

A photograph of a man and a woman running in shallow, turquoise-blue water. They are both wearing hats and tropical-themed shirts; the man's is blue with a palm tree pattern, and the woman's is yellow with a similar pattern. They are holding hands and appear to be laughing and having fun. In the background, there are green hills and a clear sky.

7-MINUTES TO

**A HEALTHIER,
FITTER YOU**

AT ROUNDHOUSE PROVISIONS OUR MOTTO IS
“STAY READY”



At Roundhouse Provisions our motto is "Stay ready."

Which means you need to stay as fit and healthy as you can... no matter your age.

And one of the major KEYS to staying healthy and fit is:

A HEALTHY GUT.

Your gut is the epicenter of your health – directly impacting your digestion, immune system, energy levels, metabolism, joint mobility, and mood.

And the main factor for determining a healthy gut?

Your balance of good and bad bacteria.

If you have TOO MUCH bad gut bacteria, you're likely to suffer from uncomfortable digestion, bloating, fatigue, brain fog, and weight gain.

That's why your body needs GOOD bacteria – to help your gut function at its peak...

So you can enjoy **smooth, regular digestion... long-lasting energy... enhanced mental clarity... and less uncomfortable gas** and **bloating**.

It turns out, you can strengthen your gut just like you do a muscle...

With a little bit of exercise!

Now most people don't know this, but exercising is one of the best ways to naturally enhance your gut health...

Because when you opt for a little movement – you're actually helping promote the growth of good gut bacteria.

But don't worry – for a stronger gut, you don't have to buy a gym membership, lift weights, or do hours of intense exercises.

All you need are some simple movements... and just **7 minutes of your time**.

So, to help you "strengthen" your gut right from home – we wanted to share a fun, easy-to-do workout routine to support your GI system, boost digestive circulation, and help relieve occasional gas, bloating, and constipation.

And the best part, you can do this routine whenever your digestive system needs a quick pick-me-up or you're feeling a little sluggish.

Not to mention, these exercises can also help strengthen your core, decrease stress, ease back discomfort, provide a quick energy boost, and support your overall health.

Talk about a productive 7 minutes! Now let's get into it:

ROUNDHOUSE PROVISIONS “GUT STRENGTHENING WORKOUT”

TIMING: 7 EXERCISES – 40 SECONDS EACH

EXERCISE 1

MARCHING TWISTS

Starting us off, we have Marching Twists. These will raise your heart rate, warm-up your body, and rev-up your GI system from the jump.



STEP 1

Start standing with your feet hip-width apart, hands behind your head, and your abs engaged.

STEP 2

Slowly bring your left knee up and your right elbow towards your left knee, twisting through your waistline (*you should feel it through your side body*).

STEP 3

Return to standing position.

STEP 4

Slowly bring your right knee up and left elbow towards your right knee, twisting through your waistline.

STEP 5

Alternate sides for 40 seconds.

EXERCISE 2

CAT-COW

Next up, we move to the floor for Cat-Cow – an exercise that focuses solely on your core. It opens your stomach to relieve stress, gas, and bloating... AND also promotes circulation in your digestive organs and eases back pain while helping you maintain a strong, healthy spine.



STEP 1

Start in all-fours positioning, with your hands and knees on the ground. Make sure your wrists are underneath your shoulders and your knees are under your hips. Your spine should be neutral (*think a straight line from the crown of your head to your tailbone*).

STEP 2 (THE COW POSE)

Inhale deeply. Curl your toes under your feet. Arch your back by dropping your stomach towards the ground. Lift your chin, so you're looking straight ahead.

STEP 3 (THE CAT POSE)

Exhale. Untuck your toes. Round your spine. Drop your chin to your chest.

STEP 4

Repeat this process for 40 seconds, switching between Cat and Cow poses (remember to inhale during Cow Pose and exhale during Cat Pose).

EXERCISE 3

BIRD DOGS

Staying in an all-fours position, we transition to Bird Dogs. This exercise uses your entire body and helps strengthen your core, hips, back, and shoulders. Trust me, it'll light a fire in your belly... in a good way, of course.



