

Routine for a Strong Back

Level 1-2 or Level 3-4 if you do the Optional Spider Step 2

Breathing Theme: Hold the poses for a long time, breathing out strongly.

- 1st Repetition: is a warm up. 2nd repetition is to your comfortable limit.
- The 3rd repetition is where you get the strength building.
 - Hold the 3rd repetition at your extreme limit (short of pain!).
 - Each time you breathe out, see if your body will go any higher.
 - Each time you breathe in, see what parts of your body will relax more.

Some of these poses focus on your abdominals. This is because strong abdominals are important for having a strong back.



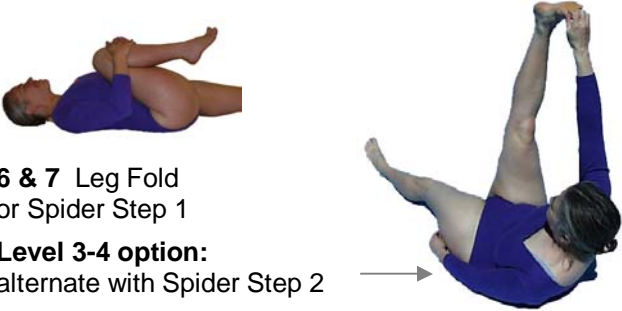
1. Abdominal Lifts
2. Abdominal Breathing



3 & 4. Pelvic Push alternating with Pelvic Lift



5. Leg Overs
including leg presses.



6 & 7 Leg Fold
or Spider Step 1
Level 3-4 option:
alternate with Spider Step 2

8. Relaxation
The Sponge
feeling the water soaking into your muscles.
OR
The Fountain
feeling the water flow through your muscles.



10. Rock & Rolls!

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