

○ = 4 beats T = Transition o/s other side

The mat is facing lengthways

Warm up / Routine 1 Waking to the bells

Set up Stand with feet wider than hip distance, knees soft and pelvis tucked under as this makes it easier to keep those hips steady when turning.

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- 1 4 x Slow combs / 8 Quick combs ○○○○/○○○○
- 2 4 x Open turns with Centre Photo Pose / 4 x Elbow Points to ceiling ○○○○/○○○○
- 3 8 x Hamstring Squats/ 8 x Toe Points (rest hand on thigh and lengthen the spine) ○○○○/○○○○
- 4 8 x Back Heel Pushes / 8 x Lunge n Lean Back ○○○○/○○○○
- 5 2 x Slow Reach For The Skies and Side Tilt / 4 x slow roll downs ○○○○/○○○○
- 6 4 x Knee Lift n Lengthen / 8 Knee Lift n Side ○○○○/○○○○

Repeat 1,2,3,4, 5, (Extra 2 breaths at end)

Routine 2 / Glutes Climb your path

Set up Side profile, Feet on the railway track, slide the foot back to a lunge position but not far back

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- 1 8 x Lunge n Tips (long spine, can the heel touch the floor on the tip?) ○○○○○○○○
- 2 8 x Lunge n Land / 8 x Taps (option to drop the knee when tapping thigh and floor) ○○○○/○○○○
- 3 4 x Right Dip, Dip Roll / 4 x Left Dip Dip Roll ○○○○/○○○○
- 4 Repeat 1, 2
- 5 4 x Deep Inside Thigh Stretch (get right down there!) ○○○○/○○○○/○○○○/○○○○
- 6 4 x 4 Sumo Squat reach floor / 4 Sumo Squat reach forward ○○○○○○○○○
- 7 8 x Sumo squat/ Squat (start to move your way in , changing feet position) ○○○○○○○○○

Routine 3 / Hip Opener and Core In the moment

Set up Sitting with the feet wide apart and ready to open those Hips ○○○○○○○○○

- 1 8 X Wide Knee Drop n Core Challenge ○○○○○○○○
(use arms to encourage more challenge)
- 2 4 x Leans (into hip) / 4 x Thigh Pulls ○○○○/○○○○
- 3 8 x Side Knee n Kick (option to rest hands to the floor) ○○○○○○○○○
- 4 Repeat 1,2,3
- 5 Core challenge of swapping legs in Seated Pixie ○○○○○○○○○

Routine 4 / Core! My pace of life

Set up Sitting back, leaning gently on the Elbows, contact of lower back into the mat, Hello neck! ○○○○○○○○○○

- 1 8 x Toe Taps (don't break the egg) 4 x Double Taps (don't arch the back) ○○○○/○○○○
- 2 8 x Lengthen LEG UP / 8 x Lengthen LEGS Up n Forward ○○○○/○○○○
- 3 4 Rolls with Support / 4 Rolls With Arms (extra challenge) ○○○○/○○○○
- 4 4 x slow roll and hip stretch ○○○○○○○○

Repeat 1,2,3,4

Routine 5 Shoulder Opener Change is happening

Set up Lying in Tabletop, arms out to the side to anchor the shoulders ○○○○○○○○○

- 1 4 x Drop Knees To One Side ○○○○○○○○
- 2 T Hip on Hip, completely over to side facing class, superglue the knees together
- 3 8 x Shoulder Openers ○○○○○○○○
- 4 8 x Knee Nudge / 4 x Knee n Long Leg ○○○○/○○○○
- 5 8 x Shoulder Roll ○○○○○○○○
- 6 T to Seated and Rhomboid Stretch (THE BEST!) ○○○○
- 7 3 x Dip and Open (land hands behind and dip back to Elbows and encourage forearms to the side on floor) ○○○○○○
- 8 T (transition to other side) ○○
Repeat 1,2,3,4, 5, 6, 7
- 9 Have fun with trying to roll up to standing! ○○○○○○○○

Routine 6 Balance with The Wrap! Soul searching

Set up Standing with Big toes touching and heels thumb distance apart

- 1 8 x Knee Bending / 8 x Arms Opening ○○○○/○○○○
- 2 Arm Set Position (hands long, fingers pointing up, don't rest elbows on the chest, keep arms active) / Leg Set Position (long n lifted spine) ○○○○/○○○○
- 3 Wrap (but keep those shoulders and hips forward) / Dip (don't over round the shoulders) ○○○○/○○○○
- 4 Take Flight (draw the energy from your feet) ○○○○○○○○
Repeat 1,2,3,4
- 5 Toes Balance Challenge ..just have fun with this ○○○○○○○○○○○○○○○○○○○

Routine 7 A bit of me time! 🎵 Moments Alone

Stand tall, feet together and just settle into this pose, think breath, think movement and flow and just feel that calm energy taking over

I love this ... it is very free style so just play with each pose, Don't rush and when you feel each move has been communicated well, try a sequence to the beat ;) Just let your class enjoy their own unique movement.

- 1 Reach To The Skies (Shoulders down the back) ○○○○
- 2 Fall Forward (a slight lean forward onto the toes, surrender the head) ○○○○
- 3 Power Lunge Back (keep an eye on that knee, no buckling) ○○○○
- 4 Power Push Off (activate those Glutes!) ○○○○
- 5 Back Into The Power Lunge ○○○○
- 5 Plank ○○○○
- 5 Child Pose (my favourite) ○○○○
- 5 Hip Drop (feet in line with knees, not feet together) ○○○○
- 5 Down Dog ○○○○
- 5 Power Lunge Thru ○○○○
- 5 Rag Doll ○○○○
- 5 Reach to the Skies (wide arm) ○○○○
- 5 Keep Reaching (on those toes) ○○○○
- 5 Gently lower arms (still on toes) ○○○○
- 5 Lower heels, hands in prayer ○○○○

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with Beat Album 3

Great tunes to go with a Total Body
Stretch n Strength 45 minute Routine.

