

Weekly Alixa Flexibility Plan

Module 2

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, 2 yoga blocks

Start: 3 min cardio warm up of your choice

Dynamic Leg Warm Up Series

*Use exercise ball if you have one at home. If not, no worries! Put your feet on the chair instead.

All exercises quickly with both point & flexed foot.

Lay on back, feet on ball or chair seat.

1 leg up & down quick 10x's R & L (5 flex, 5 point)

1 leg side & back quick 10x's (5 flex, 5 point)

1 leg up holding 30 sec R & L (15 sec flex, 15 sec point)

1 leg kicks side quick 10x's R & L (5 flex, 5 point)

Lower hips to bum on floor & back up to table top 10x's slow



Lunge Raiser Series: (chair/yoga blocks)

square & chest back 30 sec

bend back leg 30 sec

pull leg towards 30 sec

arch back grab leg 30 sec
Total Time: 2min each leg

Place foot on yoga block, chair at side for balance, body in lunge position with bottom knee slightly extended behind hip.

Part 1: Square hips, pull core in and lean chest back behind hips with no arching. Push hips forward.

Part 2: Staying square, bend back leg and grab back leg with same hand same leg from the side. Keep core and ribs in, no arch in the back.

Part 3: Pull back leg gently closer to bum, while sitting down lower in the hip toward the floor. Stay square and no arch in the back.

Part 4: Keeping back leg bent, switch hands so the opposite hand takes the bend leg from the top with elbow by ear. Head back, arch from hips to look back, core stays in, no arch in back.



1/2 Pike with Partner w/No partner: (chair/2 yoga blocks)
reach forward 20 sec
twist side 30 sec R & L
grab 1 foot 30 sec R & L
reach forward 10 sec
Total Time 2.5 min

Place two blocks on the floor touching in a line against the edge of a chair. Have student sit on the floor in pike position with heels on yoga blocks, feet to legs of chair. Feet shoulder width apart.

Part 1: Reach forward to grasp chair. Use rope to help if can not reach. Knees straight. *Put blocks under knees if hyper extending.

Part 2: Twist side and take other arm over head to grab foot. Look head up to ceiling. R & L sides. Make sure core stays in to protect spine.

Part 3: Face to one foot and grasp, try to extend past foot with straight back, head looking forward. R & L sides.

Part 4: Reach center and check pike improvement.



Thigh Stretch on Block: (chair, block)

Sit block, foot floor in front, 30 sec

Front foot on chair seat, bent knee, 30 sec

Front foot on back of chair, bent knee, 30 sec

Total Time: 1.5 min each leg

Sit on yoga block with chair in front.

Part 1: Bent knee touching floor, 2nd foot in front, bent knee, foot flat on floor.



Try to lean back & pull core in.

Part 2: Put foot on chair seat, try to lean back more. Straight torso & core in. Head looks at hip.

Part 3: Foot moves to top of chair, knee stays bent. Core in. Can stay on hands.



Splits:

R & L split

Front leg on low yoga block, chair at side. Sit as far down as possible with square hips and core in, no arch in back.

1 min each leg,

Total Time: 2 min



Bent 90 Degrees On Knees: (chair)

head up 30 sec

head down 30 sec

touch back 30 sec

straighten arms 10 sec

Total Time: 1min 40 sec

Start with arms bent, elbows on chair top, almost touching, hands together in a prayer position. Knees straight, feet shoulder width apart.

Part 1: Head up & back, armpits toward floor without dropping rib cage or arching spine.

Part 2: Open elbows to allow head to drop down fully. Re close elbows to narrower than shoulders, armpits toward floor, head looking down. No arching.

Part 3: Slowly bring hands back to touch shoulder blades. Hold 30 sec

Part 4: Straighten arms fully and check new shoulder extension.



Plank Elbow Exercise Ball (or feet on chair)

Hold plank position feet on exercise ball. Flat body, knees straight, feet together, on elbow stand position. Palms flat on floor, grip with fingers, weight is in the top of the palm near the fingers. Thumbs should be able to touch but hands are separate. Elbows slightly to the inside of the shoulders.

Tips: Make sure shoulders stay lifted up & strong. Remind students to relax neck so as not to take strain. Heels together is very important.

Amount: 1 min holding



Plank Arms Touch

Plank hold good form. Slowly bring up one arm and tap opposite shoulder without body moving. Do same with opposite arm.

Tips: Have students think about lifting up in their arms & shoulders instead of sinking down into the floor as they take their arms off. This will make them lighter & stronger; the exercise will be easier. Watch they don't rock or twist their body or legs.

Amount: 12 taps



Shoulder Side to Wall: (wall)
twist chest 20 sec
raise hand higher 30 sec
rotate shoulder, sit back to wall 10 sec
Total Time: 1 min

Bring chest forward until touching wall, arm extended. Place palm on wall, hand slightly above shoulder height.

Part 1: Turn chest away from wall, away from arms as much as possible without rotating the shoulder closed. Armpit stays open facing the wall. Bend knees. Drop head gently down and to the side. 20 sec.

Part 2: Raise hand slightly higher, keep knees bent, body position same hold 30 sec changing different head positions.

Part 4: Fully rotate shoulder down, hand stays on wall. Walk feet forward and around in a half circle until feet are facing directly away from wall (like in Mod 1), bring bum back to touch wall, arm up behind, head up. Hold 20 sec. **Bend elbow if have hyper extension.



