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
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| 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
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| 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 |