Rolf’s 15 Minute Sequence

Center

From Table:

1. Cat and Cow -warming up the spine
2. Swimming (backstroke) the arm in side plank – warming up the shoulder joint
3. Opening to the side then threading the needle – warming up the front and back of the shoulder, twisting
4. Hip rolls on forearms – warming up the hip joint, strengthening
5. Child’s pose – massage neck – relaxing the neck muscles
6. Dolphin – strengthening upper body
7. Cat balance – move then hold – strengthening core and back, balance
8. Press legs back – stretching the foot and leg
9. Rest in open child’s pose – stretching the arms and back

Relax