

Amosov the Academician

- 1) Laying leg raises, knees to head
- 2) Forward fold with Diaphragmatic Breathing - initiation from bottom
- 3) Max amplitude arm circles
- 4) Side bends
- 5) Touch opposite shoulder overhead (w/chin tuck)
- 6) Torso rotations, arms up
- 7) High knees
- 8) Pushup (on first 2 knuckles)
- 9) Roman chair sit up / hyper extension – exhale way down, inhale way up
- 10) BW squats – hindu squats

- 20-30 reps for those 30 yrs and under = usually good enough for joint health
- 40+ you need 50-100 reps
- If stiff and 'badb back' 200-300 full reps
- Start with 10 and add ten a week

Drills

- 1) 3 plane neck movements
- 2) Shoulder circles
- 3) Fist exercise, flex/extend
- 4) Wrist rotations
- 5) Elbow circles
- 6) Egyptians
- 7) Russian pool
- 8) Arm circles
- 9) Ankle circles
- 10) Knee circles
- 11) Hindu squats
- 12) Hula hoop
- 13) Belly dance
- 14) Cossack
- 15) Split switches
- 16) Spine flexion and extension, seated
- 17) Seated spine rotation

REACH THE MARK

Ex look at heels in cobra...

CONTRACT/RELAX

Fizkultura postural regimen:

- 1) Get in a good posture along a wall, walk away from it trying to keep the posture
- 2) Hang arms over dowel on back, + 8 good mornings. OR w/ band, grab it and keep it in the air as ur shoulders leave to hinge in the good morning
- 3) Active back extension – lying prone
- 4) Quad. Hip extension w/toe pointed x20/30r
- 5) Tall kneeling lean back and reach for heel x6/8r
- 6) Mini back bend to touch wall with hand, hold for 15s, go into forward fold

Yuri Kurpans posture regimen

- 1) tip toe walk with pillow on head
- 2) tip toe walk in semi sq w/dowel on back
- 3) interlock finger behind back and extend them away from you
- 4) hands on head, tuck chin, raise head against light tension
- 5) floor back bend hold, hands behind you hold for 5s, get hips off ground
- 6) same as above but with one leg in different position
- 7) on back, feet and elbows on floor, get hips off ground,
- 8) lying on back arch chest only
- 9) lying on back press thru heels and head, try in arch
- 10) on stomach, lift head/shoulder 5s, arms along floor
- 11) same but hands behind back
- 12) stomach lying, hands on head = bowstretch = bend knees all the way
- 13) stomach lying, same as above but straight knees x5s
- 14) stomach, lift bent legs towards head
- 15) seated, push head into couch and lift hips, 5s
- 16) stomach, hold ball, lift, feet anchored
- 17) anchor feet while kneeling, hip hinge or jack knife
- 18) face down, hips on bench, anchor feet, hold hands in front of you
- 19) same as above but throw ball
- 20) same but hold self-parallel

Strength-flexibility

- 1) windmill
- 2) straight leg sit up, pushing hands against partner or band

- 3) hip bridge with palms by ears, fingers down to hips or back bridge
- 4) bathtub push = seated back extension
- 5) ghost pulling knife
- 6) dislocate with band
- 7) shoulder blade spread
- 8) side wall reach
- 9) high knee, PNF, kick
- 10) hip extension, PNF