

Exercise To Heal:™

Get Stronger

with Karen Holden

ALWAYS TALK TO YOUR DOCTOR BEFORE BEGINNING ANY NEW EXERCISE PROGRAM

EXERCISE GUIDELINES

Congratulations! You're about to experience new levels of health, energy, and relaxation! This routine involves gentle flowing movements drawn from Qi Gong, Yoga, Tai Chi, and traditional strength training practices. While it's a safe, low-stress routine, not all exercises are suitable for everyone. To get the most out of your routine, we suggest the following:

- Before doing the *Age-Defying* routine(s), watch the entire DVD all the way through. Karen has broken down each routine step-by-step for you.
- Wear comfortable, loose clothing that allows you to move freely.
- Don't exercise on a full stomach; wait at least 30 minutes after eating before doing this routine.
- There should never be any pain or discomfort during the routine. If any of the movements hurt or are uncomfortable, STOP. Remember, this isn't a competition. Listen to your body!
- Feel free to take a break at any time during the routine; you will still experience benefits from the exercises.

Learn more about Exercise to Heal products:

On the Web: www.ExerciseToHeal.com
Call Toll-Free: 1-866-HEAL-FLOW (1-866-432-5356)
Email: Info@ExerciseToHeal.com

HEALING PRODUCTS FROM

Exercise To Heal™

Get Stronger: Sequence of Movements

Remember to shake out and stretch the muscles gently after strengthening exercises. Shaking and stretching release tension and blocked energy from the muscles.

1. Deep Abdominal Breathing

Brings “life-force energy,” or “Qi,” into the body. Releases tension and stress.

2. Lung Qi Gong

Strengthens the lungs and expands the ribcage. Helps to improve vitality.

3. Kidney Qi Gong

Circulates vital life-force energy into the kidneys.

4. Shoulder-Shrugs

Aligns and stretches the back and spine.

5. Picking Cherries

Stretches and warms up the muscles on both sides of the spine.

6. Sumo Squat with Arm-Circles

Warms up the arms and shoulders. Strengthens the legs.

7. Tiger

Cultivates internal energy and builds core-strength.

8. Turtle

Builds leg- and back-strength.

9. Side-Lunges with Shoulder-Spirals

Warms up the shoulder joints and improves overall strength and flexibility.

10. Squats with Alternating Knee-Lifts

Improves balance and core stability while strengthening the thighs.

11. Squats with Alternating Side Leg-Lifts

Strengthens the outer thighs and stretches the inner thighs.
Improves balance.

12. Rows

Strengthens the upper back, biceps, and forearms.

13. Side-to-Side Oblique Bend

Improves core strength and stability.

14. Warrior Isometric Chest-Press (Front)

Strengthens the chest, arms, and legs.

15. Warrior Isometric Chest-Press (Side-to-Side)

Strengthens the chest, arms, and legs.

16. Warrior Two with Shoulder-Circles

Strengthens the upper and lower body.

17. Warrior Two with Arm-Extensions

Tightens and strengthens the backs of the arms while toning the lower body.

18. Clenched-Fist Bicep-Curls

Strengthens the upper arms and forearms.

19. Clenched-Fist Bicep-Curls with Lunges

Stretches the hips while also strengthening the hamstrings, quadriceps, and upper arms. Improves balance.

20. Bicep Stretch

Relaxes and stretches the biceps.

21. Standing Cat-Tuck

Stretches the back muscles.

22. Dog Wags Its Tail - Standing

Keeps the hips and lower back flexible. Brings energy to the spine.

23. Open and Close Fists

Improves hand strength, flexibility, and circulation.

Get Stronger: Sequence of Movements

(continued)

- 24. Wrist-Curls with Fists Palm-Up then Palm-Down**
Keeps the hands and wrists strong and healthy.
- 25. Fist Hammer-Curls with Palms Facing Each Other**
Strengthens and stretches the wrists.
- 26. Fists Side-to-Side with Palms Facing Down**
Strengthens and stretches the wrists.
- 27. Forearm- and Hand-Stretches with Arms Extended**
Stretches the muscles in the arms, wrists, and hands.
- 28. Alternating Seated Knee-Lifts**
Strengthens and tones the core.
- 29. Seated Sit-Ups**
Builds abdominal strength.
- 30. Seated Flexed-Toe Knee-Lifts (Left then Right)**
Builds abdominal and leg strength.
- 31. Seated Bent-Knee Stretch**
Opens the hip muscles.
- 32. Crossed-Ankle Hip-Stretch**
Gentle hip stretch.
- 33. Tapping - Arms and Chest**
Relieves tension, improves circulation, and enhances the flow of energy.
- 34. Tapping - Kidneys, Hips, and Legs**
Circulates energy throughout the body.
- 35. Stretching - Arms, Shoulders, and Triceps**
Improves flexibility.
- 36. Seated Spinal-Twists**
Releases tension from the spine.
- 37. Visualization**
Calms the nervous system; connects mind and body.