

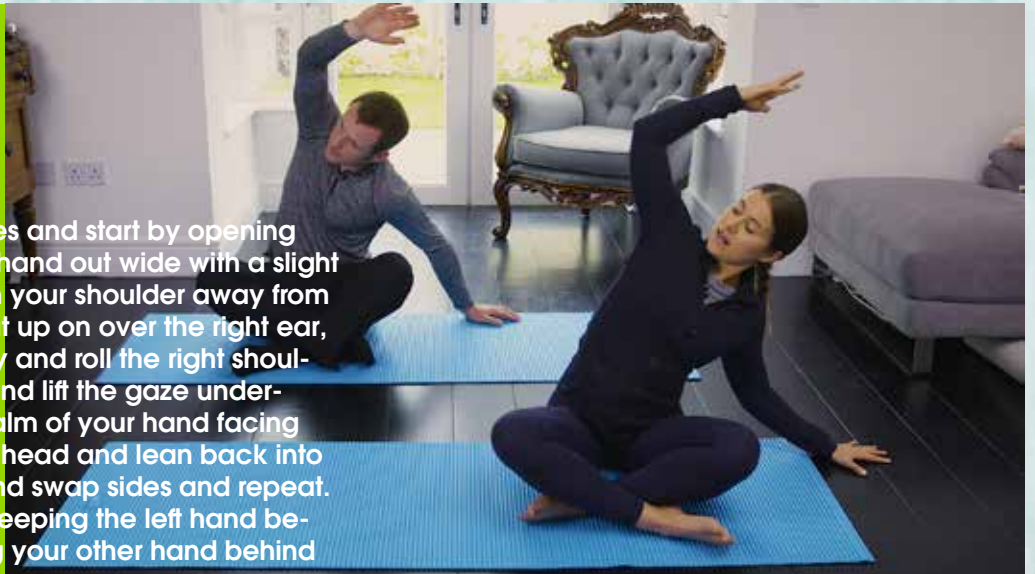
EXERCISE PLANNER



WEEK ONE

SEATED SIDED STRETCH

Once focused open your eyes and start by opening the shoulders, bring your left hand out wide with a slight bend in the elbow and soften your shoulder away from the ear, the right arm will float up on over the right ear, finding a side body stretch try and roll the right shoulder in line with the right ear and lift the gaze underneath your armpit and the palm of your hand facing down and bring behind your head and lean back into the elbow. Exhale, release and swap sides and repeat. Once completed come up keeping the left hand behind the head and then bring your other hand behind also.



CAT COW

For some spine mobility move into cat cow, lift your gaze up and lean back elbows wide, exhale and round the back and lean into your bellybutton and repeat.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Reward
Week One								

SEE WORKOUT VIDEOS AT [CENTRA.IE/LIVEWELL](https://centra.ie/livewell)

*You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury.



