

LNE Physical Exercises

Be, Do, and then Have.



Static Back:

1. Lie on your back with your legs up over your inflatable large block or up over a chair/couch.
2. Your arms are at 45 degrees and your palms up.
3. Try to relax your upper back and notice if your low back is flat evenly from left to right.
4. RELAX and HOLD 5 Min

Windmills:

1. 1st position - stand with feet hip width with shoulders, hips and heels touching wall.
2. Place arms out to sides, with elbows locked straight and palms facing out, and maintain 90-degree angle relative to body. Bend torso to one side for 5 reps each direction. Be sure to keep shoulders and hips on wall and feet flat on ground as you bend.
3. 2nd position - feet 1 yard apart and repeat 5 reps each direction.
4. 3rd position - feet wider and repeat 5 each direction.
5. 4th position - place feet at hip width as in 1st position and repeat 5 reps.

Walk:

Go for a walk. 15-minutes minimal