Second Session (WEEK 1)

Preparatory exercises (≈ 15-20 min.)
• Seated breathing and weight shifting exercises with movements in various directions
• Seated exercises with the “holding-a-ball” motion engaging in side-to-side, diagonally forward stepping
• Momentum-based sit-to-stand exercises: 3-4 reps
  • using progressively forward arm swing motion (in a sequence of nose over the knees, buttocks off the chair, stand up) to lean the trunk vertically forward (reaching over the knees) to arise to a full upright standing position
  • using an arm push-forward motion to lower the body down to the chair
  Note on breathing: inhale as moving upward and exhale as sitting back down to the chair
• Weight shifting exercises (in standing and performed in a sequence)
  Exercise #1: unilateral weight shift from a double stance: 2-3 reps
  Exercise #2: add a lateral (sideway) trunk rotation to #1: 2-3 reps
  Exercise #3: add a “hold-a-ball” motion to #2: 2-3 reps
  Note on breathing: inhale as shifting weight laterally and exhale as returning to the center

Core practice (≈ 35 min.)
• Pelvis rotation exercises (forward tilt and backward tilt - as part of pre-opening) with arms swing up and down: 5 reps
• Side-way trunk rotation exercises (preload [wind-up] motion) with the “holding-a-ball” motion: 5 reps on each side
• Opening form exercises in a sequence of (1) weight shift to the side; (2) stepping sideway with the unloaded leg; (3) weight shift backward (toward heels); (4) return to the center; (5) weight shift forward (balls → pelvic tilt); (6) return to the center; (7) weight shift backward; and (8) return to the center
• Learning and practicing Form 1 (“Move a Ball”)
  • practice movements in a sequence of:
    • (a) practice of hand/arm movements (i.e., hold the ball) in a standing position
    • (b) practice foot work (sideway steps with a preload motion)
    • (c) practice of the whole form with and without chair supported
  Note: practice 2 reps for each action listed.

Closing exercises (≈ 3 min.)
• Performing simple standing and breathing exercises with an “opening and closing a ball” motion along with slow weight shifting forward and backward (ankle sway and breathing exercises)

Exercise Intensity: Easy