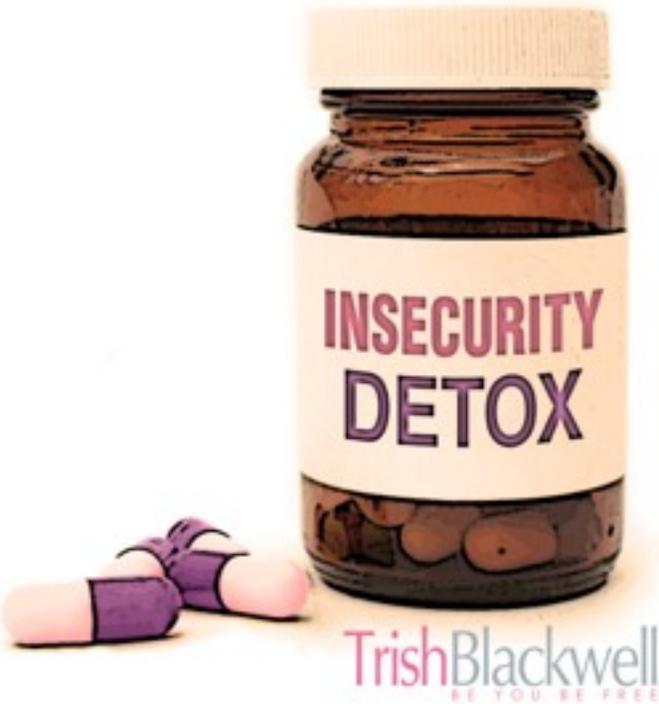


7-MINUTE MORNING CLEANSE EXERCISE EXPLANATIONS



MOVE #1: SUN SALUTATION

The Sun Salutation.

In the Sun Salutation the synchronization of the motion of your breath with the movement of your body is very important. In short, the motion of breathing is what drives the movement of the body into, through, and out of each of the poses in the sequence. Take your time with your poses, and always start with this as “must-do move #1”.

Start from a standing position. Inhale deeply, then exhale. Slowly raise your arms wide and then high over your head in a sweeping motion as you inhale deeply again. On your next exhale, float your arms down, palms facing away from you and go slowly into a forward fold with your body. Inhale and exhaust from your folded position, allowing your hands to hang towards the ground and your head towards your knees. Inhale and flatten your back into monkey position, allowing yourself to go back into the forward fold on your next exhale. Bend your knees slightly and allow your hands to meet the ground. Step one foot backwards into a lunge position and then bring the next one out, bringing your body into a full plank position. Lower your body to the ground slowly, then gently exhaling into a cobra position, raise your chest off the ground while keeping your hips and legs rested. Inhale and move backwards into a triangle, or downward dog position. To modify, go into child’s pose, with arms extended and hips resting on your feet. Stay here for two breathes and then return to plank position. From plank position, lunge the opposite leg forward back under your body, and then gently bring in your other leg, bringing your body to a forward fold position again. Inhale slowly and then exhale your breath as you rise and elongate your body with arms reaching as high above your head as possible.

Repeat your sun salutations as slowly as you desire, and do at least 3-5 total salutations.

That’s right, you don’t need time or equipment to stay fit fabulous. The simple execution of these three exercises for 5 - 10 minutes per day will keep you limber, flexible, fit, strong and lean.



Pictured above: The Sun Salutation Sequence. Notice the middle image for a partial visual on what a Plank Hold looks like. The Plank Hold simply keeps the butt in line and the body flat like a board.

MOVE #2: PLANK

The Plank Hold.

This move is one simple in demonstration and application. The Plank Hold requires total body engagement and will shape your shoulders, arms, core, and legs. In particular, the Plank Hold is highly effective for working the entire core, or abdominal wall and lower back region.

To execute the move simply make your body parallel to the ground and lift yourself up on your toes and hands (optional modification to do on your forearms). Make your body horizontal to the ground and strive to keep your body, from shoulders to hip bones, in alignment like a table. Essentially, you are putting your body into a push up position, with your arms extended, and then not moving from there. You will be surprised at how effectively this “stationary”, holding exercise works your entire body.

Hold the Plank Hold as long as you can, focusing on internally pulling your belly button towards your spine. Work up to holding Plank position for 60 seconds without breaking, and then continue working your way to longer and longer holds. This is a move anyone can do and get great results, from the beginner exerciser to the elite athlete.



Pictured Above: Air squats are to be done in the same hip-hinging form as shown above. Notice how the toes are pointed forward, the knees are not going past the toes and the butt is hinging backwards. The head is up and the squat is performed to a 90 degree angle of the knees.

MOVE #3: AIR SQUATS

Air Squats.

The Air Squat needs no equipment and it's an exercise you can do anywhere, even in your office or in a bathroom stall.

For a beginner, use your arms to swing and counterbalance you as you squat down. Pretend you are squatting down to hover over the toilet and then stand back up. Focus on hip hinging, keeping your knees over your ankles and focusing on pushing your butt backwards and out. Do 25-75 total squats in whatever sequence of number you wish.

Intermediate fitness levels can take the Air Squat up a notch by keeping their hands on their head (don't interlock your fingers however and resist the temptation to pull on your neck). Keep your hands on your head and shoot for a total number of 100 repetitions.

If you are advanced, do Jump Squats, the advanced version of Air Squats, jumping off the ground with each repetition. Jump Squats are high intensity calorie burners, so shoot for 3-5 sets of 15-20 reps to get your metabolism really revved.