STEP 1

Start in all-fours, with your hands and knee on the ground. Make sure your wrists are underneath your shoulders and your knees are under your hips.

STEP 2 (THE COW POSE)

In one smooth and gentle motion, extend your right arm straight in front of you and your left leg out behind you, forming a straight line from extended hand to extended foot. Hold for a few seconds, making sure your core is engaged the entire time.

STEP 3

Return to all-fours.

STEP 4

Extend your left arm out and right leg back. Hold for a few seconds, keeping your core engaged the entire time.

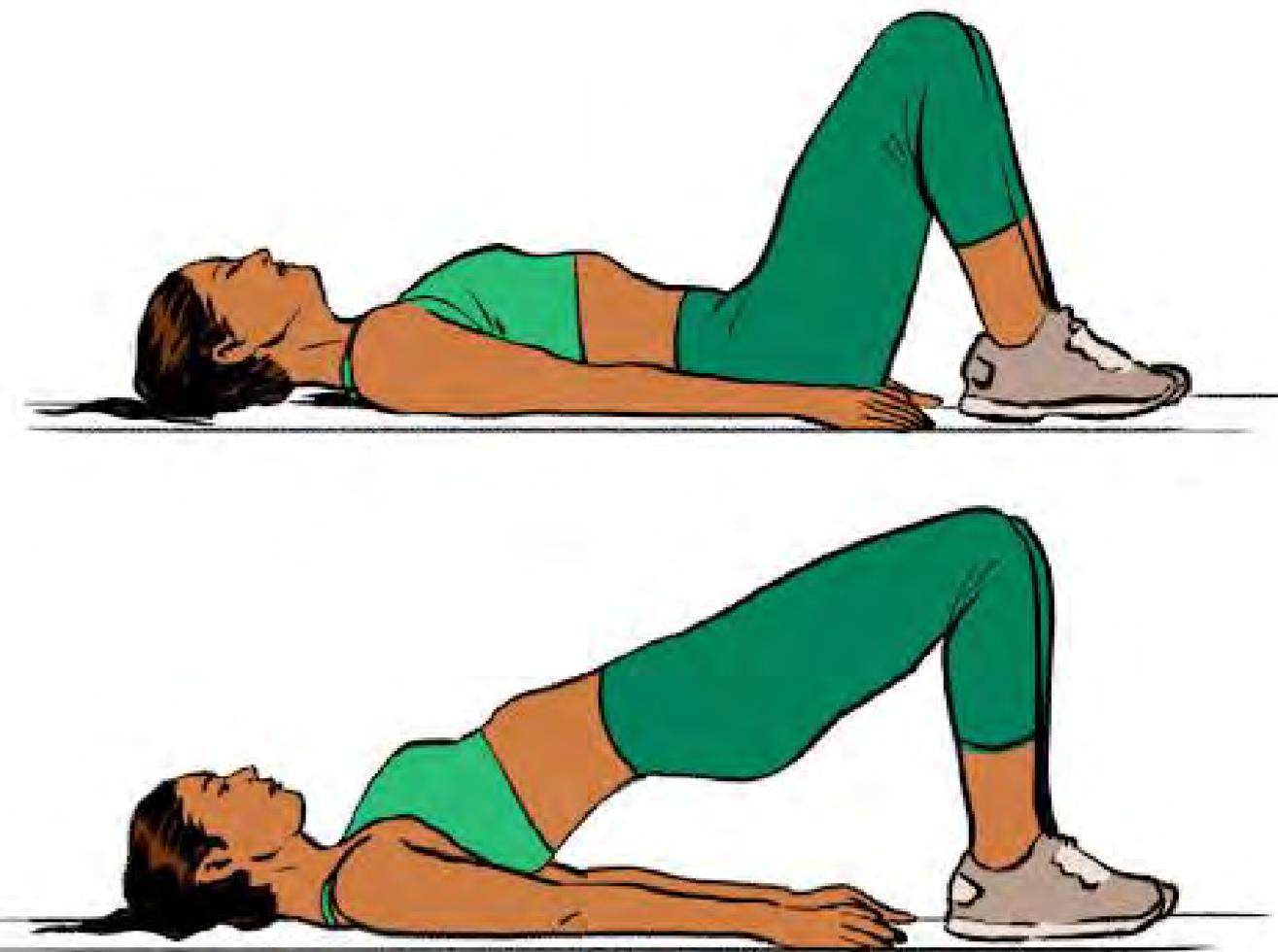
STEP 5

Alternate back and forth for 40 seconds.

