

### Key Components of the Daily Spine Fit series:

- 1). Best results are achieved through regular application and not force or high intensity.
- 2). Proceed at your own speed and discontinue if you are unsure of the safety of continuing.
- 3). Use your breath to soften your body during exercises and to measure duration of exercise.

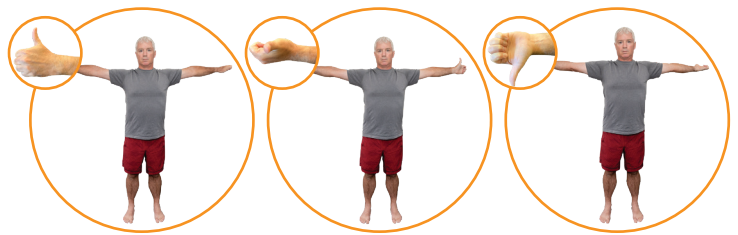
## Series 1 - Gentle Start

### 1. Shoulder Shrugs - Train



Elbows in - 10 forward - 10 back

### 2. Shoulder Circles (thumbs: front, top, back)



5 forward in small, medium, and large, then same backwards

### 3. Wrist - Winding The Clock



Elbows @ shoulder height - 10 Forward // 10 Back

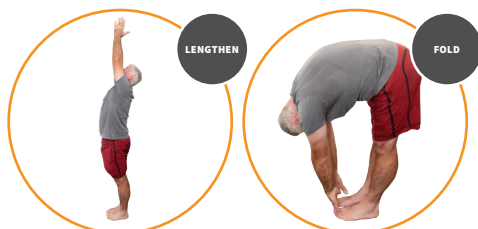
### 4. Neck - Turn & Tuck



Complete once per side. Hold each for 5 breaths

## Series 2 - Standing Series

### 1. Forward Bend



Hold for 5 breaths // 3 - 5 reps

### 2. Down Dog



Hold - 5 breaths

# Series 2 - Standing Series

## 3. Sun Salute

Hold - 5 breaths

3 - 5 reps

# Series 2 - Standing Series

## 2. Wide Leg Stance

Hold in each position for 5 breaths

## 3. Squats

Focus on thumbs and keep at shoulder height - 5 breaths

## 4. Balance

3 - 5 reps

Transition - to Series 3 with Sun Salute to Kneeling



Sun salute for 5 breaths - transition to kneeling



Sit on ankles flat – 5 breaths/ sit on toes 5 breaths

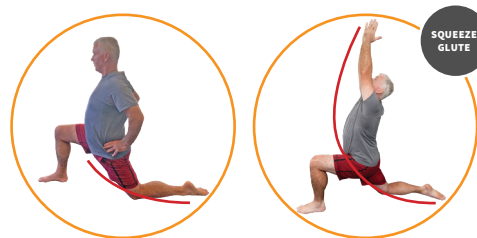
## Series 3 - Kneeling Series

1. Sides



Place hands 1 hand length in front then 1-2 hand widths each side – 5 breaths

2. Lunge



Place foot one width to the side, maintain gaze to finger tips keep pelvis square – 5 breaths (if needed use pillow under knee)

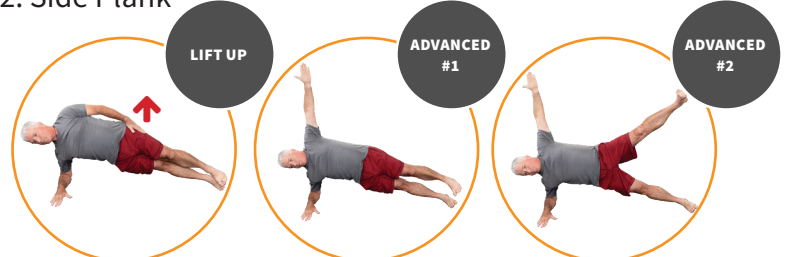
## Series 4 - Stability (Core)

1. Bird-Dog



Aim to have arm and leg at horizontal with shoulders and pelvis square to floor – 10 breaths

2. Side Plank



Lift pelvis off ground by contracting the underside and keeping pelvis square to wall – 10 breaths

3. Crunch



Lift shoulders and maintain lumbar lordosis (curve) using with or without hands – 10 breaths

4. Bridge - one-legged bridge



Lift shoulders and maintain lumbar lordosis (curve) using with or without hands – 10 breaths

## Finishing Series - Symmetry

1. Knee to Chest



Pull knee to opposite shoulder - hold 5 breaths

2. Lumbar Wipers



Keep knees at 90° - 5 reps/side

3. Thread The Needle



Pull knee to same shoulder - 5 breaths

4. Lateral Hip



From previous position drop foot to floor and move knee away – 5 breaths

5. Cross-legged Forward Bend



Sit cross legged with front leg horizontal – bend forward and breath 10 long breaths. Advance bend by spider walking your hands forward. Finish series.

6. Relax - Palms Facing Up / Take 10 long deep breaths.