

Home Practice Week 2

Exercises:

Do the following exercises once per day, every day this week. For detailed instructions on each move, watch the week 2 instructional video.

- 1) Hip Mobilization – try reclined, seated and standing
- 2) Hip Hinge – use a wall or chair, hold 5-6 breaths
- 3) Pelvic List – standing, repeat 8x each side, do 3 sets
- 4) Bridge – hip hinge, not rolling the spine – 15 repetitions

Lifestyle:

Exercise is important, but what really “adds up” is what you do the remaining 95% of your day! Implement these changes (or become more aware of them) throughout you day.

- 1) **We become the shapes we make most frequently.** Evaluate what shape you are in the most during a 24 hour period.
- 2) **Environment and lifestyle affects our posture.** Assess the furniture in your home and your car. Add support such as a pillow or blanket to change the tilt of your pelvis. Spend more time sitting on the floor.