Stand Curled Toe to Wall Series: (wall)
bent knees 1 foot from wall 20 sec
bent knees 1/2 foot from wall 20 sec
bent knees at wall 20 sec

bent to straight 30 sec
Total Time: 1.30 each leg

Start 1 foot away from wall. Curl toe so knuckles rest on ground. Knee bent resting on wall.

Part 1: Hold 15 sec, both knees bent.

Part 2: Move foot ½ way towards wall, stay on knuckles, both knees bent. Hold 15 sec.

Part 3: Move foot to wall, still on knuckles. Slowly straighten back leg first, then very slowly over 1 min straighten front leg.



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

1) Up to Down Tuck Arms Opening

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. Open one arm fully to the side at the exact same time and same amount of going down. Stop when start to lose control, hold 3 sec. Return back to sitting tuck arms straight.

Tips: Watch core doesn't pop up, and students don't start using their back muscles. Try to get arm & chest full open to the side by the final position. Stay slightly hollow to protect the back muscles. Make sure students don't go back, then open the arm- both have to happen at the same time.

Amount: 30x's alternating R & L



2) Pike Wall Sit Ups

Lay on back, feet up against wall in pike, hands behind head. Slowly sit up towards legs as high as possible, holding 5 sec at top.

Tips: Make sure knees stay straight and don't twist to outside or inside. Watch students use core not quads.

Amount: 1.5 min



3) Bent Leg Side Crunches

Lay on side on floor with knees bent. Bottom arm supports on floor to lift up sides. Top arm behind head. Crunch up.

Tips: Exercise is more effective if students keep sides/core engaged even while on floor. Alternate between coming more straight up and curling more to touch elbow to knee. Make sure spine is slightly hollow to protect back muscles.

Amount: 30 sec higher slow, 30 sec more curled slow- switch sides & repeat
30 sec higher fast, 30 sec more curled fast- switch sides & repeat



4) 1/2 Sit Ups Hands Between

Feet on floor, knees bent & slightly apart, lay flat on back. 1/2 sit up and put hands on top of other in between knees. Stay hollowed up and quickly sit up further and back, further & back without laying shoulders back down to the ground.

Tips: Make sure students pull core in each time they come up further. Good prep for hollow holding. Switch which hand is over the other 1/2 way through the exercise as it can cause a slight twist in the torso. Knees & legs should remain still with feet staying flat on the floor.

Amount: 1 min fast



5) Candle Lifts:

1st: Lay completely lay on floor on back, legs together, knees straight, toes pointed, arms at sides. Bring feet up to 90° pike by using core.

2nd: Lay completely lay on floor on back, legs together, knees straight, toes pointed, arms at sides. Bring feet all the way up to candle stick position toes to ceiling, back straight, bum in line.

Tips: 1st part: Make sure student can bring up legs while keeping core flat. Students need to pull from the back of the leg line and core to come up. Watch for popping up stomach, slight knee bends or bulging quads to show students are using wrong muscles. Check legs are even and together & toes stay in line to make sure students are using both sides evenly. 2nd part: Only start 2nd part if students can easily do part 1 correctly.

Amount: 10x's feet to pike, 5x's feet to candle stick



Upper Back: (chair/partner)
arms flat, bum sits 15 sec
cross legs 15 sec each R & L
tuck 1 leg under 15 sec each R & L
back to feet together 15 sec
Total Time: 1min 30 sec

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

Partner:

Places 1 knee in-between straight arms. Grabs elbows and pushes elbows into ears at the same time keeping arms flat on chair. Keep thumbs with fingers not wrapped around the elbow or it might pinch a nerve.

Student being stretched:

Part 1: Sits bum down toward floor and relaxes 15 sec

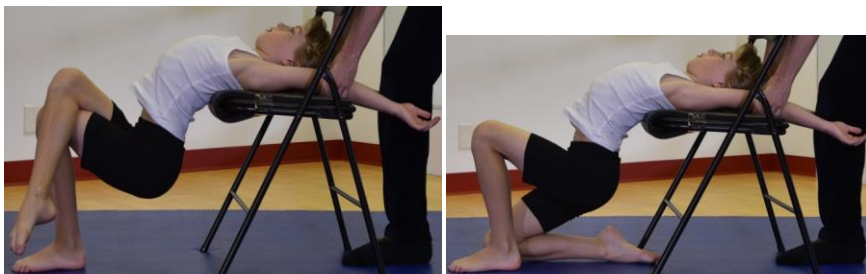
Part 2: Crosses leg over other, hold 15 sec each R & L

Part 3: Tucks one leg under chair, then sits down hold 15 sec each R & L

Return to beginning position hold 15 sec

Make sure Partner:

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



Bridge Hands Up: (panel mat or 2 yoga blocks or step stool)
upper back rocks 10x's

***Do 2 sets only if students are stronger
holding 30 sec**

Total Time: 1.5 min for 1 set/ 3 min for 2 sets

Place a panel mat on the floor (or yoga blocks/step stool if no mat). Push up into a bridge with hands on edge of mat.

Part 1: Rock pushing into upper back and shoulders then relax. Rock into shoulders 10x's keeping elbows straight. Lay down using core slowly taking 10 sec to come down with control.

Part 2: Push into upper back and shoulders and hold 30 seconds without squeezing bum. Come down slow & controlled.



Pike Roll Down Crossed:
roll down cross 1 min R & L
Total Time: 2 min

Sit on floor in Pike position. Take opposite hand and place flexed foot directly on top of other foot so leg is slightly crossed but knee is straight.

Holding hands on head, curl back slowly down starting from neck and working down the spine vertebrae by vertebrae until back is fully curled and head is in lap. Do with R & L legs.



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