

# SOULISTIC STUDIO & SPA

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## THE "ONE HUNDRED"

Lie on your back with knees over hips in tabletop position. Inhale to prepare. Exhale raise your head, neck, and shoulders off mat. Reach the arms along the hips. Begin pumping the arms up and down at a rapid pace. Inhale for five pumps. Exhale for five pumps and draw your navel in and up along your spine. Repeat 10 times (count to 100).

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## THE ROLL DOWN

Start from an upright seated position with both knees bent, feet planted on the floor. Curl back to form a 'C' shape in the spine as you exhale, while drawing the abdominals into the spine.

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## FOOT STRETCHES

Sit upright and place the band behind the ball of your foot. Point your toes and stretch all of the muscles of the foot while flexing the opposite foot. Repeat 5 times and then switch sides.

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## STANDING FOOT STRETCHES

Stand with both feet pointing forward. Lift the heel of the right foot so that your weight is on the ball of the foot. This is a great stretch for the arch of the foot. Repeat on the other foot, and continue alternating feet as if prancing to warm up the feet and calves. Now roll over the top of the foot to stretch these muscles. Repeat other side.

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## CALF STRETCH

Stand in a lunge with the back foot pressing into the floor. Take a couple of deep breaths and hold for at least 30 to 60 seconds and then repeat on the other leg.

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## CHEST OPENER

Hold band in both hands. Raise arms overhead. Inhale and lengthen the arms straight. Exhale as you reach hands up and back to stretch the chest and shoulders. Keep arms straight throughout exercise. Expand chest on inhalation.

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## HIP STRETCH

Lie on your back. Place the band at the ball of your foot. Fold the leg into your chest to stretch the hip. From the hip stretch, extend your leg straight into the band. Fold the leg back into the chest. Work the hamstring and glute. Repeat 5- 10 times.

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## HAMSTRING STRETCH

With the leg extended, lengthen your sitting bones into the mat and work on straightening your leg to stretch the hamstring. Reach the leg across your body to stretch the “IT band”.

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## FIGURE 4 STRETCH

Lie on your back and cross your right ankle over your left knee and press the sitting bones into the mat. Press your right knee open to create resistance. Repeat on the other side.

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## BRIDGE

Lie on your back with knees bent, heels in line with sitting bones. Inhale and flatten back into mat. Exhale and curl the hips and back off the mat one vertebra at a time until weight is primarily on your shoulders. Hold for 3 deep breaths. Exhale and roll down one vertebra at a time. This is an excellent cool down.

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Soulistic is offering registered AvonWalk participants a 20% discount on all fitness and spa services through June 30, 2010. Simply provide your AvonWalk number at the time you book your appointment to receive this discount.

If you would like to form a group reformer or other personal training class for your walk team, please contact Nina Aronson at (312) 226-7685 or email her at [naronson@soulistic.com](mailto:naronson@soulistic.com) to discuss. Team specific workouts are a great way to train for the walk and strengthen team bonds.