

# restore

CREATED BY

tara abel

FITNESS & LIFESTYLE

## WEEK ONE

---

**Be sure to start the program by reading through and watching the videos in the Restore manual.**

**Please watch this video on [How to Perform the Connection Breath](#) (written instructions are also available.)**

You're taking in a lot of new information right now. Remember this is a marathon - not a sprint! This week, we are focusing on education, mobility, stretching, and pelvic floor release. **When muscles are constantly holding tension, it is difficult for them to do their job.**

Absolutely key to laying the foundation in your return to exercise is your connection breath - re-training our mind-muscle connection with our core and pelvic floor. This can feel very frustrating and time-consuming but, with consistent practice, you'll get it!

**Focus on engaging your core and pelvic floor during your connection breaths but, for the rest of the exercises, don't worry too much about engagement.**

Focus instead on your strategies and your body should take care of the rest.

Please perform this workout 4-5 times this week, or as close to that as possible. This workout is gentle enough to be performed daily, if you wish.

Feel free to break-up this workout throughout your day. Make it yours! Consistency and getting it done in whatever way you can is key.

<b>Exercise</b>	<b>Repetitions</b>	<b>Sets</b>	<b>Intensity</b>	<b>Rest</b>	<b>Instructions</b>
<a href="#">Rocking Adductor Stretch</a>	30 seconds	1	2 out of 10	-	<ul style="list-style-type: none"><li>- Position yourself on both knees on your mat.</li><li>- Widen your knees to bring a slight stretch to the inside of your legs.</li><li>- Keeping your chest out and shoulders back, lean forward from your hips to bring your hands and then elbows towards the floor.</li><li>- Gently shift your weight forward and back to get a deeper stretch.</li></ul>
<a href="#">Figure Four</a>	30 seconds / side	1	2 out of 10	-	<ul style="list-style-type: none"><li>- Lie down with your back flat on the floor or a mat.</li><li>- From a completely flat position, bend one knee. The other ankle should be placed on the thigh of the bent leg.</li><li>- With both hands pull the bent leg to your chest.</li></ul>

					- You will feel a stretch in your hips and glutes.
<a href="#">Thread the Needle</a>	30 seconds / side	1	2 out of 10	-	<p>- Start on your hands and knees with hands directly under your shoulders and knees directly under your hips. Your head should be looking to the ground in a neutral position.</p> <p>- Take your weight off one arm and turn that hand up so your palm faces your head.</p> <p>- Keeping your palm up and hand in contact with the ground, thread that arm under your body and between your opposite arm and knee as far as you comfortably can.</p> <p>- Come back past the start position and bring your arm out and back behind your body as far as you can comfortably go.</p> <p>- Repeat, moving a little further with each repetition.</p>
<a href="#">Hip flexor stretch</a>	30 seconds / side	1	2 out of 10	-	<p>- Kneel with one knee in a lunge position in front of you.</p> <p>- Place your hands on top of your forward knee.</p> <p>- Lean forward, feeling the stretch in the opposite hip flexor.</p>

<a href="#">Pelvic floor release</a>	<p>Spend approx. 1 min. on this or as long as is comfortable.</p>	<p>1</p>	<p>2 out of 10</p>	<p>-</p>	<p>If you have a medium sized ball, rolled up towel, or a pool noodle, place it under the perineum and sit on it. Gently tilt your pelvis forward and back, side to side, feeling for tightness or tenderness. Control the pressure by using your hands to lift yourself further from the floor. Try to take deep inhales, letting the pelvic floor go.</p> <p>Another way to release the pelvic floor is to lie on your back, with your legs bent at the knees and resting on a couch. Try to release on inhale in this position.</p>
<a href="#">Supine Connection Breath</a>	<p>Building up to 10 repetitions .  Taking breaks as needed.</p>	<p>3</p>	<p>2 out of 10</p>	<p>30 seconds after each set or as needed</p>	<p>Inhale - expand the ribs (imagine an umbrella opening) and relax the pelvic floor.</p> <p>Exhale - gently lift the pelvic floor (think 30% effort.)</p>