

Rules to workout by: 1) Always keep your body firm and in "Readiness Position" 2) Breath in during expansion and lengthening.
 3) Warm up with "Pre-Work out" program. 4) Let Quality be your guide. 5) Perfect Practice Makes Perfect.
 6) Be tested every two to four weeks for advancement. 7) If you can do one set with good form, start the other.

From top to bottom: Perform 5-10 of each 1 to 2 times a day or when stiffness and discomfort ails you. To be performed along with Home Exercises if just starting a program for weight loss challenge.

Starting Position	End Position	Definition of Exercise Performance
		<p><u>SIT AND REACH</u> <i>Prerequisite: Readiness Position, Sit and Bounce</i> While sitting on an appropriate size Gym Ball, extend your legs so that both of your heels are in contact with the floor. And reach for your toes. Contract those muscles that enable you to be in the readiness position. Lie back by bending knees, feet flat on floor. Allow ball to roll up to your shoulders. Hold for up to three counts. Straighten out knees as you sit up and reach for your toes once more. Repeat 20-30 times.</p>
		<p><u>KNEEL AND BOW</u> <i>Prerequisite: Readiness Position, Pelvic Tilt, Brugger's</i> Kneel in front of a Gym Ball that stands about waist level. Contract those muscles that enable you to be in the readiness position. While slowly alternating hands, roll the ball away from you until you lose your readiness position. At this point drop your head toward the floor and raise one outreached arm straight toward the ceiling and hold for 3 seconds. Alternate. Slowly walk the ball back and repeat.</p>
		<p><u>SHOULDER WALL SLIDES</u> <i>Prerequisite: Readiness Position, Brugger's</i> Sit on a flat surface with back against a wall in readiness position and arms at shoulder height in full contact with wall. Inhale while pulling arms down toward sides. Squeeze shoulder blades down and back together during slide (as if you were squeezing a pencil between the shoulder blades) and retract chin simultaneously. Hold for 5 seconds. Exhale while returning to start position. Relax. Repeat.</p>
		<p><u>LIFT & TWIST</u> <i>Prerequisite: Readiness Position, Pelvic Tilt</i> Lie flat on your back in readiness position and legs in a sit up position. Exhale as you raise knees toward chest. Tilt pelvis, take a breath and exhale as you lower knees sideways to one side, alternate straightening the legs then return back to start position. Lower feet to the floor. Repeat to the other side. Hold the stretch position for 2-3 seconds.</p>
		<p><u>LUNGE & BOW</u> <i>Prerequisite: Readiness Position, Abdominal Hollow</i> Stand in readiness position and feet together. As you exhale take a step out in front, squat down slightly, tilt the pelvis and lunge forward until you feel the stretch. Bow down and hold stretch position for 3-5 seconds and inhale as you return to start position. Repeat on the other side. Relax. Repeat.</p>
		<p><u>PEC STRETCH</u> "Spinal Re-Activation" <i>Prerequisite: Readiness Position, Pelvic Tilt, Brugger's</i> Stand in front of a corner with one foot slightly forward. Elbows and arms shoulder level, in readiness position. Lean into the corner without losing the position. Exhale while carefully contracting the arms toward the corner for three seconds against the wall. Relax. Inhale as you stretch further. Repeat 3 times. On your final time, as your finish stretching inhale deeply and contract your shoulders back for 5 seconds.</p>