

***BP FITNESS  
CENTER***

# **MIND-BODY PROGRAM**

**SIX WEEKS OF TRAINING**

# DISCLAIMER

CHECK WITH YOUR DOCTOR  
BEFORE BEGINNING AN  
EXERCISE PROGRAM.  
PARTICIPATION IN THIS  
ONLINE FITNESS PROGRAM IS  
PARTICIPANT'S (YOUR)  
VOLUNTARY CHOICE AND  
YOU ARE PARTICIPATING AT  
YOUR OWN RISK.

# how to use this pdf

**THE WORKOUTS ARE IN CHRONOLOGICAL ORDER. SO YOU WILL SIMPLY FOLLOW THE ORDER THAT THE WORKOUTS ARE PRESENTED IN. FOR VIDEO DEMONSTRATIONS, CLICK ON THE EXERCISE. THIS WILL REDIRECT YOU TO A YOUTUBE DEMONSTRATION.**

## track your progress

*Having a way to track your progress during a program is so important. It helps you know what is and isn't working for you. There are many ways to track progress, for this particular program we suggest starting with three tests to determine where your mobility lies and address any imbalances.*



- This mind-body program consists of active stretching, conscious breath work and meditation techniques.
- Mind-body workouts have physical, mental and emotional benefits.
- Physical benefits
  - Improve coordination, flexibility, posture and strength.
  - Decrease your cortisol (stress hormone) levels
- Mental benefits:
  - Stress relief, better cognition and focus
  - Increase your self-awareness
- Emotional benefits:
  - Boost your mood, self-esteem, calmness and relaxation
- You will need access to a wall. A mat and yoga blocks are encouraged, but not necessary.

# MOVEMENT TESTS

- Wall Test
- Wrist Test
- Windmill Test
- Lumbar Spine Test
- Squat Test





# Week 1

All mobility tests are  
pass (check) / fail  
(minus) style

## week in workouts

**Day 1:**

Wall Test

**Day 2:**

Wrist Test

**Day 3:**

Windmill Test

**Day 4:**

Lumbar Spine Test

**Day 5:**

Squat Test

**Day 6:**

Reflect

**Day 7:**

Rest

# DAY

# 01

## Wall Test

### Week 1

The Wall Test will use the wall for feedback to examine your upper body mobility at the following areas: thoracic spine, neck, shoulder/scapular and wrist

### Parameters

**Low back, shoulders and occipital point of skull must maintain contact with the wall.**

**(Think chin to chest).**

**Keep feet shoulder-width apart and toes pointed straight.**

**During the movement the back of the hands and elbows must maintain contact with the wall.**

\*For video demonstrations click the title/name of the exercise. You will be redirected to a YouTube video demonstrating proper form and tempo for that particular movement.\*

# DAY

## Wrist Test

# 02

## Week 1

The Wrist Test will go over wrist flexion and wrist extension

### Parameters

**Can you get your arms straight out in front of you?**

**Can you get 80 - 90 degrees of wrist flexion?**

**Look for symmetry or asymmetry**

**From here, go into wrist extension**

**Can you get 80 - 90 degrees of wrist extension?**

**Try from an unloaded position first (standing) then try from a loaded position (on the ground).**

\*For video demonstrations click the title/name of the exercise. You will be redirected to a YouTube video demonstrating proper form and tempo for that particular movement.\*



# DAY

# 03

## Windmill Test

### Week 1

The Windmill Test will assess your spinal and core rotational mobility along with overall trunk connectivity.

### Parameters

**Arms must be straight up in line with or slightly behind ear.**

**Create straight vertical line with both arms  
Your fingertips must touch the floor.**

**Must be performed on both sides.**

\*For video demonstrations click the title/name of the exercise. You will be redirected to a YouTube video demonstrating proper form and tempo for that particular movement.\*

# DAY

## Lumbar Spine Test

# 04

## Week 1

The lumbar spine test will go over lumbar flexion and lumbar extension from a standing position.

We will use the wall to look for signs of an anterior or posterior pelvic tilt.

### Parameters

**With your back against the wall, we will measure your core control.**

**Keep your heels up against the wall. To modify, you can keep your heels about an inch away from the wall.**

**Arms should be out, externally rotated, palms face away from the wall.**

**Tuck your chin. The nodule at the base of your head should maintain contact with the wall.**

**Can you get good flexion and extension through the lumbar spine? Try to get your lower back to press into the wall. Is that the only thing that is moving? Do you have the ability to articulate your spine as directed?**

\*For video demonstrations click the title/name of the exercise. You will be redirected to a YouTube video demonstrating proper form and tempo for that particular movement.\*

# DAY

# 05

## Squat Test

### Week 1

The Squat Test will determine your low back, hips and ankle mobility.

