



HEALTHYSELF RESET

MOVEMENT GUIDE





MOVEMENT OVERVIEW

WORKOUT SESSIONS
3x/week, 30 min each

Each workout session will include warm up stretches and/or exercises, a main workout, and cool down stretches. Videos explaining the exercises and options for scaling to meet your ability can be found in the Movement Library on your dashboard. There you'll also find a document with photos of the movements that you can print out and reference mid-workout. Each workout session will last 30 minutes in duration, and we will provide a link to a custom timer that will keep you on track as you move through the workout. The timers can be accessed for free using any smart phone or computer. These workouts can be done any time of day, but we encourage you to do them first thing in the morning.

MORNING5 SESSIONS
4x/week, <5 min each

How do you spend the first 5 minutes of your day? Instead of reaching for your phone or checking your email, we encourage you to start your day with movement. It doesn't have to be a full 30-minute workout to be effective in getting your blood flowing and priming your mind and body for the day. On the days of the week that you do not do a Workout session, we encourage you try one of our Morning5 sessions. Morning5 sessions are composed of movements or stretches that can be done in less than 5 minutes, first thing after rolling out of bed.

WHAT DO YOU NEED?

A SMALL SPACE (4'X8') WITH A TOWEL OR MAT IF YOU'D LIKE. YOU MAY WISH TO USE A STOOL, BENCH, CHAIR, COUCH, OR BED FOR MODIFYING CERTAIN MOVEMENTS.

MOVEMENTS

SPEND SOME TIME THIS WEEK FAMILIARIZING YOURSELF WITH THE MOVEMENTS IN OUR VIDEO MOVEMENT LIBRARY. PLEASE POST ANY QUESTIONS TO THE FACEBOOK GROUP SO WE CAN ANSWER THEM ASAP.



