

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)

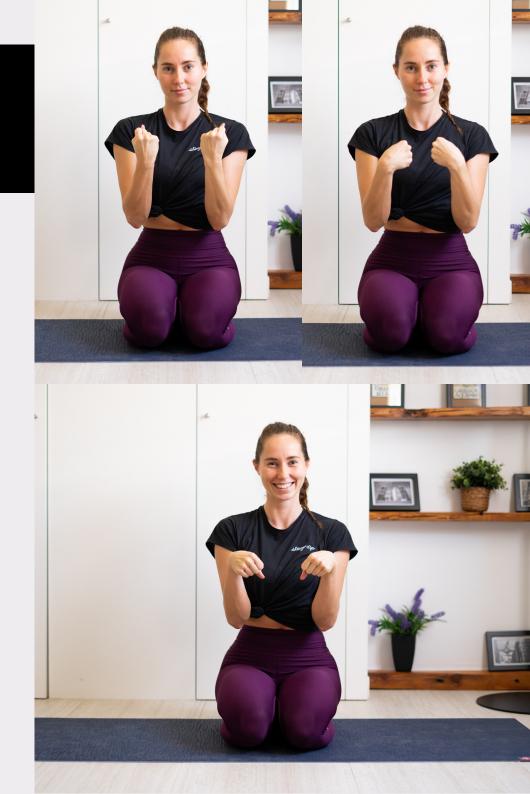
You can do one exercise after another but give yourself a bit of rest in between these exercises and the sets.

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.

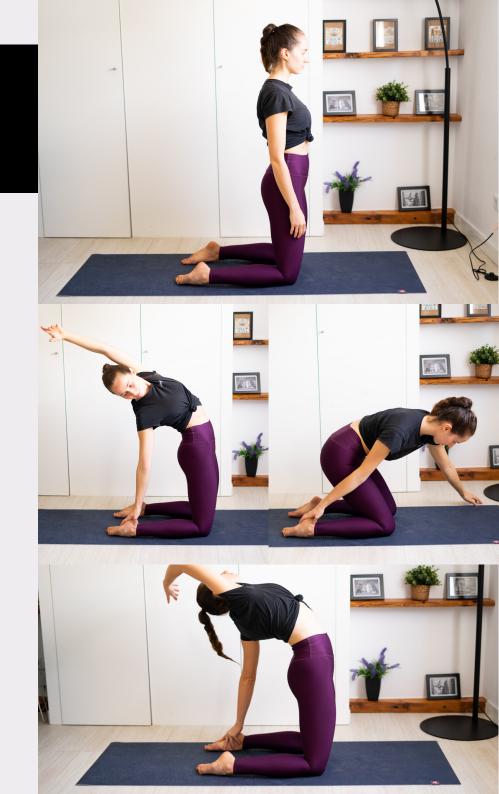
shoulder opener

- 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 you 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 endes 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.