

# WEEK 1

## > DETOX YOUR BOD

The following exercises were designed to be performed during Week 1 of the Whole Living Action Plan. “You may feel bouts of low energy this week, so go easy,” says fitness pro Ellen Barrett, creator of the DVD “Fusion Flow.” “The twists and bends in this series massage the low back and kidneys, enhancing the detox.” Do the yoga and back strengtheners on alternate days for the first four days; double them up to finish the week strong.

### FITNESS PLAN

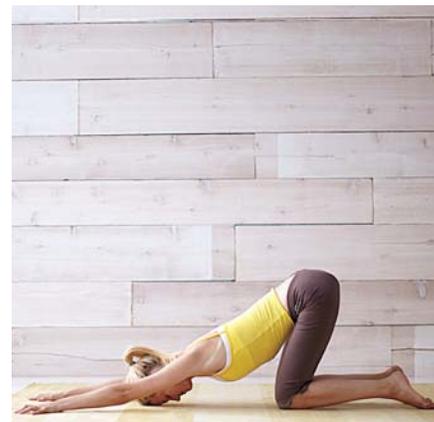
	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>YOGA RELEASE</b>	x		x		x	x	x
<b>BACK STRENGTHENERS</b>		x		x	x	x	x
<b>WALK (min.)</b>	10	10	15	20	20	25	30

### DETOX YOGA RELEASE



#### > CAT/COW

Get on all fours, with hands below shoulders, knees under hips. Exhale and round your back, pressing navel toward spine. Next, arch your back as you inhale. Do 8 to 10 times.



#### > EXTENDED PUPPY

From all fours, exhale and press your heart toward the floor, lifting your hips and elongating the spine. Hold for 5 breaths.

## Checklists & Charts: Whole Living Action Plan Fitness

from WholeLiving.com | [www.wholeliving.com/action-plan](http://www.wholeliving.com/action-plan)

### DETOX YOGA RELEASE



#### > FORWARD BEND

With feet 4 to 6 inches apart, drape your torso over your knees and let your head relax. Hold for 5 breaths, then roll up.



#### > DOWNWARD DOG

Start on all fours, with hands under your shoulders. Curl your toes, take a breath, and, as you exhale, press into your hands, lifting your hips back. Holding the pose, keep your spine straight (bending your knees if need be) and your weight resting evenly between the legs and arms.

### BACK STRENGTHENERS



#### > SEATED TWIST

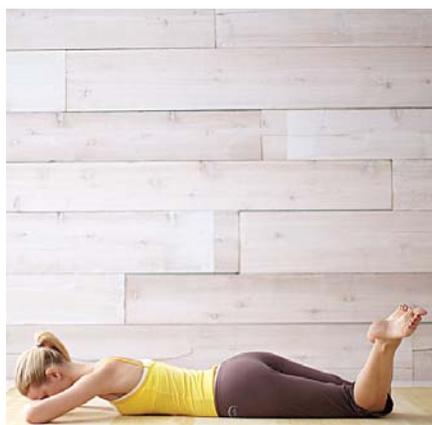
Sit on the floor and bring both legs over to the left, knees bent. Keeping your spine straight, take a deep breath, then exhale and twist to the right, reaching your left hand across your right knee and your right arm around the back of your waist. Look straight ahead or over your right shoulder. Hold for 5 breaths and repeat on the other side.

### BACK STRENGTHENERS



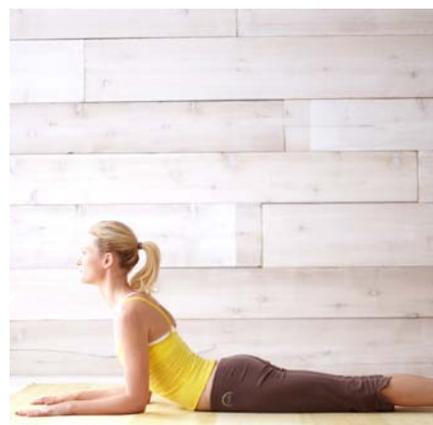
#### > BASIC BRIDGE

Lie on your back with knees bent and feet firmly on the floor. Extend your arms down by your sides and relax your neck. On an exhale, lift your hips off the floor, forming a diagonal line from knees to shoulders. Hold for 5 breaths.



#### > KNEE SWAY

Lie on your belly with knees bent. Rest forehead on hands. On an exhale, drop the lower legs to the left, keeping hips in contact with the floor. Hold for an inhale and return to center. Alternate side to side. Repeat 10 times.



#### > SPHINX SQUEEZE

Lying on your belly, reach through your legs and feet, feeling yourself grow long through the tailbone. Lift up onto your elbows and forearms, palms flat. Take a deep breath, reaching up and out with your upper torso, creating a mild backbend. Gently draw up on the low belly to help support and protect your back. Isometrically squeeze the forearms towards each other. Hold for 30 seconds and release.