MOVEMENT GUIDE

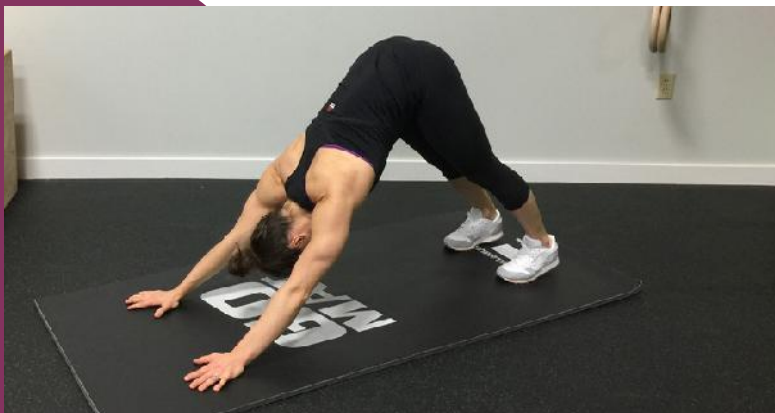
BURPEE



COUCH STRETCH



DOWN DOG



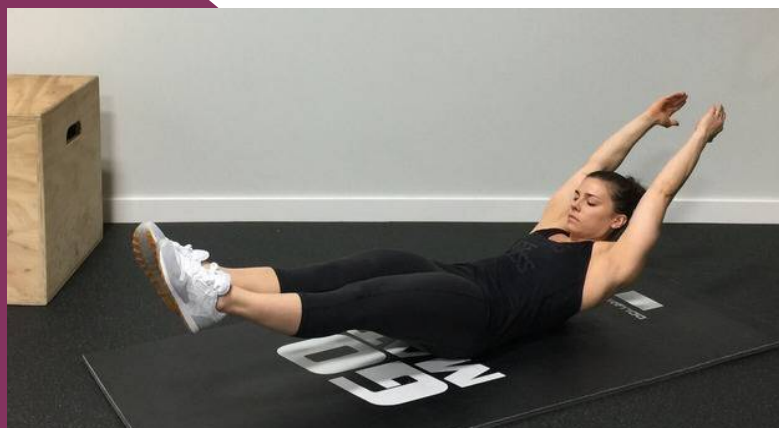


MOVEMENT GUIDE

ELBOW TO TOE



HOLLOW ROCK



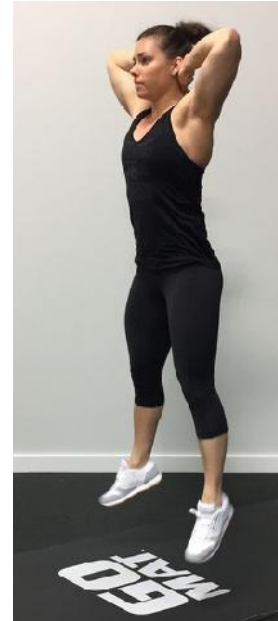
IRON CROSS





MOVEMENT GUIDE

JUMP SQUAT



JUMPING JACK



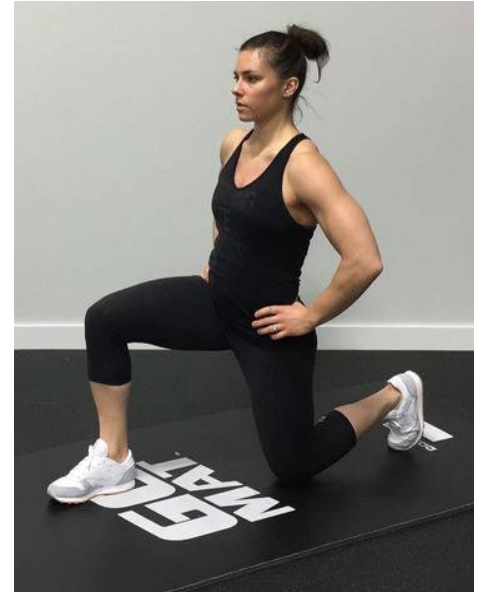
DOWN DOG





MOVEMENT GUIDE

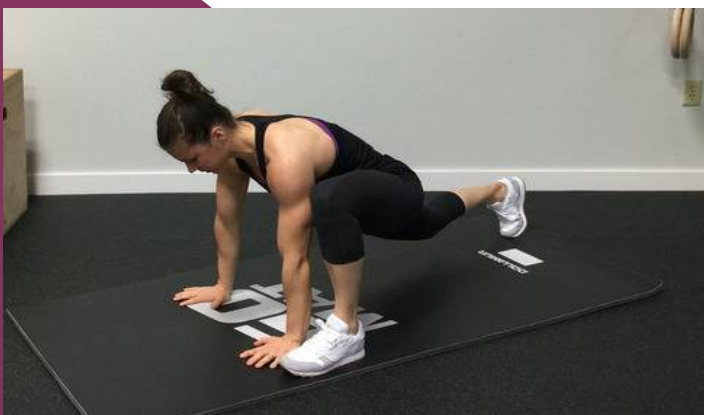
JUMPING LUNGE



LUNGE



MOUNTAIN CLIMBER





MOVEMENT GUIDE

