

## **1000 CALORIE BOOTCAMP SPINAL MOBILITY SEQUENCE**

(do this after the Initial Warm Up Sequence every time you train)

- Sports kit, LOUD music, water, and an exercise mat if possible
- Duration 3 minutes
- Garden or Indoors

### **Side Bends:**

Stand with feet wide apart, soft knees and hands on the outside of your thighs. Now slowly and gently, reach down your thigh towards your left ankle, then return to the start position. Repeat to the right. Do this for 60 seconds.

### **Trunk Rotations:**

Keeping the same stance as above, slowly and gently, rotate your upper body to look over your left shoulder, then return to the start position and repeat to the right. Do this for 60 seconds.

### **Lying Spinal Flexion:**

Now lie face up on your mat and draw your knees up to your chest. Place your hands behind your knees and pull your knees towards your chin and into your chest. Hold for 10 seconds, repeat 5 times.