

# CHATELAINÉ

PRESENTS



10 MIN  
WORKOUT

# 4

## MOVES TO IMPROVE POSTURE

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# SCORPION STRETCH

This dynamic move opens up the tight muscles and fascia on the front side of the body. Complete 5 reps on each side.



1

Lie on stomach with arms stretched out wide from shoulders and palms facing floor. Lift left foot so knee is bent at a 90-degree angle and sole of foot is facing ceiling.

2

Contract glute muscles and lift left knee off floor. Reach left foot across left hip, keeping both shoulders as close to ground as possible. Hold for 2 counts.

3

Return to start and repeat on the opposite side.



# ROTATION PLANK SERIES

This is a safe, effective way to activate all of your core muscles and train them to work in a coordinated way as you move through the rotation. Complete 5 reps on each side.

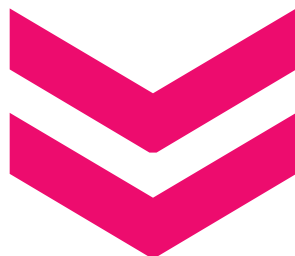


1

Start in forearm plank, distributing weight evenly between forearms and toes. Hold body in a strong straight line for 2 deep breaths, engaging core muscles.

2

Slowly shift weight to right foot and rotate body to balance on right elbow and outside edge of right foot. Stack left foot on top of right and rest left arm on hip. Hold for two deep breaths. Return to start and repeat.



# DANCER'S POSE

This is a great way to stretch out the front of your body, while also emphasizing legs and hips. Complete 3 reps on each side.



1

Stand straight with feet hip-width apart, arms at sides and gaze forward.

2

Shift weight to left leg. Bend right knee and reach right arm back to grab middle of right foot, with fingers on the inside, thumb on the outside.

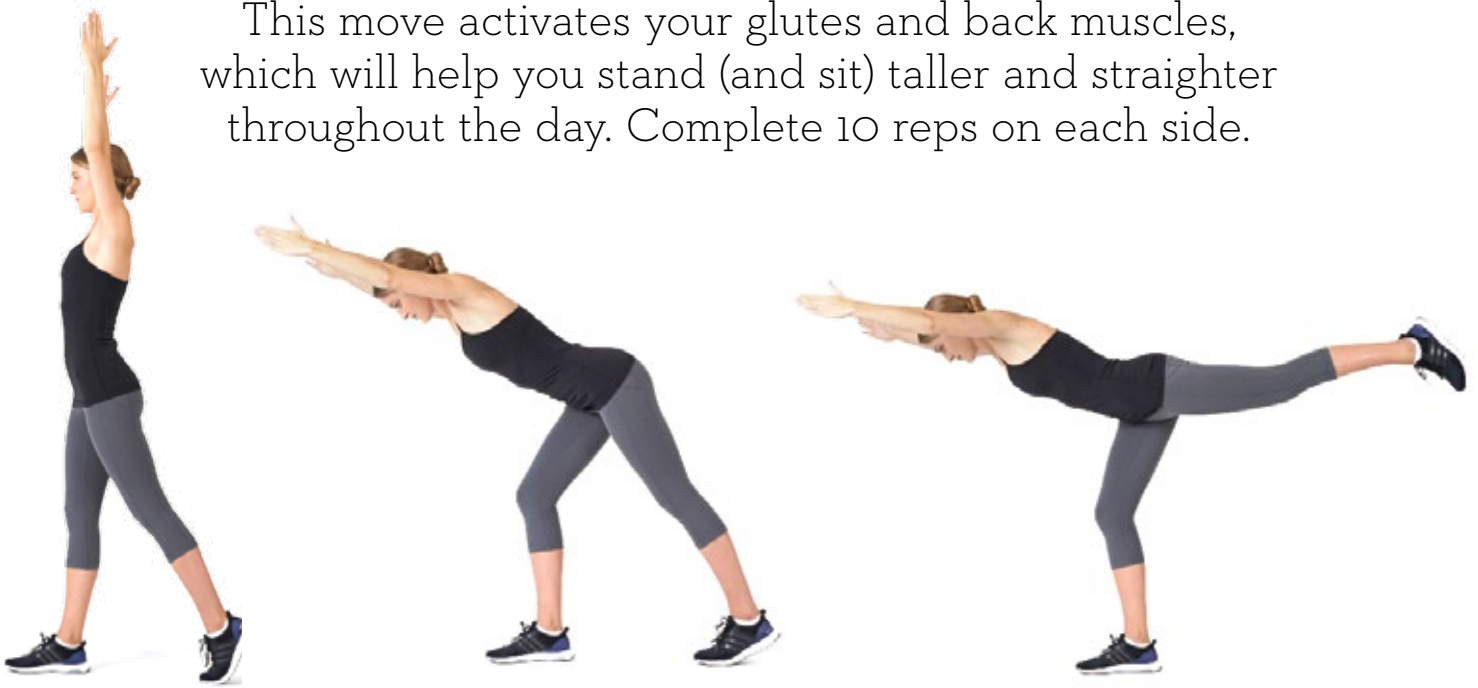
3

Lift foot up and away from body and tip forward slightly. Reach left hand straight out, beside left ear. Kick right foot back, creating pressure against hand. Hold for 2 deep breaths. Return to start and repeat.



# FLAT BACK LEG LIFT

This move activates your glutes and back muscles, which will help you stand (and sit) taller and straighter throughout the day. Complete 10 reps on each side.



1

Stand tall with raised arms and left leg extended behind you, toes on ground. Keep shoulders down.

2

Slowly bend forward at the waist, keeping upper body in a straight line.

3

Lift left leg and tip upper body forward until parallel to floor. Hold for 2 counts. Return to start and repeat.