

### 3 PAGE PDF FILE .....Carol's Moves

You can add other moves, change the order or omit some moves. These begin standing and then go to the floor or mat and back up to standing. Always keep breathing fully—often breathing in through the nose and blow out easily through mouth.

1. Arm movements and twist. Start good steady stance, feet 8 or so inches apart, with arms crossed in front at waistline, pull arms up over head and get a good stretch, then twist to the right without moving feet—hold it, then to the left—hold it, swing arms in a swishing motion down to the floor toward your toes as you bend over from the waist. Swing arms overhead again and twist right and left as before. Can do a third sequence.
2. Head and Neck. Stand firmly with arms to your side. Do five for each sequence that follows. Gently move head and neck to look up to the left and then down to the right. Change to up on the right and down on the left. Change look straight up and then tuck your chin. (Move easy and gently. (The following do only twice) Change keeping your body in place turn head to look as far as you can behind you to the right. Hold it. Turn head as far as you can behind you to the left.
3. Shoulder rolls. Lift shoulders and roll to the back (5 times) Lift shoulders and roll to the front (5 times)



4. Windmills. Arms straight out to the side make quick little circles forward – maybe 20, change direction, little circles backward – maybe 20. Gradually make circle larger and

larger slowing down—do five big ones and change direction doing 5 bit circles and making them smaller and faster. Again do 15 or twenty little circles each direction.

5. Hip hiker. Place hands on hips. Lift left hip which also lifts heel from the floor keeping toe on the floor. Change lift right hip, Keep alternating until you have done about 6 on each side.
6. Ballerina lifts. Place left foot flat on floor and place the heel of the right foot against the arch of the left foot. In that position come up on the ball of your feet and down. Do 12 lifts and down. Change position Left foot against the arch of the right foot. Again do 12 lifts.
7. Ninety degree arms. Stand firmly with upper arms at your side and elbows bent to make a ninety degree angle with forearms and hands extended to the front, palms down. Keep arms in this position while you pull fingers down and make a fist. Then roll fist up and extend fingers straight, then again pull finger down and make a fist. Do about 10 of these. Then change position. Turn palms up and pull fingers forward to make a fist, then roll fist down opening the fist. Do about 10 of these. (really good for arthritis)



8. Strength/resist. (this is like lifting weight, but you use your own arms against themselves) Make a fist with your right hand and put that fist in the palm of your left hand. Pull left hand bending at elbows toward your chest while you push the right hand in resistance. Then straighten your arms keeping that

position each hand pushing against the other. Do each sequence 8 times. Then change hands, left fist in your right hand and do the up and down resists 8 times. Change position. Straighten arms in front of you and place left hand around the left fist and pull and push forward and back. Change fists right hand around the left fist. Push and pull. Change positions, left palm against the inside of the right fist. 8 pushes and pulls. Change position, right palm against the inside of the left fist. 8 pushes and pulls. (Boy do you feel strong now?)

9. Knee balance. Stabilize on one foot. Lift knee. Hold. Push leg back and lean forward in a swan balance.
10. Mexican squat. Stand with feet 8 to 10 inches apart. Squat pushing your bum back until your bent knees are at nearly 90 degree bend. Keep arms in front of you in a half circle with finger tips touching. Hold that position while you count to 40. Work up to a count of 60 or more. Place hands on knees and gently push up to standing position.

11. Down dog. Lean down and walk fingers forward keeping feet on the floor until your body is in a pyramid position. Hold the position moving your feet as if walking, then shift upper body forward and lower your abdomen until your body is fairly straight (Plank or cobra). Then push back up to a pyramid and extend each leg in turn. Then back down to straight position. (Plank or cobra).
12. Do cat and cow.
13. Extend one arm and opposite leg to balance. Then repeat for opposite side.
14. Carefully lay flat on your stomach. Do wonder girl (lifting arms and legs)
15. Leg lifts. Put hands under chin. Laying on stomach, lift left straight leg off the floor and down, 5 reps. Lift right straight leg off the floor and down. Turn on your left side and support your head with left hand. Support stability with right hand on floor in front of body. Lift leg straight up and down. 12 reps. Turn on other side and do the same.
16. Leg lifts on your back. Turn on your back and stretch body arms over head. Do Plough twice. Then put hands palm down under each side of your bottom. Lift both legs together straight up and slowly place back down. You can either touch the floor or hold just above the floor and lift again. Work up to 10 lifts.
17. Crunches. Laying on your back bend left leg keeping foot on the floor. Cross other leg over the left bent knee. Put hands behind neck and lift upper body
- 18.