

Weekly Alixa Flexibility Plan

Module 1

26, March, 2020

WARNING: Not all exercises are suitable for everyone and this or any other exercise/stretching program may result in injury. Any user of this exercise /stretching program assumes the risk of injury resulting from performing the exercises and using the equipment suggested. The instructions & advice presented are in no way intended as a substitute for medical counseling. Alixa Flexibility LTD, Alixa Slobodyan & any course givers of this program- disclaim any liabilities for loss or injuries in connection with the exercises and advice herein. The author disclaims any responsibility from any adverse effects or consequences from the misapplication or injurious use of information presented. We highly recommend children under the age of 12 only practice with an adult present in the room.

Total Lesson Time: 40 min

Equipment Needed: Chair, yoga mat or square

Start: 3 min cardio warm up of your choice

Knee Leg Lifts Bent to Straight:

On hands & knees slowly lift leg from bent on the floor to straight level with hip or slightly higher. Hold 3 sec at top.

Tips: Make sure students are lifting leg as lightly as possible without overusing the bum or quad. Keep movement parallel and toe pointed to help students feel the extension of the knee.

Amount: 10x's R & L



Knee Leg Lifts Straight to Straight:

On hands & knees quickly straighten one leg and lift from straight on the floor to level with hip or slightly higher.

Tips: Make sure students are lifting leg as lightly as possible without overusing the bum or quad. Keep movement parallel and toe pointed to help students feel the extension of the knee.

Amount: 10x's R & L



Hips at Wall: (*wall*)
rock side to side 8x's
back foot to outside rock 8x's
back foot to inside rock 4x's
grasp back foot, vibrate 20 sec
Total Time: 2 min each leg

Sit one knee back to rest leg against wall. 2nd leg in front. Move front heel to the outside, 45° away from bum.

Part 1: Rock hips side to side 8x's

Part 2: Same but with back foot angled to outside 8x's

Part 3: Keep rocking but with back leg to inside 4x's

Part 4: Reach back and grasp foot with the same hand/same leg. Vibrate foot while squaring hips & keeping core in 20 sec.

Focus: Core in entire time, equal side to side movement, square hips.



Magic Pike: (*chair*)
side to side 30x's
hold, push knee 30 sec R & L
Total Time: 2 min

Part 1: stand up on chair, open feet as wide as the chair, heels down. Toes on chair, heels off. Bend one leg, keep one leg straight, bum pushes over straight leg, heel dropping down toward floor. Hold 2 seconds then switch sides, repeat 30x's. Hands on seat or back of chair as low as possible.

Part 2: Have students take opposite hand and push the knee of straight leg, hold 30 sec each side. Or hold position with slightly bend knee if they are hyper mobile.

Focus: Not falling into hyperextended knees. Moving hips well. Hands low & equal.



Side Stretch 1 Leg Up: (chair)
Stretch 1/2 way toward foot- Straight sides 30 sec
Extend fully to grasp foot, keep trying to lengthen 1 min
Total Time: 1.5 min each leg

Student faces the wall on knees, foot on edge of chair seat, hands hold wall for balance. Flex foot, make sure only heel is on edge of chair.

Part 1: Opposite arm to chair straight at ear, stretch 1/2 way side toward foot. No arch, side must be flat, core strong.

Part 2: Extend all the way side to grasp foot, hold 1 min while trying to keep hips square & extending further entire time.

Focus: Making sure hips stay headlights facing wall in front. Core in to protect spine from stress.



Bum Stretch: (*chair*)

chest up, push knee 30 sec

push knee, round back 30 sec

push knee, round back, bring hip forward 30 sec

Total Time: 1.5 min each leg

Part 1: On knee on the floor, place second knee on chair seat in 1/2 butterfly position, chest straight, head up. Push down on knee with hand or elbow.

Part 2: Round back slowly and keep pushing knee down.

Part 3: Keep rounding back, keep pushing knee down and bring hip forward towards the chair.

Focus: If tight- use gentle hip circles to help hips release. If too easy- place a yoga block under foot that is on chair for more challenge (can go as high as 2 blocks)



1/2 Sit Floor:

sit curl 1 foot, push straight & forward 1 min

Total Time: 1 min each foot

Curl toe on second foot into floor from knuckles. One hand pushes ankle towards other foot.

Second hand grabs heel and pushes heel forward.

**Have student sit on yoga block if they can't get on their knuckles or keep their ankle straight.

Focus: Make sure student is on knuckles. Ankle must be in correct alignment.



