



## **Coach J-R's fun and easy to do "*move your body*" movements**

These easy to do natural movements are a wonderful start to your set of fabulous fun five "***move your body***" movements.

The whole concept is that you can do these beneficial movements wherever you are, wherever you live, and it needs no equipment, no special gym clothes!

They are all based on reinforcing, toning and bringing inner balance to your body the natural way.

They are all easy to do, and can be adjusted to your level of ability and fitness. You set the goals and progress as much as you can and see fit to!



## Exercise 1. Half squats on chair

This first movement is a great way to start the five movements. It helps maintain great posture throughout the movement, reinforcing your lower back, as well as toning your thighs and hamstrings.



NOT LOCKED, but slightly relaxed as shown.

1. Stand with good posture, back straight and upper body relaxed as much as possible, looking ahead. You should keep looking ahead throughout the exercise.
2. Stand about half a foot length in front of chair. Have the feet slightly pointing outwards, equal pressure on the soles of your feet, the knees NOT LOCKED, but slightly relaxed as shown.
3. Have the arms as shown in picture out in front of you, without hunching the shoulders. The arms stay in this position throughout the exercise.
4. Breathe throughout the exercise from the belly. On the downward action, you are exhaling.
5. Start to descend, keeping the back straight, without bending forward from the waist. Descend slowly and mindfully without rushing the movement and with no tension in the upper body. The movement must come 70% from the quads (muscles at the front of the legs), 30% from the hamstrings (muscles behind the legs).
6. As your butt touches the chair, hold that position for a slow count to 5.
7. Now start to rise, slowly and mindfully, inhaling slowly from the belly. Keep your arms out in front of you, and keep looking ahead.
8. Slowly return to the position of the start, slowly inhaling and once there, count to 5 and repeat movement as many times as you comfortably can.
9. Note how many times you can comfortably and correctly complete this exercise and set a goal to increase by 1 or 2 half squats each week.



## Exercise 2. Hip flexor and inner balance



This easy to do and efficient movement can be done anywhere; on a low step, on a stair, anywhere that allows you to raise your foot 10 cms of the ground. The goal of this exercise will be reinforcing, toning your hip flexors and thighs as well as improving your coordination and inner balance.

1. Start the exercise with good straight posture, one foot on a step, low stepper or similar, the other foot just above the ground. Look ahead of you throughout the exercise with a relaxed body
2. From this position, using your hip flexor muscles (these are located at the outside of your hips and glutes), slowly and mindfully drive upwards, also using the “downside arm” (right arm in this picture) to help “drive” your movement upwards.
3. Inhale slowly and mindfully from the belly in time with the controlled slow “drive” upwards of the movement



4. Once arrived at the end of the “drive” part of the movement, making sure that your leg on the step is not fully extended (as shown on picture), hold this for a slow count of 3 or more.
5. Now descend slowly, exhaling slowly on the controlled downward movement, finishing at the same movement as the start.
6. Take a breath or two and repeat correctly and mindfully the exercise as many times as you can comfortably can. Have a goal to increase this exercise by one more repetition per week.

### Exercise 3. Psoas isolation raise

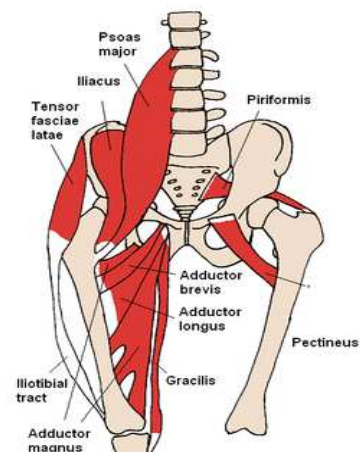
This exercise is designed to help you reinforce that often neglected muscle, the Psoas. It is an underused muscle that is vital to reinforcing good lower back posture and leg movement.



that we are working here is the psoas major and iliacus which are positioned as shown in the attached picture.



1. Lay on your back in a relaxed manner with the feet and legs positioned as shown in image. Your hands/arms must be totally relaxed on the floor alongside your body, throughout the whole exercise, without any pressure relayed through them onto the floor.
2. Feel and isolate your psoas muscle. The part of the psoas that we are working here is the psoas major and iliacus which are positioned as shown in the attached picture.
3. Now slowly raise your pelvis as shown in the picture by just isolating the psoas muscles. Do not use force or pressure from your upper body, your feet/ legs or hands to raise to this position. Breathe slowly in from the belly as you raise.
4. Once arrived in the position shown, gently hold it there for a slow count to five.
5. Slowly descend in the same manner as the raise, exhaling and controlling your movement. Once flat on the ground, breathe once or twice with your belly, and start again. Aim for at least five movements completed mindfully and correctly.



## Exercise 4. Abdominal crunches



This exercise is a great base exercise to reinforce your abdominal girth. Many variations exist, however it is good to correctly master the base exercise in order to successfully advance onto other similar type movements.

1. Adopt the same position as shown in the picture. Please note that there is no holding of the hands behind the head or neck, which is a potential serious injury position.
2. Be relaxed in your entire body, from head to toes. This is necessary as we want to isolate the abdominal and inner core muscles for this exercise.
3. Breathing slowly out on your way up, concentrate on using only the inner core and abdominal muscles. This is the essential part of the exercise.



4. Slowly raise your body, as far as you can. Do not hunch over, or bend the upper body any amount, than is shown in the picture. It is not necessary to go as far as shown in the picture. You should be isolating your inner core muscles and abdominals to achieve this, no other muscles should be tense.
5. Once you are as far as is comfortably possible for you. Hold this position for 1 or 2 seconds.
6. Then slowly descend, breathing in slowly on your way down, still controlling the movement from the isolated muscle groups.
7. Once you have returned to the start position, take one or two mindful belly breathes, and start again.
8. Every week, try to increase by one more repetition.

## Exercise 5.

### Glute toners & Core balance strengthening exercise

This is a three – in – one exercise! You will get to tone your glutes, as well as improving your inner balance and strengthening your inner core muscles.

1. On a mat if possible, or soft surface (in order to avoid any pain to the knees), adopt the position shown in picture one below.
2. Find your balance and feel comfortable in this position before starting.
3. Looking ahead as shown throughout the exercise, and with a relaxed body, have your right arm and left leg attain the position as shown in picture 2. The movement should be controlled and mindful, without rushing it, inhaling to the belly as you go.
4. Once you attain the position in pictures 2 and 3, stretch a little the leg towards the rear, causing the glutes to tighten. At the same time do the same for the opposite arm. Hold this position for two or three seconds.
5. Now slowly and mindfully come back to the starting position, exhaling from the belly in time with your movement.
6. Now do exactly the same exercise, the same mindful, controlled way with the left arm and right leg.
7. Repeat these exercises, at least 5 times alternatively for each opposite side, aiming to increase by one more times each week.





So there you have it folks, five easy to do movements that you can introduce into your daily routine and will only take ten minutes to correctly complete.

However, those ten minutes will produce a sense of wellbeing, flexibility and lightness that you will enjoy!

*Yours in Health, Sport and Fitness*

*Coach J-R*

