

# Bone Healthy!



Exercise	Instruction	Notes
Nose Circles	Lying supine, weighted ball under head. Find natural curve of cervical spine and then slowly make small nose circles in both directions	
Head Presses	As above and gently press head backing the ball, keeping the natural curve of the cervical spine	
Tick Tock	Lying supine, arms out stretched, palms up, right leg extended, foot flexed. Left knee bent in of the hip. Inhale to take leg across the mid line, exhale to return. Inhale to take out from the mid line, exhale to return	
100	Lying supine, arms by sides, drawing knees in of the hips. Exhale to extend one leg and press down into the floor. Inhale to return, releasing hand pressure.	

Exercise	Instruction	Notes
Shoulder Bridge	<p>Lying supine, mild pressure in arms and feet. Inhale to press into arms more and slightly extend the thoracic spine. Exhale hinge up into a bridge. Inhale to slightly press into the arms and again extend the thoracic spine. Exhale to hinge down.</p> <p>Add in toe lifts.</p>	
Side Lying Series (Stability focus)	<p>Side lying, bottom leg bent up at 90 degrees, holding weighted ball up to ceiling.</p> <ol style="list-style-type: none"> <li>1. Top leg in line with torso. Lift leg and lower ball towards each other.</li> <li>2. Hold ball up to ceiling and kick leg forwards and back, holding rib cage stable</li> </ol>	
Arm Series	<p>Kneeling up, holding weighted balls.</p> <ol style="list-style-type: none"> <li>1. Hug</li> <li>2. Bicep Curls</li> <li>3. Circles</li> </ol>	

Exercise	Instruction	Notes
Side Lying Series (Strength focus)	Side lying, bottom leg bent up at 90 degrees, top leg to 90 degrees holding ball behind knee. 1.Focus on extending the hip, drawing the thigh back 2. Hold in hip extension and lift and lower.	
Thigh Stretch Prep	Kneeling up, holding weighted balls. 1.Hip and knee hinge back 2. Hold in hover and tricep extension	
Prone Leg Series	Lying prone, pillow under ribs if necessary. 1. Grass-hopper prep 2. Single leg kick 3. Swimming legs	
Flat Rest Position	Keeping tailbone high sit back into flat position.	

Exercise	Instruction	Notes
Leg Pull Front	On all fours, hover knees. Tap one knee down then the other.	
Spine Twist	Seated tall, slowly rotate to each side.	
Leg Pull	Seated with knees bent. Exhale to press hips up, inhale to lower. Add in toe lifts Add in knee lifts.	

Exercise	Instruction	Notes
Standing Lunge with Lean	Standing lunge position, leaning forwards, holding weighted balls. 1. Salute 2. Offering	
Standing Balance	Feet in parallel. Tripod focus Releve Running	