REVITALISE

**MOBILITY – STRETCH - RELAX** = 30 MIN

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| **Mobility** | 1. Ankle Rotations – 30 Sec Each Direction – Both Sides 2. Leg Step Overs Alternating Sides – 30 Sec Each Direction 3. Hip Rotations – 30 Sec Each Direction 4. Torso Rotations Alternating - 30 Sec 5. Arm Circles – Both At The Same Time - 30 Sec Each Direction 6. Lateral Hold With Alternating Hand Rotations (Palms Up / Down) – 30 Sec 7. Lateral Hold – Elbows At 90 Degrees Alternating Rotations (Palms Forward / Palms Down) – 30 Sec 8. Shoulder Shrug Rotations – 30 Sec Each Direction 9. Head Twists Alternating – 30 Sec 10. Wrist Rotations – 30 Sec Each Direction |
| Total Time – 10 Mins | |
| **Stretch** | 1. Standing Forearm Stretch X 2 2. Standing Neck Stretch X 2 3. Standing Tricep Stretch X 2 4. Standing Arms Stretched Up X 1 5. Standing Arm Across Body Shoulder Stretch X 2 6. Standing Upper Back Stretch X 1 7. Standing Chest Stretch X 1 8. Kneeling Hip Flexor Stretch X 2 9. Front Lying Cobra Stretch X 1 10. Kneeling Cat / Camel Stretch X 1 11. Kneeling Bird Dog X 1 12. Childs Pose X 1 13. Front Lying Quad Stretch X 2 14. Back Lying Dead-Bug X 1 15. Back Lying Double Knee Hug Back Stretch X 1 16. Back Lying Glute Stretch X 2 17. Lying Hamstring Stretch X 2 |
| Total Time – 17 Mins  (Either 2 X 30 Sec Or 1 Min) | |
| **Relaxation** | Lay On Back – Deep Breathing, Relaxing – Focusing On Clearing The Mind |
| Total Time 3-5 Mins | |