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Spine Strong

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A waste of time! That's what I used to think when I did workouts without sweat dripping from my chin or my thighs complaining out of exhaustion. Slow meant boring, unproductive and uninspiring.

I still love a good sweat and I adore my ability to feel invigorated through energetic movement. In fact, there's nothing better than the mood boost from a great interval workout (like this one) [1]. But I've arrived in a place where sometimes, Friends, less means so much more. It's a skill, really, to slow down. While my body might not scream for a break between sets, a mindfully slow exercise session translates into a softer, sweeter type of fitness support.

So, sometimes I savor the slowness of feeling each muscle move, of creating a calm support in the structure of my body and of creating a quietness in contrast to the rush of the day.

That's what this workout session is all about: Slowness, mindfulness and creating contrast with the fast pace of a typical day. Yeah, we often think of working our legs, arms and abs. But what about our spine? It's the lifeline of our bodies, you know. So it needs a little 'on-purpose' attention, too.

While we might want to move and groove until we break a sweat, we also need a little spinal recovery from all the stress and compression it assumes for us all day, every day. Our spine supports us, so let's reciprocate.

That's what this workout is all about: therapeutic recovery of one of our most important body parts, the SPINE, our physical lifeline. Following this workout, you'll feel taller, lengthened, and begin to feel your posture improve. Rejuvinate, recover restore are the highlights of this workout.

Enjoy this workout and use it whenever you are feeling like you need a calming lift, mentally and physically!



Opposite Arm Leg Raise



Opposite Arm Leg Gliding Step 1



Opposite Arm Leg Gliding Step 2



Opposite Arm Leg Gliding Step 3



Cat Step 1



Cat Step 2



Cat Step 3



Prone over ball trunk traction



Side cross leg rotation



Spine Rotation Step 1



Spine Rotation Step 2



Spine Rotation Step 3



Spine Rotation Option



Half Moon Step 1



Half Moon Step 2



Bridge



Side Plank Option 1



Side Plank Option 2



Side Plank Option 3

Warm-Up

Stand with feet hip distance apart. Reach arms up and overhead as you inhale with your deepest breath, all the way to the depths of your belly...come on, let everything expand. No one's watching! As you exhale, slowly reach forward and you bend down. Reach out and then lengthen towards your feet. Soften your knees if necessary, especially if your a little cold. Repeat that with a taught tummy a few times.

Workout Set

Exercise	Description	Sets	Reps	Tempo
Opposite Arm/Leg – Prone over Stability Ball	Lay face down on the stability ball. Drape your body over the ball with your hands and toes on the floor. Lift one arm and opposite leg. Try to keep your hips parallel to the floor. Switch to other arm and leg	2	16	Lift to a 2 count, hold for 3 count, lower for 2 count.
Opposite Arm and Leg Gliding	Lay face down on a mat. Your forehead can rest on a towel or the mat. Your arms are stretched out in front of you. Reach out as far as you can with one arm, moving it away from your body as far as possible. Do the same with the opposite leg.	2	16	Lift and reach for 3 count, rest for 2 count.

Exercise	Description	Sets	Reps	Tempo
Cat	Kneel on the floor on all fours. Make sure your hands are under your shoulders and your knees are under your hips. Start by rounding your spine toward the ceiling. Keep your shoulder blades down in your back. Exhale and round your back even more, as you draw your belly button into your spine. Now, let your belly button lower toward the floor.	2	12	Raise your spine to 3 count and lower for 3 count.
Prone Over Ball Trunk Traction	Lay face down on the stability ball. Drape your body over the ball. Just hang out here .	2	10	Hold position for 5 count.
Side - Crossed Leg Rotational	Lay on your back on your mat. Draw your right knee up to your chest. Cross it over your body to your left side. Keep both shoulder blades on the floor. You may add to the stretch by straightening your top leg.	2	30 sec.	Draw leg in for 2 count, rotate for 2 count and hold.
Spinal Rotation - Supine Functional	Lay on your back on your mat. Raise your knees to a 90 degree bend or table top. Slowly rotate your knees to the right as they lower to the floor. Hold for 30 sec. Using your abdominal muscles, raise your knees back to table top and lower to the left side.	2	30 sec.	Raise legs up for 2 count, lower for 3 count.
Standing Half Moon	Stand with feet hip distance apart. Raise both arms overhead. Inhale and raise arms even further to the ceiling. As you exhale, bend to the right side. Continue to inhale for length and bend further as you exhale.	2	2	Flow with your breath as you raise and lower. Hold for 3-6 breaths.
Bridge on Floor	Lay flat on your back with your knees bent and feet flat on the floor. Draw your belly button toward your spine, push through your heels and raise your hips off the floor. Hold for a 3 count and slowly lower back down to the floor.	2	10	Raise for 2, hold for 3, lower for 2 count.
Side Plank	Sit on your side hip with your legs extended. Bend your bottom leg to 90 degree. Your top leg should be straight and extended. The hand on the floor should be under your shoulder. Lift your hips from the floor and remember to keep your body in alignment from your head to your toes. Hold for 5 count. Lower back down.	2	10	Raise for 2 count, hold, lower for 2 count.

Cool Down

Lay on back with legs straight on the floor. Slowly reach arms overhead and stretch them out on the floor. Take 5 deep breaths. Slowly roll up and pat yourself on your back for supporting your spine!

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Links
[1] https://www.livinghappilywhole.com/content/metabolism-booster