

Spectacular Six Warm-Up v.2.0 ***(Week 3)***

1. Seated Windshield Wipers
(10 repetitions/ side)
 2. Seated-to-Kneeling Transition
(5 – 10 repetitions/ side)
 3. Rocking Pigeon
(5 – 10 repetitions/ side)
 4. Overs-n-Unders
(5 – 10 repetitions in each direction)
 5. Spiderman Crawl w/ Thoracic Rotation
(5 – 10 repetitions/ side)
 6. Squat-into-Hand Walkout
(5 – 10 repetitions)
- **Move through these exercises fluidly, taking rest as required.**
 - **Perform this sequence 1 – 3 times in succession depending on your level of ability or perform it as a movement break throughout your day.**
 - **Choose a rep-count that allows you to feel loose and relaxed and maintain good mechanics.**
 - **For exercise descriptions go to www.functionalfitness.ca/rocktober**

Are You Ready?



Seated Windshield Wiper



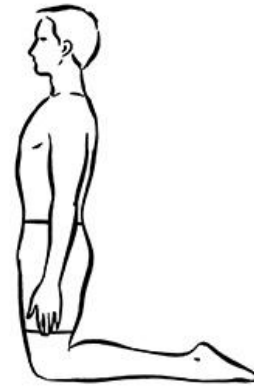
Instructions:

- Sit on the floor with good posture.
- Place your hands on the floor behind you with your knees bent at about 90° and feet flat on the floor. Relax your shoulders and feel yourself sink into the floor;
- Allow the knees to drop together to one side, feeling a twist through the torso;
- Bring the legs back up to the starting position and repeat on the other side;
- Alternate side-to-side for the suggested number of repetitions.

Modifications and Tips:

- Keep the posture upright.
- Don't force the movement, let your body relax and be conscious of the movement without becoming concerned with "how far" you are moving.

Sit-Tall Kneeling-Sit



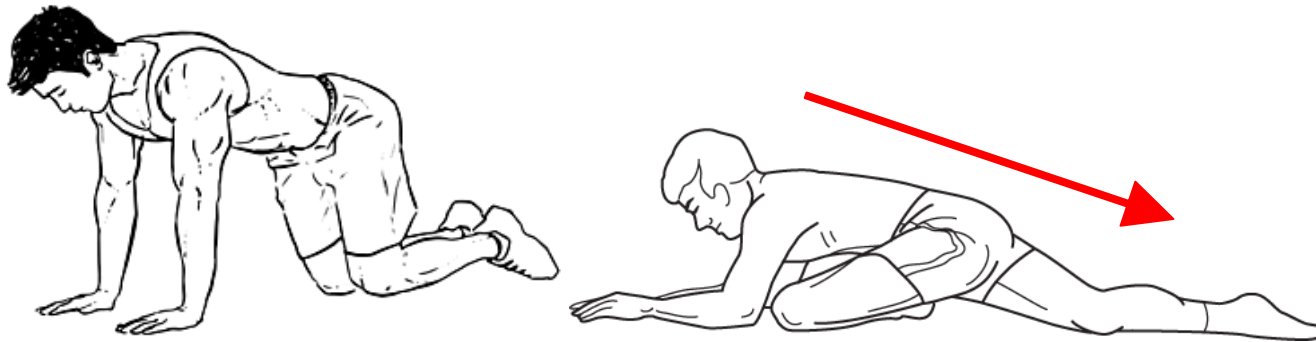
Instructions:

- Take a seat on the floor (any way you want);
- From seated move into a tall kneeling position without using your hands;
- Lower yourself back into a seated position;
- Repeat for the suggested number of repetitions.

Modifications and Tips:

- Explore different ways of transitioning from sitting to kneeling.

Rocking Pigeon Stretch



Instructions:

- Start off in a Quadruped position;
- Slide back into a Pigeon Pose, pushing as far back as you COMFORTABLY can;
- Pull back up into Quadruped position and repeat on the other side;
- Repeat for the desired number of repetitions on each side.

