



### WORKING OUT THE WHOLE BODY

Welcome at the unit of working out the whole body.

#### **0:19**

Lying on your back straighten out your body on the mat. To prevent your lumbar spine from big tension just bend your knees and put your feet at the width of your hips. If necessary, underlay your head with a towel or a special pad (a pillow is too soft and it would have a wrong impact on your head position). Do not press your back into the mat, leave it spread freely and release your shoulders. Breathe freely and while breathing out press your palms and feet into the mat and breathing in release them. Repeat several times.

#### **1:19**

Turn your palms towards the ceiling and draw in both your fingers and your toes. Clench your fists and roll your feet. Open both your fingers and toes energetically apart. Breathe freely and repeat several times.

#### **2:04**

Release your fingers and toes, put your hand from sides on your shoulders and rotate your shoulders continuously as your shoulders permit you. Your back stays on the mat. The motion is lead by your elbows – stretch them to the ceiling, then behind your head and return them back from sides. Breathe freely, do not withhold your breath and mind that the motion is fluent. Do this the other way round.

#### **3:03**

Lift your arms to the ceiling, entwine your fingers, turn your palms towards the ceiling, your elbows remain stretched. Try to keep your back on the mat. Breathing out stretch your palms behind your head and breathing in return them to the ceiling. Repeat this several times.

#### **3:50**

Undo your fingers and put your arms along your body. Release your shoulders. Breathing out draw your right hip up while keeping your knees in place and breathing in put it back. Breathing out draw up your left hip and then put it back. Repeat several times.

#### **4:31**

Spread your both hips on the mat and lift your bent left leg up, your heel is slightly higher than your knee, and start moving your toes. When you realize the existence of your toes and that you can really move them, try to move your big toe towards yourself and the other toes away from yourself and vice versa. Repeat several times.

#### **5:24**

Your toes free rotate your ankle vigorously. The shin stays in place, only the ankle rotates. Do it the other way round.

#### **5:45**

Your ankle is free and your leg follows the tip of your foot on the bicycle.

Stretch the tip towards the ceiling as far as possible. Do not forget about the motion of the sole. Even the sole reaches as high as possible toward the ceiling. Breathe freely, your back stays fixed on the mat. And then reverse the movement. Keep it continuous. Your arms stay along your body free without leaning against the mat.



### **6:35**

Stretch your leg along the mat. Release it completely and then stretch it forward out of the trunk and then pull back your hip joint in direction of your shoulder. Breathe freely and repeat it several times, bend your leg and straighten the sole.

### **7:18**

Lift your other leg, the heel a little bit above the knee and move the toes. Try to feel whether the toes of this leg move better than the toes of the other leg. Then move the big toe in relation with the other toes, at least try it. Then your toes stay free. Rotate in the ankle vigorously one way and then the other way round. Apply your strength in all directions of the circle. Breathe freely and go forward on the bicycle.

Stretch your leg towards the ceiling and reach the furthest point with the tip of your toes. The trunk stays fixed on the mat, only one of your legs including your sole moves. Then reverse the direction without reducing the extent of your movement. In the end, put your leg on the mat and stretch it out of your hips and then pull it in. Then release it, bend it and then put your foot straight.

### **10:12**

Spread your back on the mat and lift one bent leg, then the other one. The knees stay bent without tension. Put your hands on the front of your knees so that the heels go close to your thighs. Breathing in press your knees against your hands towards the ceiling and press your loins towards the mat. Breathing out pull the knees against your chest and try to stretch the lower part of your back. The shoulders stay spread on the mat. Repeat this several times.

### **11:12**

Relax with your legs stretched on the mat, your arms along the body. Breathing out stretch your knees and draw the tips of your toes towards the shins so that the heels go forward to prolong your legs. Breathing in relax. Repeat it several times.

### **12:08**

Turn over on your abdomen. Fold your hands under your forehead, the insteps on the mat. Aim your breath into the lower abdomen. The elbows stay fixed. Breathing in draw your shoulders towards the ears, breathing out they go away from your ears as far as possible, while the scapulae shift towards your pelvis. Repeat several times.

### **13:17**

Your shoulders stay away from your ears, push your pelvis forward. Try to draw your tailbone near the mat. The muscles on your thighs remain released. Then relax. Breathe freely and repeat it several times.

### **14:03**

Stretch your right arm forward on the mat and let it stay in that position. Breathing out stretch your right arm and your left leg into distance and then release them. Repeat several times.

### **14:45**

Return your hand under your forehead and stretch your other arm. Breathing out stretch your left arm and the right leg into distance as far as possible and then relax. Repeat it several times.



### **15:18**

Return your hand under the forehead and press your toes against the mat. Try to keep your groins on the mat. Breathing out stretch your knees, your heels prolong your body and your legs. Breathing in relax and repeat several times.

### **16:12**

Change your position into the kneeling one being supported on your hands. Your knees at the width of your hips and your palms at the width of your shoulders, slightly press the insteps against the mat. Arch your back continuously, your head bent down as if your forehead wanted to meet your tailbone. Breathe freely. Then your tailbone goes up towards the ceiling. Try to straighten your back between the scapulae and draw your chin towards your neck. Try to move the whole spine into a continuous arch. Do not forget to breathe and repeat it several times.

### **17:25**

Straighten your back and go down on your forearms. Lean against your forearms and straighten your shoulders.

The centre of your pelvis is always between your knees, the weight stays on your knees. Breathing in try to turn one forearm up towards the ceiling. Look at the ceiling and breathing out return back. Try to keep your shoulders straight. Do the same with your other forearm, look up and return back. Repeat several times.

### **18:32**

Go up back on your palms and put them at the width of your shoulders. Join the knees and the heels. Turn the heels to one side, your head goes in the same direction. Try to look back on your heels. Your head makes a big arch. Breathe freely and continuously go to the other side. Repeat several times and return your feet on the centre.

### **19:32**

Stand up slowly. Get supported first on one leg, then on the other leg without losing your balance. Stand straight – your feet slightly apart, stretch the top of your head. Breathe in the sides of your trunk so that your body widens like a roll, and then breathe out continuously.