

Age Less Move More

Happy Arms Movement Sheet



Plank Pose --

Come to all fours with your hands under your shoulders and your knees under your hips. Spread your fingers wide apart, plant your entire palm to the earth, and roll your inner arms out so that the eye of your elbow faces forward. Squeeze your shoulder blades together, lift your ribs, and allow your head to be loose and free.

Find your breath and step your right foot back on an exhalation. Press through your right heel and on the next exhale, step your left foot back pushing through both heels. Focus on keeping your ribs lifting so that you have a neutral low back and a working core.

Hold and breathe for as long as you are comfortable.

*Come out and take a child's pose to rest your arms.
Feel the strength flowing through your arms and
visualize reaching toward happiness.*