

Level 1: 30 minutes

TOB: Arms and Shoulders with Jill

STANDING

- Posture pose
- Shoulder roll - Breath
- Shoulder blades down
- Arms T – open chest – round shoulders bring hands together (3 times)
- Right arm circle/left arm circle/both arms circle (Repeat 3 times)
- Side bend to the right – 3 times/holding on the third time
- Side bend to the left – 3 times/holding on the third time
- Angel arms – twist right/twist left (4 times)
- **1st BPP – Arms Up**

STANDING

- Flow to forward fold
- Lift to flat back and hold
- Pull elbows down and into the ribs (4 times)
- Round up
- Flow to Pike (hold several breaths)
- Plank – Pike – Lunge 2 Right foot (can add hand weights)
- Lunge 2 – Rotate shoulders opposite directions
- Lunge 2 – Right bicep curl with Left tricep curl
- Wide posture – Arms T palms up – Raise and lower arms a few times
- Lunge 2 Left foot
- Lunge 2 – Rotate shoulders opposite directions
- Lunge 2 - Left bicep curl with Right tricep curl
- (Put weights on the floor)
- Wide posture
- Right side reach
- Left Side reach
- Pike
- Hands and Knees
- Rock
- Pike
- Plank
- Push ups
- Hover to prone
- **BPP – Prostrate – Forehead to hands**

PRONE

- Arms to T
- Right arm – Thumb pointed up – Raise and lower arm (6 times)
- Right arm – Thumb pointed up – Lift arm slightly off floor – Raise and lower (6 times)
- Right arm – Thumb pointed forward – Raise and lower arm (6 times)

- Right arm – Thumb pointed forward – Lift arm slightly off floor – Raise and lower (6 times)
- Right arm – Thumb pointed forward – Arm at an angle away from head/eye level - Raise and lower (6 times)
- Right arm – Thumb pointed up – Arm at angle away from head/eye level – Raise and lower (6 times)
- Right arm – Bend elbow – Raise and lower (6 times)
- Right arm – Straight down side of body – Thumb to side – Raise and lower (6 times)
- Repeat sequence with Left Arm
- Rock – Arms down at sides
- Prone
- Forearm plank – Full plank – Forearm plank – Full plank (Repeat 2 more times – Hold on last one)
- Pike
- Hands and Knees

SEATED

- Modified reverse plank – lift and lower few times
- Roll down to full body stretch
- Hands to top of head
- Inner thigh stretch

MEDITATION

- Knee hug – Rock and roll
- Half backbend (lift and lower 2 times)
- Right knee twist to the left
- Left knee twist to the right
- Final resolution