EXERCISE 4

GLUTE BRIDGES

Now we move to our backs, where we'll spend the rest of the routine. As the name suggests, Glute Bridges work out your glutes. But they also increase circulation in your gut to stimulate digestion and relieve bloating.



STEP 1

Lie on your back with your knees bent at a 90-degree angle and your feet flat on the floor. Keep your arms at your side with your palms face down.

STEP 2

Engaging your abs, gently lift your hips off the ground until your knees, hips, back, and shoulders form a straight line.

STEP 3

Hold your bridge for a few seconds and ease back to the ground.

STEP 4

Do as many reps as you can in 40 seconds.

EXERCISE 5

SUPINE KNEES TO CHEST

Knees to chest focuses on stretching your hips and lower back. It's similar to the wind-relieving pose in yoga and helps reduce gas and bloating while massaging your digestive organs.



STEP 1

Lie flat on your back with your legs fully extended.

STEP 2

Lift your right knee towards your chest. Place your hands around your knee and gently pull (you should feel a stretch in your hip).

STEP 3

Return to flat back position.

STEP 4

Lift your left knee towards your chest. Place your hands around your knee and gently pull.

STEP 5

Alternate legs for 40 seconds.

EXERCISE 6

CRUNCHES

A strong core is essential in maintaining mobility and eliminating back pain. And this classic core exercise not only helps you achieve a trimmer-looking midsection but also helps relieve gas, bloating, and constipation.



STEP 1

Lie on your back with your spine straight and knees bent at a 90-degree angle. Make sure your lower back is completely touching the ground.

STEP 2

Inhale. Lift your head and shoulders towards your knees, contracting your abs – you don't need to sit all the way up. Just try and get your shoulders off the ground.

STEP 3

Exhale as you slowly lower back to starting position.

STEP 4

Do as many reps as you can in 40 seconds.

NOTE

You're supposed to feel this in your abs, NOT your neck. Straining your neck and head forward while you crunch can lead to injury. Imagine a grapefruit between your chin and chest preventing you from jerking your neck forward).

EXERCISE 7

SUPINE TWISTS

Rounding out this routine, we have a cool-down exercise that massages your abdominal muscles, detoxifies digestive organs, and relieves tension in your back, spine, and hips – not to mention, it melts away stress and feels AMAZING.



STEP 1

Lie on your back with your legs fully extended. Bring your arms to shoulder level with your palms face down (you should look like a big T).

STEP 2

Lift your right knee towards your chest. Take your left hand and place it outside your right knee. Cross your right leg over towards the left side of your body, keeping both shoulders flat on the ground. Hold for a few seconds, breathing deeply.

STEP 3

Gently guide your right leg across your body and return to starting position.

STEP 4

Switch sides. Lift your left knee towards your chest. Take your right hand and place it outside your left knee. Cross your left leg over towards the right side of your body, keeping both shoulders flat on the ground. Hold for a few seconds, breathing deeply.

STEP 5

Alternate legs for 40 seconds (however, since this is the last exercise, you're free to hold this position for as long as you want).

FINAL WORD

And there you have it.

7 minutes of 7 simple exercises designed to help strengthen your gut, promote smooth digestion, and lead to an overall stronger, healthier you...

No gym membership or sweaty workouts necessary.

Just remember, the more you practice this routine the easier it will get.

So even if you're only able to do 1 or 2 exercises right now, that's perfectly fine. You're still benefiting your GI system and building a stronger gut.

And trust us – if you stick with it, you'll be breezing through all 7 exercises in no time!

The Roundhouse Provisions Team

