



elements
SYDNEY

‘Flexibility and Stretching’

For downloadable PDF and video demonstrations visit
elementssydney.com.au/winterwellness2015

The Old Man and the Salsa Dancer (Joint mobility)

1) Sassy Shoulders

2) Loose Hips

Ditch Your Day Job and Become a Florist (Opening the flower - reversing computer posture)

1) Neck Stretches (30-60 second hold)

2) Wall Chest Opener (30-60 second hold)

3) Standing Wall Lean (60 second hold)

Winter Warmer Workout (Conditioning)

1) Squat with Bum Squeeze

2) Pushup (Kneeling or Full)

3) Thumbs-Up Bird-Dog

4) Front Plank

5) Side Plank / Side Plank

- Perform each exercise for 30 seconds non-stop then move immediately to the next exercise.
- Rest for 120s after completing all exercises.
- Repeat 3-4 times through.