

	COD	ACTIVITY	REPS/TIME	DESCRIPTION	
		<b>Vinnorff Breathing Exercise</b>			
PART 1 - WARM UP	A01	Using the Rope	10min	Skip the rope or jumping jack for 10 minutes.	
	A02	Shoulder Rotations	10x	Ten Shoulder rotations.	
	A03	Arm Raises	10x	Ten Arm Raises.	
	A04	Torso Rotations	10x	Ten Torso Rotations.	
	A05	Chest Expansions	10x	Ten Chest expansions, with palms facing upwards.	
	A06	Neck Rotations	10x	Rotate your neck slowly. Each rotation should take at least four seconds.	
	A07	Hip Rotations - Left	10x	Standing in a staggered stance, bring your back knee up in front of you, then to the side, before lowering your leg back down in the starting position. Left leg first.	
	A08	Hip Rotations - Right	10x	Now the right leg.	
	A09	Reverse Hip Rotations - Left	10x	Reverse the previous motion by first bringing your back knee up to your side, then rotating your upper leg until your knee is in front of you before bringing it back down to the starting position. Left leg first.	
	A10	Reverse Hip Rotations - Right	10x	Right leg now.	
	A11	Front Leg Raises - Left	10x	Bring your leg up to your outstretched hand. Left leg first.	
	A12	Front Leg Raises - Right	10x	Right leg now.	
PART 2 - WORKOUT	B01	Squat	30x 3_reps	Description Not Needed	
	B02	Pull Ups	8x 3_reps	Description Not Needed	
	B03	Handstand Push Ups	8x 3_reps	Description Not Needed	
	B04	Leg Raises	8x 3_reps	Description Not Needed	
	B05	Push Ups - Finger Hold	8x	Description Not Needed	
	B06	Push Ups - Closed Fist	8x	Description Not Needed	
	B07	Push Ups - Diamond	8x	Description Not Needed	
	B08	Chin Ups	8x 3_reps	Description Not Needed	
	B09	Dips	8x 3_reps	Description Not Needed	
	B10	Pelvis Elevation	8x 3_reps	Description Not Needed	
	B11	Horizontal Plank	60 seconds	Description Not Needed	
	B12	Left-Sided Plank	60 seconds	Description Not Needed	
PART 2 - STRETCHING	C01	Neck Benders	30s	Tilt head to the side toward one shoulder. Do with the other side as well.	
	C02	Neck Rotators	30s	Turn head slowly to look over one shoulder. Do with both sides.	
	C03	Arms Biceps	30s	With arms straight and fingers interlaced behind back, raise hands toward ceiling.	
	C04	Arms Triceps	30s	Bend elbow and place hand of bent arm on back of neck. Using the other hand, pull elbow behind head.	
	C05	Arms Wrist Flexors - Left	30s	Stretch arm out in front with elbow straight and palm facing away. With other hand, pull fingers backward.	
	C06	Arms Wrist Flexors - Right	30s	Right Side Now	
	C07	Neck Trapezius - Left	30s	Tilt head to left side. With arms behind back, use left hand to pull right arm over and down to the left.	
	C08	Neck Trapezius - Right	30s	Right Side Now	
	C09	Shoulders Deltoid/Rhomboids - Right	30s	Pull right arm across chest with left hand. Turn head away from pull.	
	C10	Shoulders Deltoid/Rhomboids - Left	30s	Left arm now.	
	C11	Core Olique/Intercostals - Right	30s	Stand erect with hands overhead and palms together. Bend the body to the right side.	
	C12	Core Olique/Intercostals - Left	30s	Left Side now	
	C13	Chest Pecs	30s	Grab both sides of doorway one inch below shoulder height. Lean forward until stretch is felt in chest. Keep back straight and feet shoulder width apart.	
	C14	Legs Calves - Rights	30s	Place hands on wall and stagger feet two to three feet apart. Keep right leg straight with heel on floor. Lean into the wall with left feet close to the wall until stretch is felt in calf.	
	C15	Legs Calves - Left	30s	Left leg now.	
	C16	Legs Achilles/Soleus - Right	30s	Place hands on wall and stagger feet one to two feet apart. Keep back right leg slightly bent with heel on floor. Lean into wall until a stretch is felt in achilles.	
	C17	Legs Achilles/Soleus - Left	30s	Left leg now.	
	C18	Hip Abductors - Right	30s	Cross right leg behind the left. Lean right hip toward wall while bending left knee. Keep right knee straight.	
	C19	Hip Abductors - Left	30s	Repeat with left leg behind right.	
	C20	Legs Quadriceps - Right	30s	Lie on side with knees bent and hold top foot with same-side hand. Pull heel in toward buttock, keeping knees in line and hip pressed forward. Right side first.	
	C21	Legs Quadriceps - Left	30s	Left Side now	
	C22	Back Lumbar Extensors - Right	30s	Grasp hands underneath knee joint of right leg and bring knee to chest.	
	C23	Back Lumbar Extensors - Left	30s	Repeat with other leg.	
	C24	Legs Hamstrings	30s	With head raised up and lower back slightly arched, tuck chin to chest and round back toward ceiling. Return to starting position. Hold the arched and round back positions briefly.	
	C25	Hip Internal Rotators - Right	30s	Lie on back and gently pull right foot and knee toward right shoulder.	
	C26	Hip Internal Rotators - Left	30s	Left side now.	
	C27	Legs Groin	30s	Place soles of feet flat together. Gently lean forward and push down on knees with forearms.	
	C28	Legs Adductors/Groin	30s	With legs apart, knees straight and back straight slide hands forward.	
	C29	Hip External Rotators - Left	30s	Place left leg over right and bring right arm to the outside of left leg. Press left leg across body with right elbow. Turn head and look over left shoulder.	
	C30	Hip External Rotators - Right	30s	Right Side Now	
	C31	Neck on Wall	2x		
	Z21	Keel	30s	Use between exercises. Tighten pelvic floor muscles for 3 seconds, then rest for 3 seconds. Repeat till 10x.	
		Allen Watts Meditation			