

Level 1: 25 minutes – Our Lady of Lourdes Live! from Home: Hips & Abs in a Flash with Jill

WARM UP

SITTING

- Cross Legged Seated & Gratefulness
- Inhale Arms Up, Exhale SB - on 3rd hold rotation for a stretch
- Bring feet to floor and wrap arms around legs - head to knees
- Place hands behind & lean back slightly as you rotate the legs side to side
- Roll x 3 - and come all the way up to hanging on 3rd - round up
- **1st BPP - Standing, arms open**
- Flow to Pike

WORKOUT

KNEELING, SITTING & STANDING

- Pike
- R Low Lunge with Rotation (hand on mat - each way) - Extension, Hands to mat bring R leg around for hip stretch and then out to side for Kneeling Side Extension, Bring L hand to floor & lift R leg. Hold, Kick fwd/bwd, lift, bend knee and push heel out. Back to Hands & Knees with hip stretch - Pike - Then repeat series other side
- Reverse Swan Dive
- Deep Squat and roll back to seated
- Seated Abdominal Work - Lean back (abs contracted), open arms, lift r leg then l leg - hands to center then lift up with arms OH
- Modified Upward Plank
- Long sit into Seated Hamstring Stretch - R ankle across L thigh & Fold forward - Bend L knee for Seated Hip Release - REPEAT other side
- Transition to Rock
- **2nd BPP - ROCK**
- Heel Sit
- Transition to Seated

WIND DOWN

SEATED

- Long hold Seated Inner Thigh Stretch – Wrap arms around legs and forehead to knees

SUPINE

- Full Body Stretch
- Half Backbend
- Hamstring Stretch
- Twist – then Knee Hug
- Final Quiet Pose