



# Primary Mat Workout

	Exercise	Muscle Group	Description	Breath	Reps
1	THREE WAY ROLL DOWN	RECTUS ABDOMINIS	1.Roll down, one vertebrae at a time with toes facing up, 2. toes facing left, weight on left hip, 3. toes facing right, weight on right hip	Breathe continuously filling the lungs like a glass of water from bottom to top	3
2	LATERAL KNEE TWIST	TRANSVERSE ABDOMINIS	Shoulders square, Hands over head. Knees rotate towards one shoulder (in). The rib cage abs pull the knees back to center (ex)	Inhale as legs go side, Exhale as knees come back to center	8ea
3	BRIDGE- KICK- CIRCLES	THORACIC / LUMBAR STABILIZERS	On back, knees bent, lift hips. Straighten one leg and kick the straight leg. Then draw circles both directions w/ straight legs.	1. Exhale as you kick your foot, inhale as you lower it. 2. inhale one circle exhale the next circle	10 7
4	KNEELING TORSO TWIST	OBLIQUES	On your knees, toes flat on floor, lean back to load the legs and abs. Keep the spine long and straight and punch each direction.	Exhale as you punch, inhale as you switch	8ea
5	LEG RAISE ALTERNATING HANDS	THORACIC / LUMBAR STABILIZERS	On all 4's or belly on the ball. Raise one hand (arm straight) and the alternate leg (straight leg)	Inhale as you lift your legs/arm, exhale as you lower	8ea
6	SIDE LYING HIP LIFT/KICK	INTERNAL OBLIQUES	1.on your side, up on your elbow, legs out straight, lift/lower hip, keep rib cage lifted 2.Bent bottom knee, side plank, kick straight leg front and back	1.Inhale as you lift the hips, exhale as you lower 2 Exhale as you kick front, inhale kick back.	12 8
7	THE PLANK	RECTUS ABDOMINIS	On your belly, up on your elbows and tip-toes, hold for time. Retract and Protract the spine, up and down	Inhale lift the spine, exhale lower the spine	10
8	SUPERMAN/SWIM WINDSHIELD WIPERS	LOW BACK LATERAL OBLIQUES	1. On your belly, arms forward, lift and lower hands and feet. 2. Turn your head and look towards your foot then twist around and look towards the other.	1. inhale as you lift hands/feet exhale as you lower 2. Exhale as you look towards one foot, inhale switch.	12 8ea

- 4 POINTS+:
- 1. SHOULDER SET** - Shoulder blades in back pockets. Don't shrugg or round forward
  - 2. RIBCAGE ABS** - The muscles that surround the spine under your rib cage
  - 3. NEUTRAL SPINE** - Snap your belly button to the spine, natural curve in lower back
  - 4. PELVIC FLOOR** - Bowl-shaped musculature - when contracted it lifts
  - 5. C-CURVE** - Round the spine, place each vertibrae one by one on the mat
- Stabilize - Then - Exercise - When all 4 points are stable you should grow 2 inches taller.