PLANK



PUSH-UP



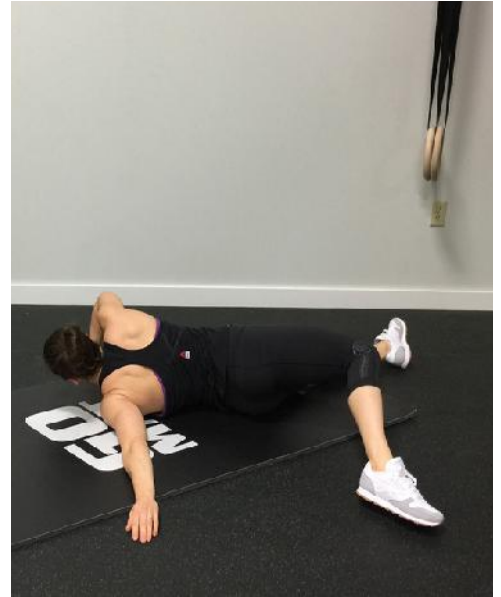
RUNNING IN PLACE



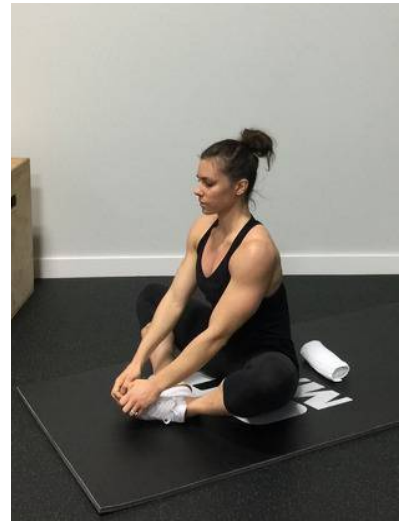
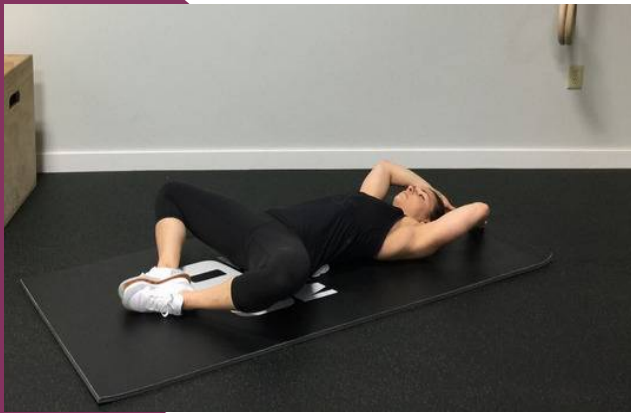


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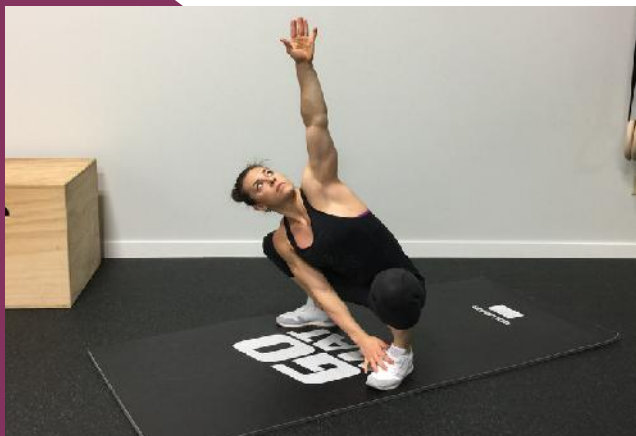
SCORPION



SIT-UP



SQUAT PREP





MOVEMENT GUIDE

SQUAT



SUPERMAN



TRICEP DIP





MOVEMENT GUIDE

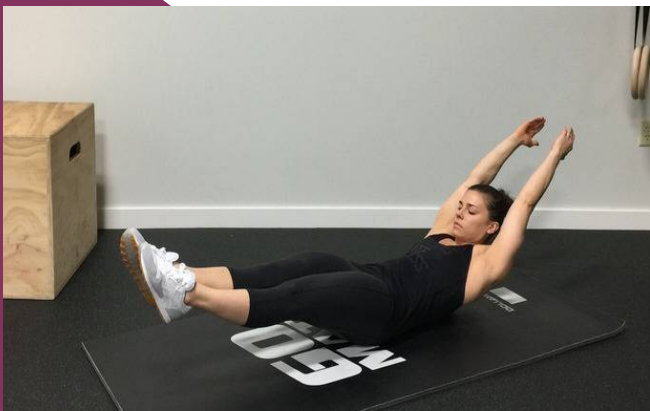
UP DOG



VINYASA



V-UP





MOVEMENT GUIDE

WRIST MOBILITY