Ankle/Leg Lifts Straight Body:

Standing with good alignment, core engaged, foot parallel, hands lightly on support. Lift up onto relieve without bringing chest forward, or arching back, or gripping bum, or overusing quad.

Tips: If feels easy, check chest is in line during lift, and check quad is not rock hard from doing all the work. Think about lifting from the back line & inside of the leg. Think about lightness.

Amount: 10'x R & L slowly



The following Core & Side Strength exercises will be continuous with no breaks:

1) Up to Down Tuck:

Start sitting up in tuck, knees bent to chest. Arms horizontal to knees. Very slowly lower back toward ground by using core, only go as far as can control movement by core. Stop when start to lose control, return back to sitting tuck by pulling from core, hold back in slightly hollow position.

Tips: Tell students to think of pulling their core inside to go down, and flatten it out to the sides to pull up. Think of the belly button trying to touch the spine. If students see their core popping up part way through the exercise, that means they have stopped using their core and are now using their back muscles. Make sure to remind them not to grip their quads.

Amount: 1 min non stop



2) Straight Leg Crunches:

Entire body lays flat on ground on back. Legs straight & toes pointed & together, arms behind head. Crunch up in one piece hold 3 sec

Tips: It is important legs & feet stay together so student does not go crooked. Make sure students don't use quads instead of their core.

Amount: 1 min non stop



3) Pike Pop Ups:

Lay on back, feet piked at 90° toes pointed & legs straight. Slightly lift up bum from the floor by using the core hips staying in line with toes toward the ceiling. **Hands behind head, chest slightly curled in crunch position (**different from example photo).

Tips: Watch that the core pushes down into the floor for the bum to lift, not the core popping up with the legs. Legs need to stay in a straight line with hips, and knees do not bend. Students will often cheat by bending their knees to make the exercise easier.

Amount: 1 min non stop



4) Clams:

Lay on side on floor with knees bent. Open knees 1 yoga block apart. Knees tucked in front of hips. Bottom hand supports, top hand on back of head. Slowly lift up & down.

Tips: Make sure students keep the same amount of distance between knees. Don't try to help them by putting a block in between as they need to build the strength & control.

Amount: 1 min non stop



-Finished core & side strength section-

Upper Back: (*chair/partner*)

Student can grip the edge of the chair while keeping their elbows bent & in if they don't have a partner at home to help them

arms flat, bum sits gently rocking side to side 30 sec

Holding 30 sec

Total Time: 1 min

Student being stretched: Makes a table top with body, upper back at shoulder blades laying on edge of chair. Arms straight.

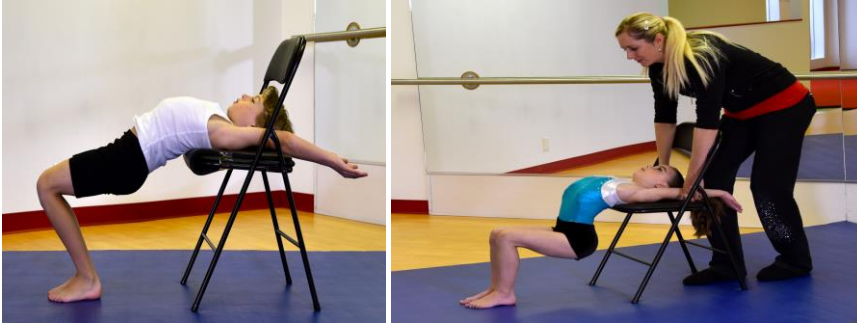
Partner:

- 1) Check student only has shoulder blades on edge of chair.
- 2) Place 1 knee in-between straight arms.
- 3) Grasp elbows and bring elbows into ears. Keep a firm hold as tighter students will have more resistance.

***Keep your thumb with your fingers, do not squeeze around arm (you may pinch a nerve). Do not push arms directly down as you will block the stretch. Always hold arms into ears.*

Student being stretched: Sits bum down toward floor and relax. Hands facing straight like a handstand.

Focus: Elbows must be held very straight. If student is tight, have them skip the static hold and keep gently rocking bum side to side while trying to sit down entire stretch.



All Material in this Manual is © copyright 2020 Alixa Flexibility LTD/Alixa Slobodyan. All rights reserved. Unauthorized use and/or duplication of this material without express and written permission is strictly prohibited by International copyright law. For certified instructor in house use ONLY.