Required equipment: dowel, or just be resourceful - a broomstick or PVC pipe will do

### Parameters

**90-degree minimum squat depth.**

**Stick must maintain contact with occipital point of skull,  
between the shoulder blades and glutes.**

**Hands must maintain full grip on stick, even when  
switching top and bottom hand.**

**Feet must stay flat on floor.  
Toes should stay pointed forward.**

\*For video demonstrations click the title/name of the exercise. You will be redirected to a YouTube video demonstrating proper form and tempo for that particular movement.\*

# DAY

# 06

## Reflect

## Week 1

Reflect on your results from all the movement tests.

### Parameters

**Write down 1 to 3 goals that you hope to achieve or come closer to reaching by use of this program.**

**These can be health goals, weight loss goals, pain management, stress relief, wellness-oriented... just make sure your goals are clear and measurable.**

**It's up to you to make your dreams come true!**

\*For video demonstrations click the title/name of the exercise. You will be redirected to a YouTube video demonstrating proper form and tempo for that particular movement.\*



**week 2**

**Mindfulness.  
Breathing Techniques.  
Mindful Movements.**

**week in workouts**

**Day 1:**

**Mindfulness: Set an Intention**

**Day 2:**

**Mindfulness: Meditate**

**Day 3:**

**Breathing Techniques**

**Day 4:**

**Rest**

**Day 5:**

**Mindful Movements**

**Day 6:**

**Reflect**

**Day 7:**

**Rest**

# DAY

## Practicing Mindfulness

# 01

## Week 2

Start this week by cultivating awareness and setting a clear intention.

### Set An Intention

**Focus your mind in this moment. You do not have to "quiet your mind," rather, just be.**

**Reflect on what is going on in your life at present.  
How are you feeling right now?**

**Bring your awareness to a quality or virtue that you would like to nurture.**

**Some examples could be: patience, peacefulness, gratitude, curiosity, forgiveness, clarity or inner strength.**

**Goal: connect to your mind and body**

\*For video demonstrations click the title/name of the exercise. You will be redirected to a YouTube video demonstrating proper form and tempo for that particular movement.\*

# DAY

## Mindfulness: Meditate

# 02

## Week 2

Dedicate five-ish minutes to be present with your thoughts.

### Set Up Your Practice. Be Present.

**Create a ritual that works with your schedule. Pick a time of day that works for you. Morning meditations can help to set the tone for the rest of the day. If your mornings are already slammed, maybe evening meditations are better for you to reflect.**

**Find somewhere QUIET where you can be undistracted.**

**Sit or lie down. Close your eyes, focus on your breath (without changing it).**

**Notice the rise and fall of your chest and body as you inhale and exhale.**

**Recognize the thoughts that are in your mind.**

**Goal: connect to your mind and body**

\*For video demonstrations click the title/name of the exercise. You will be redirected to a YouTube video demonstrating proper form and tempo for that particular movement.\*

# DAY

## Breathwork

# 03

## Week 2

Breathing techniques: conscious breathwork exercises

**Diaphragmatic breathing: Box breathing**

**Box breathing is a 4-sided breath: a box of breathing**

**Inhale breathing in through the nose.**

**Exhale breathing out through the mouth.**

**In breath, retention (hold the breath), exhale, hold the breath : all same amount of length**

**(I like to use 4 counts but you can use 5, 6 or whatever count you would like to challenge yourself with)**

**Goals: go inward, improve blood circulation and energize the central nervous system**

\*For video demonstrations click the title/name of the exercise. You will be redirected to a YouTube video demonstrating proper form and tempo for that particular movement.\*



# DAY

## Mindful Movement

# 05

## Week 2

Prone cobra

Prone Scorpion

90 - 90s

\*For video demonstrations click the title/name of the exercise. You will be redirected to a YouTube video demonstrating proper form and tempo for that particular movement.\*

# DAY

## Reflect

# 06

## Week 2

Reflect on the work you put in this week.

### Parameters

**Write down 1 to 3 things you were grateful for this week. They do not have to be training-related :)**

**It's up to you to make your dreams come true!**

\*For video demonstrations click the title/name of the exercise. You will be redirected to a YouTube video demonstrating proper form and tempo for that particular movement.\*



# Week 3

## Combining Breathwork with Postures

# week in workouts

**Day 1:**

MB Workout 1

**Day 2:**

Rest

**Day 3:**

MB Workout 2

**Day 4:**

Rest

**Day 5:**

MB Workout 3

**Day 6:**

Rest

**Day 7:**

Alternate Nostril Breathing

# DAY

## Mindbody Workout 1

# 01

## Week 3

**Breathe**

**Child's pose**

**Table top**

**Cat/cow**

\*For video demonstrations click the title/name of the exercise. You will be redirected to a YouTube video demonstrating proper form and tempo for that particular movement.\*

