

Dear Guests of my web site,
I strongly believe that proper exercising is an art and must be learnt through one on one practice. The following exercises are NOT for beginners!

Please, warm up reaching the full range of motion of your joints before starting this program!
You can repeat the program 4 to 6 times a week. You will need a Swiss Ball.

You must consult your doctor if you have already had previous injuries or contraindications to certain movements.

Cues:

1. Reverse Plank – fingertips point the feet, pointed toes, squeeze the calves and all the back muscles up to your rear deltoids. Press with your fingertips against the gravity. Breathe!
2. Reverse Plank on one leg – core stability and lower leg strength are very important here. Switch legs. Keep your hip bones at the same level. Breathe!
3. Push Up position (extended arms) to knee flexion all the way to the chest and reverse to starting point. Breathe!
4. Advanced V – core elevation (pelvic floor to head crown), balance is in your solar plexus elevation. Shoulder girdle depressed, sternum elevated. Breathe!
5. Advanced Corkscrew – press with your feet straight down towards the gravity. Hide the 7th cervical vertebrae (the bump on your neck) squeezing the shoulder blades together. Breathe!

Advanced Program for Radiant Health – II

