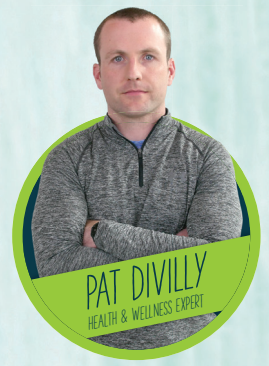


EXERCISE PLANNER



WEEK TWO



Inhale and lift arms over head exhale and fold forward hinging from your hips and bringing hands down to the mat, bending knees if needed. Inhale bringing hands to the shins while looking forward.



Move into the plank position and drop knees, and lower down moving into the cobra position. Move your feet hip width apart and engage thighs lifting kneecaps 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.

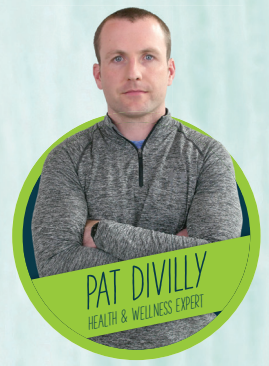
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Reward
Week Two								

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



EXERCISE PLANNER



WEEK TWO



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.

Rotate your upper arms so your triceps are facing inwards, press your hands down and lift hips up and back.



Step right foot to the back of the mat and bringing your feet parallel, place hands on the hips. Point right toe towards the back of the mat. Lunge down into right knee, making sure your stance is wide, so the right knee is directly above the ankle. Float arms up parallel to the mat. Inhale, lift and flip palms above your head and exhale and lunge back down. Repeat on opposite side.

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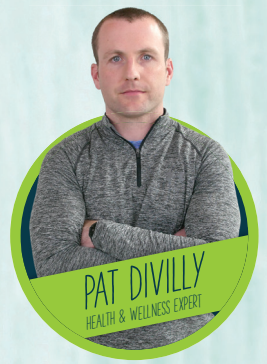
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EXERCISE PLANNER



WEEK TWO



Hands on hips, inhale and lengthen the waist as you exhale hinge and fold forward, bending the knees if necessary, placing your hands on the mat. Inhale and lengthen back, exhale and fold.



Seated forward fold
Come to a seated position on your mat with feet forward towards the end of the mat. Lengthen the spine and float arms above head inhaling. Exhale and hinge forward from your hips with your heart towards your feet.

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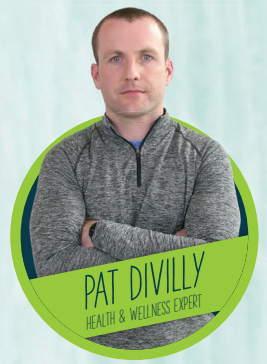
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EXERCISE PLANNER



WEEK TWO



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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