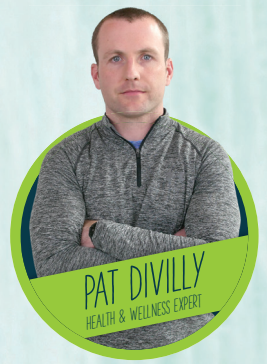


EXERCISE PLANNER



WEEK THREE



Come down to your mat on your knees, bring knees wider than your hips and stretch arms out in front. Bring your forehead down onto the mat and focus your breath.



Come onto your hands with 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 the 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.

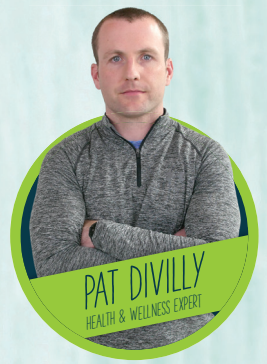
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Reward
Week Three								

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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 THREE



For some spine mobility move into the cat cow position.

Start by lifting your gaze up and leaning back with your elbows wide.

Exhale and round the back, leaning your chin into your belly button and repeat twice.



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.

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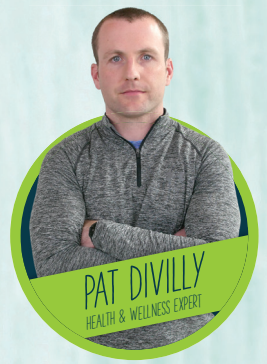
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EXERCISE PLANNER



WEEK THREE



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



Step right foot in between hands sinking your hips low. Tuck the back down and drop your knee to the mat. Come up with your arms above your head. Sink your hips forward and down. Lift your heart and gaze towards the ceiling. From your lunge, start to bend your back slowly backwards and slowly bring forward to the centre releasing your hands to the mat.

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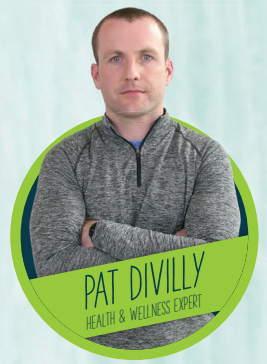
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EXERCISE PLANNER



WEEK THREE



Knees hip width distance, lengthen through the lower back. Tuck your toes under bringing hands to back and draw elbows towards each other. Keep hips over your knees and lift your heart up towards the ceiling and drop your tailbone. Place your hands on your feet with your thumb on the outside.



Legs to the front of the mat, soles on the mat with your knees bent. Stretch your hands out to the front inhale and round through the back lowering slowly.

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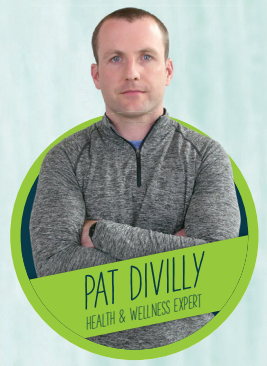
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EXERCISE PLANNER



WEEK THREE



Walk feet towards hip bones, arms by the side palms down. Tuck your tail bone and inhale and lift your hips all the way up squeezing your inner thighs, chin tucked towards the centre of your chest. Slowly lower back down and repeat.



Extend right leg and bring left knee in and across the body to the right. Extend your left arm out wide bringing your gaze out to the left also. Repeat on the other side.

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EXERCISE PLANNER



WEEK THREE



SHAVASANA

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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