



Christine Dyer's Aikido Warm-up Menu

Fri May 11 13:04:46

Order	Sets	Reps	Duration	E-Cise
1	1	25		Standing Elbow Curls
2	2	40		Standing Arm Circles
3	1	1	0:01:00	Hip Crossover Stretch – Palms Up
4	1	10		Pelvic Tilts
5	1	1	00:01:00	Modified IT Band Stretch
6	1	1	0:01:00	Static Extension Position on Elbows
7	1	1	0:01:00	Free Squat

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1

Standing Elbow Curls



E-Cise Instructions

Repeat this eCise 25 times

Stand against a wall with your feet pointed straight ahead. Keep your heels, hips, upper back and head against the wall. Place your knuckles against your temples with your thumbs pointed down to your shoulders. Open your elbows so that they are against the wall and close your elbows together in front of your face. REPEAT

Purpose

This exercise promotes proper positioning of all load joints while performing thoracic flexion and extension.

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Standing Arm Circles



E-Cise Instructions Do 2 sets. Each set consisting of 40 repetitions.

Stand facing mirror with your feet pointed straight ahead. Place your finger tips into the pad of each hand and point your thumb straight out. This hand position is imperative to the exercise being done correctly. It is called the "golfer's grip". Squeeze your shoulder blades together backwards and bring your arms out to your sides at shoulder level. With your palms facing downward, circle up and forward for the repetitions specified. With your palms facing upward, circle up and back for the desired repetitions. Remember to keep your feet straight and your shoulder blades squeezed together.

Purpose

This exercise promotes bilateral lumbar function through thoracic stabilization.

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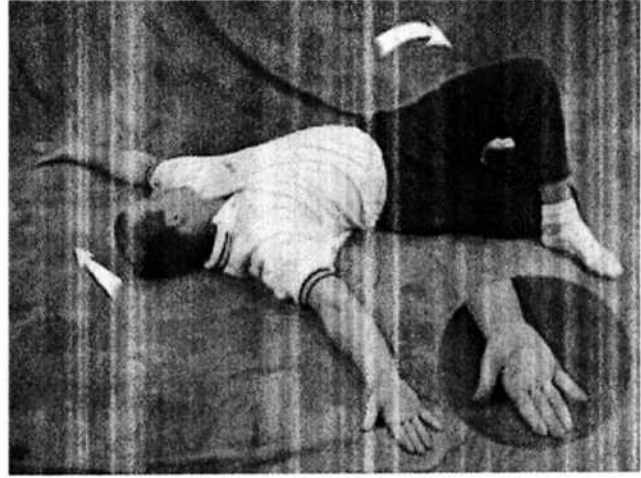
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3 **Hip Crossover Stretch – Palms Up**



E-Cise Instructions Hold this eCise for 01 min.

Lie on your back with both knees bent and your feet flat on the floor pointed straight ahead. Place your arms out to the side at shoulder level. Cross your right ankle over the left knee and rotate the ankle/knee junction in that same direction to the floor. Look the opposite direction and relax your shoulders. Press the right knee away from your body with the right hip musculature. Repeat the exercise on the opposite side.

Purpose

Promotes hip and spinal rotation

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Pelvic Tilts



E-Cise Instructions Repeat this eCise 10 times

Lie on your back with your knees bent. Make sure your hips, knees and feet are aligned. Roll your hips backward to flatten your back to the floor and then roll them forward to arch your low back. Remember to relax your upper back. REPEAT

Purpose

This exercise takes the lumbar spine through flexion and extension through the pelvic movement

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Modified IT Band Stretch



E-Cise Instructions Hold this eCise for 01 min.

Lie on your back with your knees bent and your feet pointed straight ahead. Cross your right leg over your left leg and then rotate your legs to the right and look left. Relax your shoulders and allow the top leg to pull the left leg down to increase the stretch in the lateral hip. REPEAT on the other side.

Purpose

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6 **Static Extension Position on Elbows**



E-Cise Instructions Hold this eCise for 01 min.

Start on your hands and knees. Now, place your elbows into the place where your hands are placed. Make a light fist and pull your hands away from each other pivoting on your elbows. Kick your butt back to place an arch into your lower back while trying to pull your hips backward to your heels. Remember to keep your hands pulled apart. Drop your head and HOLD.

Purpose

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Free Squat



E-Cise Instructions Hold this eCise for 01 min.

Stand with your feet straight with your arms straight ahead of you at shoulder level. Kick your butt back so there is an arch in your lower back. Start bending your knees and lower yourself down while trying to keep your upper body straight up. HOLD and keep your hips tilted forward and your arms straight out.

Purpose

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Since, as you'll see, responsibility is a continuing theme of this program, the space which is usually reserved for what lawyers refer to as the "disclaimer" is being used to make an additional and, I believe, more important point.

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I hope you don't --- because what I have to offer in the program will change your life.

- Pete Egoscue

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