

Lab Fitness Exercises

STRENGTH. ENERGY. RESTORATIVE

Pilates for strength

- Neck Roll & Stretch
- Hand, Waist & Thumb Fitness
- Shoulder Movements
- Chest Opener
- Mermaid (side stretch)
- Forward Spinal Fold
- Cross-Body Ab Twist
- Spinal Twist with Arms
- Arm Circles & Up/Down
- Hamstring Stretch on Chair Seat

Barre for energy

- March in Place
- Standing Parallel
- First Position & Pulse (V)
- Second Position & Pulse
- High Heel Toe Lift
- Standing Leg Lift (side & back)
- Standing Knee Lift
- Standing Abs (front and side)
- Arm Lift Swing
- Total Body Arm and Leg Stretch

Yoga for restorative

- Breathing
- Eagle Arms
- Cat/Cow Stretch
- Standing Pigeon Pose
- Seated Spinal Twist
- Desk Tree
- Forward Fold Dangling
- Squat
- Seated Hip Circles
- Arm-V Movement Twist

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