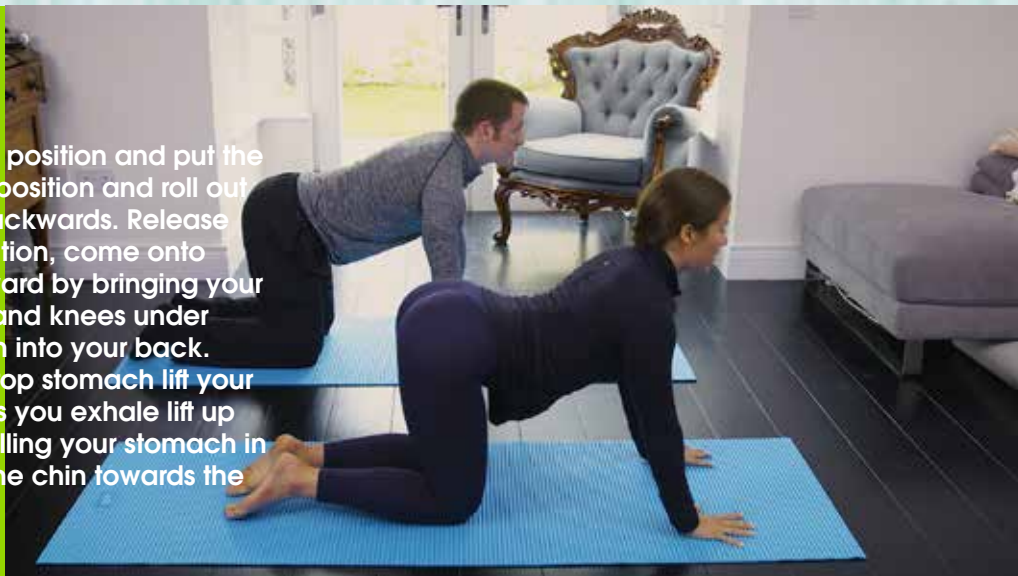
EXERCISE PLANNER



WEEK ONE

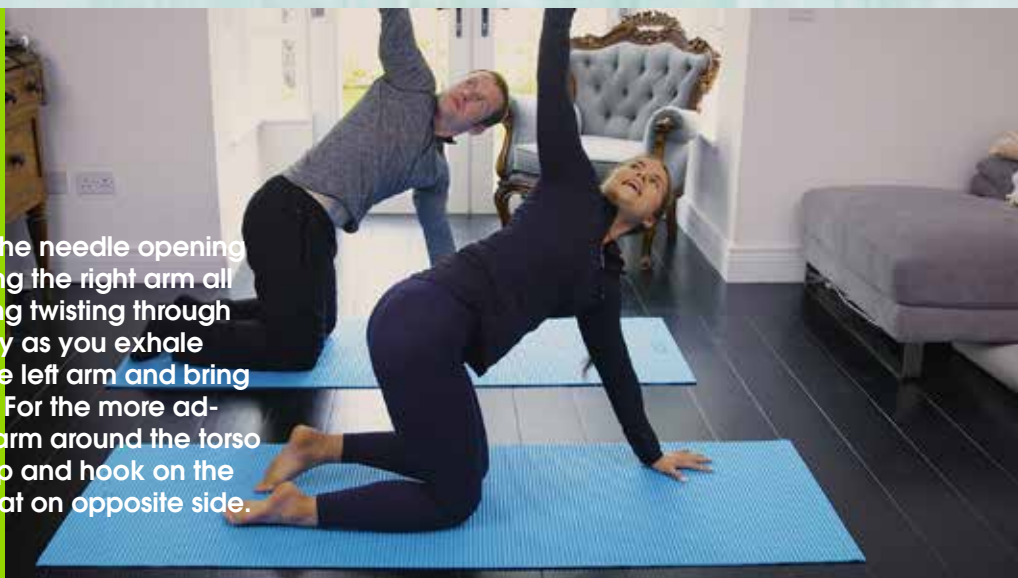
TABLE TOP

Come back up into a neutral position and put the arms out wide in a T shaped position and roll out the shoulders forward and backwards. Release and come into table top position, come onto hands and knees facing forward by bringing your hands under your shoulders and knees under your hips. Draw your stomach into your back. Inhale and arch spine and drop stomach lift your tailbone and look forward. As you exhale lift up and arch your back while pulling your stomach in towards the spine and tuck the chin towards the tailbone and repeat.



THREAD THE NEEDLE

From here move into thread the needle opening your arms and shoulders, bring the right arm all the way up towards the ceiling twisting through the upper spine inhale deeply as you exhale thread the right arm under the left arm and bring the right shoulder to the mat. For the more advanced option bring the left arm around the torso with the hand open on the hip and hook on the right thigh. Release and repeat on opposite side.



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EXERCISE PLANNER



WEEK ONE

DOWNWARD DOG

Move into downward dog ensuring your knees are bent to allow you to lengthen your spine and straightening the back. Walk your fingers in front of your shoulders and ensure your fingers are spread wide. Rotate upper arms so your triceps are facing inwards, press your hands down and lift hips up and back. Come forward into a plank position, with your shoulders in front of your wrists, inhale and on the exhale soften your knees and press back into downward dog.



COBRA

Move back into the plank position and drop knees, and lower down moving into the cobra position. Move feet hip width and engage thighs lifting knee-caps from the mat. Hug the elbows into your ribs and lift your heart away from the mat while keeping the length in your back and spine exhale, release and repeat twice more.



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EXERCISE PLANNER



WEEK ONE

LOW LUNGE

Move back into Downward facing dog, step the right foot to the right hand, drop the left knee if needed and float the right arm up stay lunging low on the right hip and repeat. Step the left foot out by the left hand and sit low and hands to prayer and hold for three seconds. Step left foot and then right foot all the way to the back of the mat into downward facing dog. Repeat on the opposite side.



SHAVASANA

Drop your knees and and bring your hips towards the mat into child's pose. Move into Shavasana with the arms at the side of the body and feet mat width apart and close your eyes and quieten the mind.



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