

<b>Preparation</b>	
Fire breath	1-2 mins Experiment with seated, kneeling and lying on back. Slow inhale, contract and pulse belly in and out quickly on exhale.
Active breath	Before adding movement, take 10-15 breaths consciously contracting belly on exhale

**Principles**

1. Know the muscle/s that need to contract to execute movement
2. Exhale on effort

Exercise + Muscle + Posture	Non-negotiable	Variations	Sets + Reps	Breath
<b>Wall squats on fitball</b> [Quadriceps + calf] <b>Chair pose, Warrior I</b>	Knees do not protrude further than ankles at the lowest part of squat.	To add the calf muscle, lift heels whilst at the bottom of the squat.	3 x 10 Hold for 10-15 breaths x 2	Exhale – while moving down and up Inhale – while at the top and bottom
<b>Seated row</b> [Trapezius, Latissimus dorsi, Erector spinae, Rhomboids] <b>Cobra, backbend of cat/cow</b>	Torso remains fixed. Shoulder blades squeeze together. Elbows close to ribs.		3 x 10	Exhale – hands pull to body Inhale – arms away
<b>Pallof press</b> [Stabilisation action of core and leg closest to wall] <b>All balance postures, twisting postures in terms of core engagement</b>	Band at sternum height. Stack ankles, knees (slightly bent), hips and shoulders. When arms at full extension, hands are at sternum level.	<b>One leg kneeling. Inner leg kneels. Move band down to sternum height.</b>	3 x 10 reps on both sides	Exhale – arms away Inhale – hands to sternum

<p><b>Single leg one arm row</b> [Core stabilisers, standing leg glutes, hamstrings] <b>All balance postures</b></p> <p><b>One arm up, one arm down</b> [Triceps] <b>Tadasana in terms of chest and back posture, eagle pose</b></p> <p><b>Leg curl</b> (Hamstrings, glutes) <b>Walking, back leg Warrior I, Dancer pose,</b></p>	<p>Opposite leg to rowing arm lifts. Stack hips and shoulders. Keep knee slightly bent on standing leg. Row hand back to chest.</p> <p>Be mindful of shoulder.</p> <p>Keep hips square. Squeeze corresponding glute at end of movement. When thigh comes forward, parallel to stationary thigh.</p>	<p>Add ankle weight.</p>	<p>3 x 10 reps on both sides</p> <p>3 x 10</p> <p>3 x 10</p>	<p>Exhale – hands pull to body Inhale – arm away</p> <p>Exhale – hand pulls up Inhale – hand moves down</p> <p>Exhale – push foot back Inhale – thigh returns forward</p>
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