

A woman with long brown hair in a braid is performing a backbend yoga pose on a dark blue mat. She is wearing a black short-sleeved top and purple leggings. Her hands are on the floor, and her feet are also on the floor, with her back arched and head tilted back. The background features white wardrobes and a wooden shelf with a plant and a framed picture.

**backbends**

# backbends

This backbending routine stands on its own or is a great way how to work on your backbends during gym time or in between other moves.

**The first 3 moves are just a warm up, go through those only one time. Repeat the other 5 exercises - camels, wheels, wall work - 2 times! (Go first trough all five and then repeat)**

You can do one exercise after another but give yourself a bit of rest in between these exercises and the sets.

I like to take this routine to the gym and alternate the exercises with practicing handstands or other mobility / flexibility things.

Feel free to combine it with any lower body routine!



# wrist circles

- Sit comfortably, bend your elbows and start circling your hands.
- Nice and big circles, go slow or fast, whatever feels best.
- Repeat 10 times one direction and then switch directions.



# first knuckle push-up



- Start in a Tabletop position with your hands underneath your shoulders.
- Keep the fingers on the mat, lift up your palms and then slowly put them back.
- You can make this exercise easier by bringing your knees closer to your hands.
- Make sure your shoulders are above your knuckles, not behind, the more weight there is on your hands, the harder it will be.
- Repeat for 10 repetitions.



# shoulder opener

- Start in an Extended Puppy Pose – knees under your hips and your arms stretched out.
- Tuck your tailbone and bring your belly to the spine, keep your hands pressing to the mat.
- Hold this position for 30 seconds.
- After that, arch your back, bringing your chest as close to the mat as possible for 20 seconds.
- For the last 10 seconds, re-tuck your tailbone, bringing the belly to the spine while trying to keep your armpits as close to the mat as possible.



# dynamic camel

- Start in a kneeling position.
- Reach for your right heel, making a half circle with your right hand, stretching it out and opening the chest.
- When going back, try to round your spine and then reach for the other heel, making a half circle with your other arm.
- Make 5 repetitions on each side
- **Make this easier:** Bring your toes down, so your heels are closer to your hands.





# camel



- Come into a full Camel position.
- Puff up your chest.
- You can either drop your head back or look towards the sky, whatever feels better.
- Stay in this position for a few breaths, as long as it feels good.
- Make this easier: Put the toes down if you need your heels to be closer to your hands.

# wall flexibility



- Come to the wall, stand about a foot and a half away.
- Bring your palms and arms on the wall, arch your spine and try to bring your chest on the wall.
- Stay here for a few breaths.
- Bend the knees, slide down with your arms and chest.
- Try to stretch the legs again, the upper body stays where it is.
- Stay here for a few breaths.



# dynamic wheel

- Start in a Deep Squat position.
- Place your right hand behind you (fingers reaching away from you).
- Come onto your toes, open your chest and half circle your left arm so it ends up reaching behind you.
- Come back into a Deep Squat and do the same on the other side.
- Make 5 repetitions on each side and if you feel secure, come into a full Wheel this way.





# wheel

- Come into a full Wheel position.
- Make sure your hands are about shoulder width apart (not too close and not too wide) and legs about hip width apart.
- Try to open your shoulders as much as possible by bringing most of your weight onto your hands.
- Look up to the sky, this way you can open your chest and shoulders even more.
- Stay in this position for a few breaths, as long as it feels good.