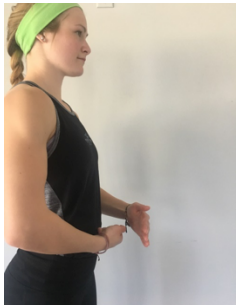
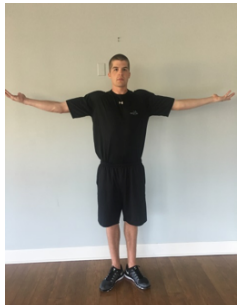
Body Basics

The movements below are used for building and maintaining a foundation of strong and healthy joints. Think of this routine like brushing your teeth. When done regularly throughout the week (it can be done once/day every day) your joints are less likely to “rot away”. It takes no longer than 10 minutes and can protect all the major joints of the body including your spine, hips, knees and shoulders. An optimal time to do this is within 20 minutes after eating a meal as it will also increase your metabolism by about 10- 20% during that time; similar to a thermal walk. Having said that, there is not a bad time to do this routine. Spend 1 minute on each exercise or until form is lost-whichever comes first. Slow and controlled movements through full range of motion is best.

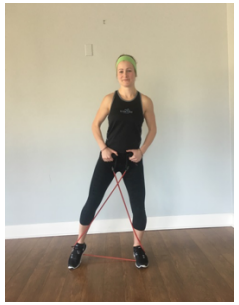
Lumbar Bracing



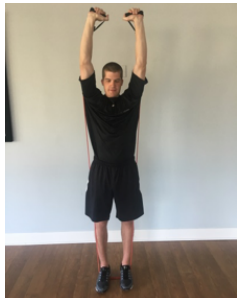
Postural Strength: Twist and Shout



Knee Stability Side Steps

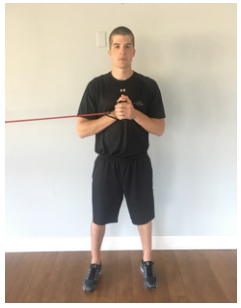
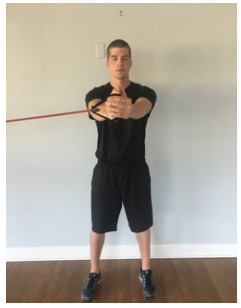
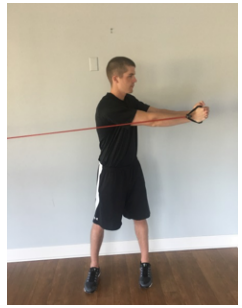


Bicep Curls + Shoulder Press: Advanced



Low Row

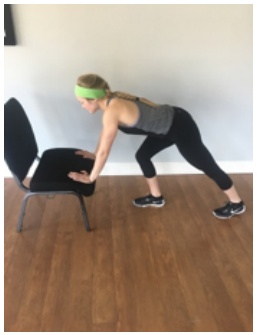
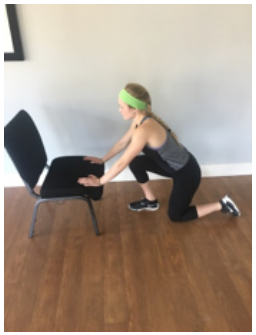
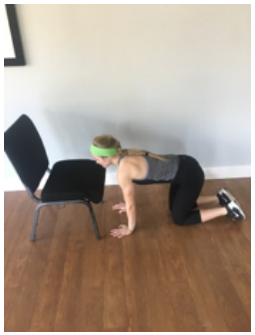
Thoracic Bracing

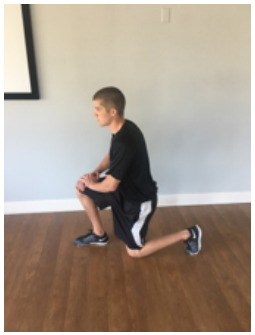
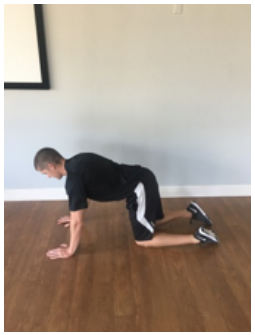
Bonus Moves for Longevity

Updown

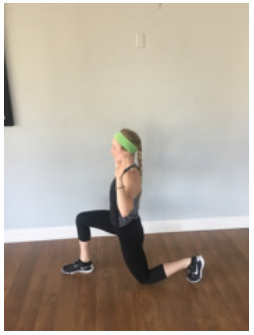
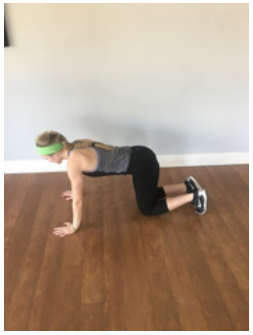
Level 1: Use a chair

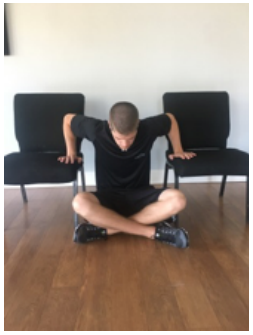
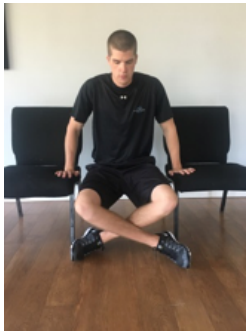
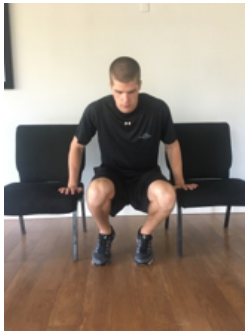
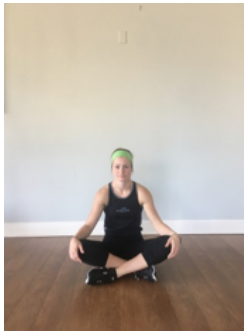
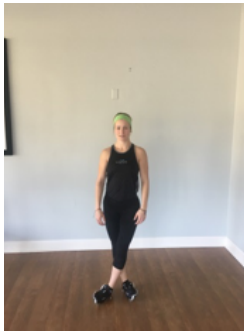
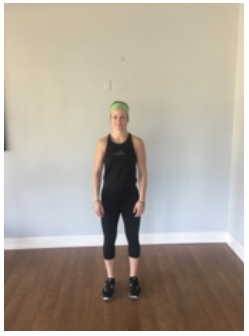
Level 2: Hands on legs – lunge

Level 3

Level 4





Advanced