

PETROS

Resilience *for* Life



Be Kind To Your Mind

Episode 2: Your Brain And Your Mind – Not the same thing!

Physical Exercises

A Petros Production

With

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You are going to working your 3 dimensional planes (frontal, sagittal and transverse)

SHUFFLE SHUFFLE PICKUPS x 30 seconds

Description: Stand in an athletic position (with your knees slightly bent, hips dropped back and head/shoulders up). Shuffle your feet together twice to propel yourself laterally to one side. Once you have completed your second shuffle step, plant your feet about shoulder width apart, drop your hips into a squat and touch the ground (without allowing your head or your back to lean forward). Once you have touched the ground from this low squat position power out of the squat and immediately shuffle back two steps in the direction that you originally came from. Once again, plant and drop into a squat and touch the ground. Continue in this way until you have completed the prescribed number of reps.

ALTERNATING SIDE KICKTHROUGHS x 30 seconds

Description: Starting from a standard press up position, simultaneously kick your right leg through towards the left side as you lift your left hand and rotate your trunk towards the sky. Essentially, you're clearing room for your leg by getting the trunk and hand out of the way. The arm in contact with the ground should be doing the majority of the work to support you! Return back to the starting position and either repeat in the same direction or switch immediately to the opposite arm and leg. This movement should be quick, agile and explosive! Continue for all prescribed reps or until time has elapsed.



SCISSOR SQUAT JAX x 30 seconds

Description: Begin in a standing position with your arms at your sides and your feet crossed one over the other. Initiate the movement by simultaneously jumping and moving your feet out away from each other while bringing your arms up and directly overhead. The difference between this and a regular jumping jack is determined however by what happens to the legs! In this exercise, as your arms reach their highest point you'll want to drop down into a sumo squat. Once here, you'll reverse direction by bringing your arms back down to your sides and your feet back together again (this time reversing which foot is in front of the other) as you resume a full standing position. For the smoothest movement be sure to move your arms and legs in sync and always stay light on your feet by landing on the balls of your feet. Continue to repeat until all prescribed reps are completed.





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