# DAY

## Mindbody Workout 2

# 03

## Week 3

**Breathe**

**Handcuffs**

**Swimmers**

**Frogers**

\*For video demonstrations click the title/name of the exercise. You will be redirected to a YouTube video demonstrating proper form and tempo for that particular movement.\*

# DAY

## Mindbody Workout 3

# 05

## Week 3

**Breathe**

**Swimmers**

**Thread the Needle**

**Single Leg Bridge**

\*For video demonstrations click the title/name of the exercise. You will be redirected to a YouTube video demonstrating proper form and tempo for that particular movement.\*

# DAY

## Breathwork

# 07

## Week 3

### Alternate Nostril Breathing

**Benefits of practicing breathing techniques include:**

- **Reduces stress and anxiety**
- **Improves sleep quality**
- **Lowers heart rate and blood pressure**
- **Oxygenates blood**
- **Rewires nervous system**
- **Increases focus and presence**
- **Improves energy levels**
- **Develops self-awareness**

\*For video demonstrations click the title/name of the exercise. You will be redirected to a YouTube video demonstrating proper form and tempo for that particular movement.\*



**Week 4**  
**Get Bendy**

**week in workouts**

**Day 1:**

MB Workout 1

**Day 2:**

Rest

**Day 3:**

MB Workout 2

**Day 4:**

Rest

**Day 5:**

MB Workout 3

**Day 6:**

Rest

**Day 7:**

Reflect



# DAY

## Get Bendy Workout 1

# 01

## Week 4

**Breathe**

**Mountain Pose**

**Forward Fold**

**Downward Dog**

\*For video demonstrations click the title/name of the exercise. You will be redirected to a YouTube video demonstrating proper form and tempo for that particular movement.\*

# DAY

## Get Bendy Workout 2

# 03

## Week 4

**Breathe**

**Superman into Retraction**

**Lizard with Rotation**

**90-90s, try with progression**

**Leg Swings**

\*For video demonstrations click the title/name of the exercise. You will be redirected to a YouTube video demonstrating proper form and tempo for that particular movement.\*

# DAY

## Get Bendy Workout 3

# 05

## Week 4

**Breathe**

**Wall Circles**

**Supine Twist**

**Handcuff with Rotation**

**Active Pigeon**

\*For video demonstrations click the title/name of the exercise. You will be redirected to a YouTube video demonstrating proper form and tempo for that particular movement.\*

# DAY

# 07

## Reflect

## Week 3

Reflect on the mindful movements you performed this week.

### Parameters

**Go outside (weather permitting) and take a mindful walk.**

**Reflect on your surroundings: the sounds you hear, the smells you take in, be truly present as you step one foot in front of the other.**

**Reflect: Are you closer to reaching the goals you wrote down in week 1?**

**It's up to you to make your dreams come true!**

\*For video demonstrations click the title/name of the exercise. You will be redirected to a YouTube video demonstrating proper form and tempo for that particular movement.\*



**Week 5**  
**Breathe and Balance**

**week in workouts**

**Day 1:**

MB Workout 1

**Day 2:**

Rest

**Day 3:**

MB Workout 2

**Day 4:**

Rest

**Day 5:**

MB Workout 3

**Day 6:**

Rest

**Day 7:**

Meditation

# DAY

## Balance

# 01

## Week 5

**Breathe**

**Supine Twist**

**Wall circles**

**Mountain Pose**

**Child's Pose**

\*For video demonstrations click the title/name of the exercise. You will be redirected to a YouTube video demonstrating proper form and tempo for that particular movement.\*

# DAY

# 03

## Balance

## Week 5

**Breathe**

**Thread the Needle**

**Table Top**

**Mountain Climbers**

**Child's Pose**

\*For video demonstrations click the title/name of the exercise. You will be redirected to a YouTube video demonstrating proper form and tempo for that particular movement.\*

# DAY

# 05

## Balance

## Week 5

**Breathe**

**Handcuff to Rotation**

**Supine Scorpion**

**Single Leg Bridge**

\*For video demonstrations click the title/name of the exercise. You will be redirected to a YouTube video demonstrating proper form and tempo for that particular movement.\*



# DAY

# 07

## Balance

## Week 5

### High Five Meditation

\*For video demonstrations click the title/name of the exercise. You will be redirected to a YouTube video demonstrating proper form and tempo for that particular movement.\*



# Week 6

Repeat all mobility tests from week 1. All tests are pass (check) / fail (minus) style

## week in workouts

**Day 1:**

Wall Test

**Day 2:**

Wrist Test

**Day 3:**

Windmill Test

**Day 4:**

Lumbar Spine Test

**Day 5:**

Squat Test

**Day 6:**

Rest

**Day 7:**

Rest