

# CHI WORKOUT

HOME WORKOUTS – Mobility and Flexibility with Lisa

**CAN BE USED AS A MOBILITY AND FLEXIBILITY WORKOUT ON ITS OWN  
OR  
CAN BE USED AS A WARM-UP/COOL-DOWN TO ANY WORKOUT**

**If you need videos/pictures/descriptions of this workout, please go here:**

<https://www.ptonthenet.com/cap/capview.aspx?P=MTgzNDUxOSBCbXpvTGNidIFwakVqR0htWThuSUZnPT0=>

## **Complete 2-3 rounds**

- 15 (each) – Side to Side Hip Swing
- 15 (each) – Side to Side Hip Swing with Arm Reach
- 15 (each) – Forward/Backwards Hip Swing
- 15 (each) – Opposite Leg / Arm Reach
- 30sec (each) – Hip Flexor Stretch (hold lunge)
- 30sec (each) – Adductor Stretch (hold side lunge)
- 15 – Wrist Curl
- 20 (each) – Heel draw-ins
- 30sec – Bridge on Floor
- 30sec (each) – Child Pose with Extended Arm across Body
- 30sec (each) – Hamstring Stretch (bring knee to chest)
- 30sec (each) – Across Body Leg Rotational



*DISCLAIMER - You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge HaysMed- The Center for Health Improvement from any and all claims or causes of action.*