

Mat Home Routine, Version 1 – July 2018

BH = Builds Heat → means it makes it more of a full workout. Skip if you want a lighter just stretch workout.

Standing

lift arms overhead	4x	
hands on your rib cage and shrug shoulders	6x	<i>idea here is mobility of the ribcage, spine and shoulders</i>
shoulder rolls	5x - each direction	
elbow arm circles	5x - each direction	
full slow arm circles	5x - each direction	
"Signet" stretches: Thoracic spine, flex & extend	5x - each direction	<i>hands on shoulders: curl spine/neck forward so elbows touch or almost touch. Then open elbows, extend spine, & stretch chest/lift head.</i>
"nervy" arm stretch	6x	

Supine (or Standing Or Seated)

Pelvic clocks		
<ul style="list-style-type: none"> o Prep: Neutral pelvis vs imprinting the back and tipping pelvic bone to up 		
<ul style="list-style-type: none"> o Clocks: 4 points (12, 3, 6, 9).... 	4x - each direction	
<ul style="list-style-type: none"> o Clocks: 12 points -can step it up further with smooth rolls in the full clock circles each direction 	2x - each direction	

Supine - Bridges

Simple/flat back bridges	4x	
Articulated bridges	8x	<i>stay with flat back style is low back is tight</i>
Variations (builds heat & choose 1 - 4 of the below variations) (stay up on a bridge, keeping hips even):		
<ul style="list-style-type: none"> o Typewriters 	5x sets	
<ul style="list-style-type: none"> o Marching 	10x sets	
<ul style="list-style-type: none"> o 1" Hip Drops 		
<ul style="list-style-type: none"> o Figure Eights 		

Challenge: 1 legged bridges (4 to 10x) consecutively per side

Seated or Standing, Standing with a broomstick, Holding a theraband, or Sitting on an exercise ball/stability ball

Spine Stretch Forward 4x
Spine Stretch Side 4x (1 set is both sides)
Spine Stretch Twist 4x (1 set is both sides)

Rolling like a ball 5x

Build some heat

Upper Ab Curls 5x
Toe Touches from Table Top 10x (sets)

The Five:

- (BH)**
1. Single Leg Stretch 10x (sets)
 2. Double Leg Stretch 10x (sets)
 3. Criss-cross 10x (sets)
 4. Single Straight Leg Stretch 5x
 5. Double Straight Leg Stretch 4x

Seated Primal Pilates - dynamic stretch series *see Instagram to follow*

- Leg Stretches from Splits (optional or use the style below with a rope/theraband prop)
- o Inner Thigh
 - o Hamstring

Prone (lying on stomach)

Mini-Swan 4x
Arms lift into Rockets 4x
Swan **(BH)** 4x
Swan hold for an ab stretch
10 breaths
Swimming (beats) **(BH)** in & out
30
sec/each
side
Quad Stretch (front on the thigh) 4x
Adv: Swan Rocking **(BH)**
Plank **(BH)** 10-30 sec
Push-ups or 1/2 plank push up **(BH)** Your
tolerance
Child's pose to stretch

All-Fours

Sternum Drops 8x
Cat/Cow 4x

*don't rush through these,
focus on breath and
articulating the spine*

Tail Wags	4-8x per foot
Poodle Tail (circles)	4x/direction
Arm Reaches	4x/direction
Leg Reaches	4x/direction
Opposite Arm & Leg Reaches (BH)	4x/direction
Stretch: Thread one arm underneath opp arm's and hip	30 sec/side
Child's pose to stretch	

Supine

Leg Circles Small	8x/direction
Leg Circles Big	8x/direction
Roll-up/Roll-Down (BH)	4x
Adv: Roll-Over (BH)	4x

Sidelying with knees bent:

Pinwheel with chest stretch	5x/side
Telescope Arms	
Raising finger tips to ceiling (scapular protraction + retraction)	

lying on your back:

Helicopters	4x/direction
Spine Twist	4x/direction <i>Knees in table top. Keep knees connected as send them the left, then back to center, then the side</i>
Stretches: (with a yoga strap or theraband, or rolled up super long towel)	
o Hamstring + calf	hold for 30 seconds/each side
o IT Band	hold for 30 seconds/each side
o Inner Thigh(Adductor)	hold for 30 seconds/each side
o Figure 4 (Glut stretch)	hold for 30 seconds/each side