

## Settle Movements

**Do this at home. Right after work and just before leaving for work**

If you only have 3 minutes do #1-5. Add on #5-10 if you have 10 minutes total.

1. Lying on the floor, reach in both directions **1x**



2. Place both hands over 1 knee, pull in to your same side armpit & hold **2** counts



3. Lengthen same leg up and draw it across your body.
4. Tap the across your body to the floor. raise it back to center and lower down

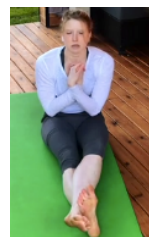


**Repeat 2& 3 on the other leg**

4. Place hands over knees. Rock and Roll forward and back **3x**



5. One minute “Hook Up” Breath. See module for video explanation



6. Lie on your back. Reach one leg up and bring it across body place foot down on the floor. Look at your opp. arm and draw 2 “snow angels”



Repeat with other leg 1/1

7. Rock and Roll on your back 3x



8. Take tabletop position. Do Hip Rocks 3x

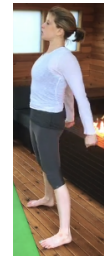


9. Walk back to hinge position. Then to plank  
**\*\* See modified plank\*\* KNEES Down position**



Lift one hand and tap opposite shoulder in plank position 1/1

Walk back to hinge position and thrust/stand 5x



**Repeat #9 three times in a row (hinge, plank tap 1/1 + thrust)**

10. Squat to stand with arms reaching overhead 3x



11. Walk out to plank position.



**\*\* Use modified KNEES down plank if needed\*\***

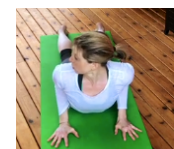


Slowly lower whole body (push down) to the floor

12. Cobra look over 1/1



**Repeat #10-12 three times in a row (squat to stand 3x, plank lower, cobra)**



13. End with Hook up breath. 1 minute