Modifications and Tips:

- Try to sink back a little further into the stretch on each rep.

Over-Unders



Lateral Step-Over



Lateral Under-Duck

Instructions:

- Give yourself a bit of room to move for this exercise;
- Are you ready to use your imagination for this? Envision a row of hurdles set up down the length of the floor;
- Stand beside the first hurdle, and lift your foot up and over it (this is a “high-knee” exercise, not a straight leg swing);
- Put the “stepping foot” on the far side of the hurdle and lift the other one up and over so you are now standing on both feet;
- Now step your leg under the next hurdle in the row and duck under it, coming up on the other side standing on both feet;
- Continue to go over and under the row of hurdle for HALF of the suggested number of reps (over AND under equals ONE) before reversing the direction to return to the starting position for the remainder of the rep’s.

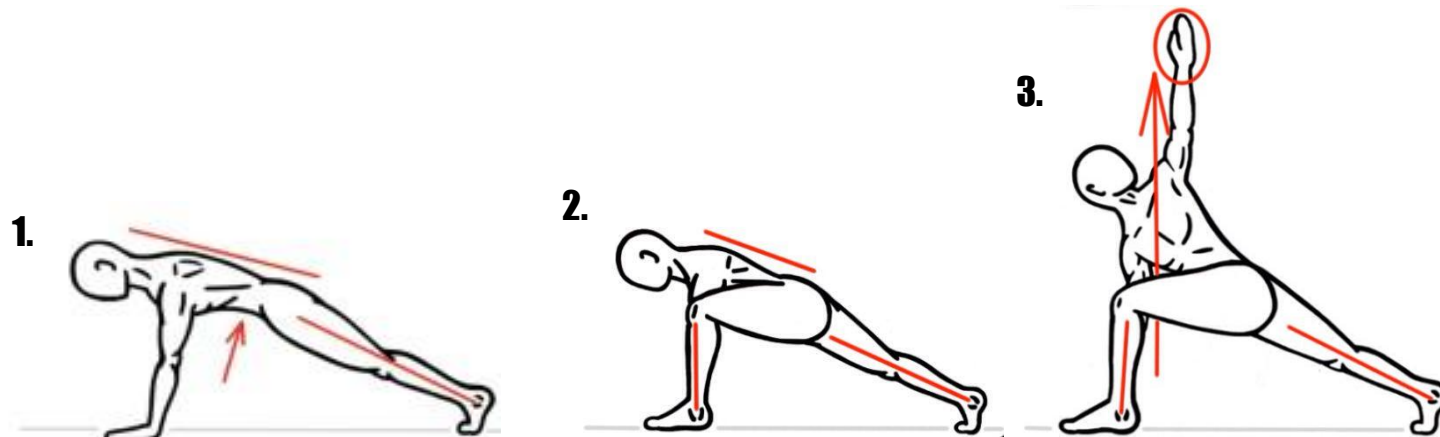
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Modifications and Tips:

- Try to maintain good posture as you step up-and-over the hurdles, as well as when you duck under.

Are You Ready?

Spiderman Crawl with Rotation



Instructions:

- Get into a *High Plank/ Push-Up* position (back flat, tight core);
- Step one foot forward and place it outside the same-side hand [*Picture 2*];
- Let the hips sink a little and think about straightening the back leg to feel a good stretch through the hip flexors;
- Get stable in this position and rotate the body towards the front leg, reaching the arm towards the ceiling [*Picture 3*];
- Return to the starting position.
- Repeat with the opposite side.

Modifications and Tips:

Are You Ready?

Low Squat to Hand Walkout



Instructions:

- Start off in a Low Squat Hold;
- Lower yourself until your hands are flat on the ground;
- Begin to walk out into Push-Up position;
- Once you've walked your hands out into Push-Up position, begin to return back into the Low Squat position (see the inlay picture for leg position).
- Repeat for the desired number of repetitions (or time).

Modifications and Tips:

- Keep the body tight... no sag!