

Routine 6 Strength and Balance

Set up Hip side lunge on your right side ○○○○○○○○○○

1 4 x Hip Side Lunges ○○○○

2 8 x pulses ○○○○

3 4 x Open Arm ○○○○

Left Side repeat 1,2,3

4 Balance set up lunge Position on your right side ○○○○

5 Lift off .. hips square ○○○○

6 Turn and open hips ○○○○

7 Hips square and balance! ○○○○

Left Side repeat 4,5,6,7

8 8 x Shoulder Combs ○○○○

9 4 x Deep Breaths ○○○○

10 8 x Single Squats / 4 x Slow squats ○○ ○○ / ○○○○○○○○

11 32 x Pulses ○○○○○○○○

12 16 Toe lifts (RL) ○○○○○○○○

13 8 x Touch Floor ○○○○

14 2 x Deep Breaths ○○

Relaxation 7

Time for freestyle and chill. I'm inclined to take right knee across body several times to stretch out the lower back and across the shoulders, then hug that knee in. Keep hold of your right knee with your right hand (still hugging close) then grab right foot with left hand and encourage it gently towards your left hip. Repeat on the other side. Stretch out whatever feels tight and then just lie back, chill and enjoy the music ;)

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with Beat Album 1

A fab 45min Total Body Stretch and Strength Routine choreographed to chilled upbeat music



○ = 4 beats

Warmup / Routine 1

Set up Wide legged standing posture and toes slightly out ○○○○○○○○

- 1 8 x Shoulder Combs ○○○○
- 2 8 x Wings in Flight ○○○○
- 3 8 x Russian Twists ○○○○
- 4 8 x Knee Press ○○○○
- 5 4 x Deep Breaths ○○ ○○ ○○ ○○
- 6 8 x Right Hip Side Lunge (front facing, just turn your toes) ○○○○○○○○
- 7 8 x Right Hamstring Tips from Hips (long legs) ○○○○○○○○
- 8 8 x Right Hamstring Slides (turn your Torsa to the front) ○○○○○○○○
- 9 8 x Claps (Twist and open) ○○○○○○○○

Rep From The Start and repeat on left side on 6,7,8,9

Routine 2 Hips, Glutes and Core

Set up Child Pose ○○○○○○○○

- 1 4 x Hip Drop/Child Pose (abs strong, feet behind knees on Hip Drop) ○○○○ ○○○○ ○○○○ ○○○○
- 2 All Fours curl toes ○○○○
- 3 Down Dog set up ○○○○
- 4 4 x Right Knee Up/Knee Hover (hip opener) ○○ ○○ ○○ ○○
- 5 8 x Knee Hover n Side ○○○○
- 6 Swan Set up ○○○○
- 7 8 x Single hand Tap back and forward ○○○○
- 8 4 X Double Hand Tap and Down Dog set up ○○○○

Left side repeat 4, 5, 6, 7 Replace 8 with 8 x Double Hand back tap

Routine 3 Hips, Glutes and Thighs

Set up Mermaid ○○○○○○○○

- 1 8 x Quad Pull ○○○○○○○○
- 2 4 x Quad Rise (hand under shoulder, knee on mat) ○○ ○○ ○○ ○○
- 3 Set up for side leg lift (no weight on elbow, lift ribs, square hips etc) ○○○○○○○○
- 4 16 x pulses side leg lift ○○○○
- 5 8 x Knee bends (dig heel) ○○○○
- 6 8 x Knee pushes ○○○○
- 7 16 x pulses leg lift forward ○○○○

Rep from the start and repeat on left side

Routine 4 Hamstrings and Core

Set up Lean back onto elbows ○○○○○○○○

- 1 4 x CanCan (R) ○○○○
- 2 4 x CanCan (L) ○○○○
- 3 4 x Double CanCan ○○○○
- 4 4 x Slow taps (don't arch your back) ○○○○
- 5 4 x Shoulder Combs ○○○○
- 6 4 x Rolls ○○○○
repeat 5 & 6
- 7 16 x Swim (reach for those toes) ○○○○○○○○
- 8 Grab your toes and work on great form ○○○○
- 9 4 x Lengthen yours arms up and lean forward ○○○○
- 10 4 x Lean back (core switched on) ○○○○
- 11 4 x Long legged CanCan (R) ○○○○
- 12 4 x Long legged CanCan (L) ○○○○
- 13 8 x Core Twist (with bent knee R) ○○○○
- 14 8 x Core Twist (with bent knee L) ○○○○

Routine 5 Core, core and more core!

Set up All 4's ○○○○○○○○

- 1 4 x Hover core and land ○○ ○○ ○○ ○○
- 2 2 x Cat Overstretch ○○○○ ○○○○
- 3 Set up Plank on elbows ○○○○
- 4 Twist Plank (R) ○○○○
- 5 Twist Plank (L) ○○○○
- 6 Centre Plank and play ○○○○
- 7 4 x Cat Overstretched and playful ○○○○ ○○○○ ○○○○ ○○○○
- 8 Set up Plank on elbows ○○○○
- 9 Twist Plank (R) ○○○○
- 10 Twist Plank (L) ○○○○
- 11 Centre Plank and play ○○○○
- 12 Push back and play in Child Pose, then come to standing ○○○○○○○○