takes time to loosen and lengthen tight muscles. Be patient, breathe, and enjoy the benefits of consistent stretching.

1. Deep Breathing

Releases tension and stress. Relaxes the muscles and prepares the body for stretching.

2. Arms Stretched Over Head, Interlaced Fingers

Opens the ribcage and stretches the arms.

3. Shoulder Roll

Relaxes the shoulders.

4. Neck Stretch Sequence

Relieves tension and tightness in the neck.

5. Neck Stretch with Outstretched Arm

Lengthens the muscles in the neck and arms.

6. Neck Massage

Promotes circulation and relaxation in the neck area.

7. Shoulder Roll

Relaxes the shoulders and lubricates the joints.

8. Closed Fist Wrist Rotation

Relieves tension and increases flexibility in the wrists and forearms.

9. Forearm, Wrist, and Thumb Stretch

Stretches the muscles in the fingers, hand, wrist, and forearm.

Stretching: Sequence of Movements

(continued)

- 21. Bent Knee Circles, Hands on Knees**
Enhances flow of synovial fluid in the hip joints.
- 22. Lying Spinal Twist, Knees Together**
Relaxes the back and clears stress out of the spine and nervous system.
- 23. Alternating Straight Leg Stretch**
Stretches hamstring, clears tension from the legs, and circulates energy into the low back.
- 24. Deep Hip Stretch**
Stretches and opens muscles deep in the hips. Stretches groin muscles.
- 25. Straight Arm, Hands Intertwined, Lying Stretch**
Releases tension from the neck, shoulders, and upper back.
- 26. Bridge Pose**
Strengthens the back of the body and circulates energy into the nervous system.
- 27. Lying Spinal Twist, One Leg Straight**
Releases and relaxes the spine. Stretches the outer hip.
- 28. Crossed Arms Over Chest, Knees Propped**
Wonderful relaxation pose. Eases tension and stress.
- 29. Corpse Pose**
Immerses mind and body in final relaxation.

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