

WORKING WITH AN ELASTIC



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Let's talk about how you can exercise while travelling. I'm traveling at the moment in France, I live in Australia and I always take an elastic with me.

It is very simple and compact, you can squash it up, stick it in your bag.

I used it on the plane while I was travelling.

Even if you are not travelling, an elastic is a great thing to carry with you and you can do a variety of exercises.



Because I was in a confined environment on the plane, I did put the elastic under my feet and did some bicep curls. I gave myself a posture check, took a deep breath in, drawing into my abdominal muscles, getting my core to balance, lifting through my pelvic floor and lengthening out my spine.

Which is something I do all of the time and it keeps myself feeling tall. Lengthening out the body actually helps you to feel taller.

Once you start walking taller, instead of looking down, you see more things as your posture improves.



Many people are looking down these days and it affects many parts of the body in a negative way. It effects the spine, internal organs, it weakens lower back and abdominal muscles.

I've got my elastic here. I want to show you some really basic exercises.



Squat With A Bicep Curl



Put the elastic under your feet, holding the ends of the elastic in your hands.

Make sure you have a lot of tension between the feet and hands.



Breathe out as you lower yourself down into a squat position, draw into your abdominal muscles. (You are protecting your back in doing this).

Breathe in, come back up to standing, drop into a squat and do a bicep curl.

Again, breathing in and breathing out as you squat and curl your biceps.

If you do a few of those it will warm your body up quickly. I have this philosophy if you do 20 of these a day you work quite a lot of muscles in the body. So do 20 of these and see how you feel.



After you have done 20, hold the last squat and bicep curl, feeling the warmth through the body.

Breathing in.

Hold, breathe, drawing into the muscles, feeling the quad muscles, feeling your thighs and feel your glute muscles working.

Now we are going to do:



Triceps & Biceps



From the standing position, extend your arms back behind you, arms out straight and feel the triceps working.



Bring your arms back up into a bicep curl as before and then extend your arms back out straight. Working both the biceps and triceps.

Repeat this for 20 repetitions. On the last repetition, extend your arm backward and hold, feeling your triceps.

Bring your arms up and down (still behind your back, working your triceps in a pumping motion) for the count of 10. Come up to standing.

You can do this anywhere. It is simple and takes up very little room. Take a breath in and we are going to a bit of balancing.



Balancing



Bring your arms up to your waist.

Take your leg out to the side, balancing on one leg, while softening your supporting knees.



Take your leg out to the side, to work your abductorS. (The muscles that allow the leg to move away from the body).

Balancing.

Drawing in the abdominal muscles as you breathe out. (Helping yourself with balance by switching on your core muscles).

Dropping your leg back down to the floor.

Bringing it back out away from the body.

Do 10 of these, lower your leg and switch sides.



Take a breath.

Come into a balance on the other side.

Soften the supporting knee and doing this repetition for 10.

You will already feel a lot of muscles working.

Breathing in.





Extend your leg backwards out straight behind you.

Bring it back in.

Still feeling the tension in the band.

Do this for a count of 10. (You are working the glutes).



Lower your leg back down.

Take a breath in.

Extend the opposite leg backwards.

Bring it back in.

Still feeling the tension in the band.

Do this for a count of 10.

Lower your leg back down.

If you find this too strong you can hold onto something for support.



These are some exercises for the lower body,
working your glutes, quads and abductors.

Here are some exercises for the upper body.



Working Your Shoulders



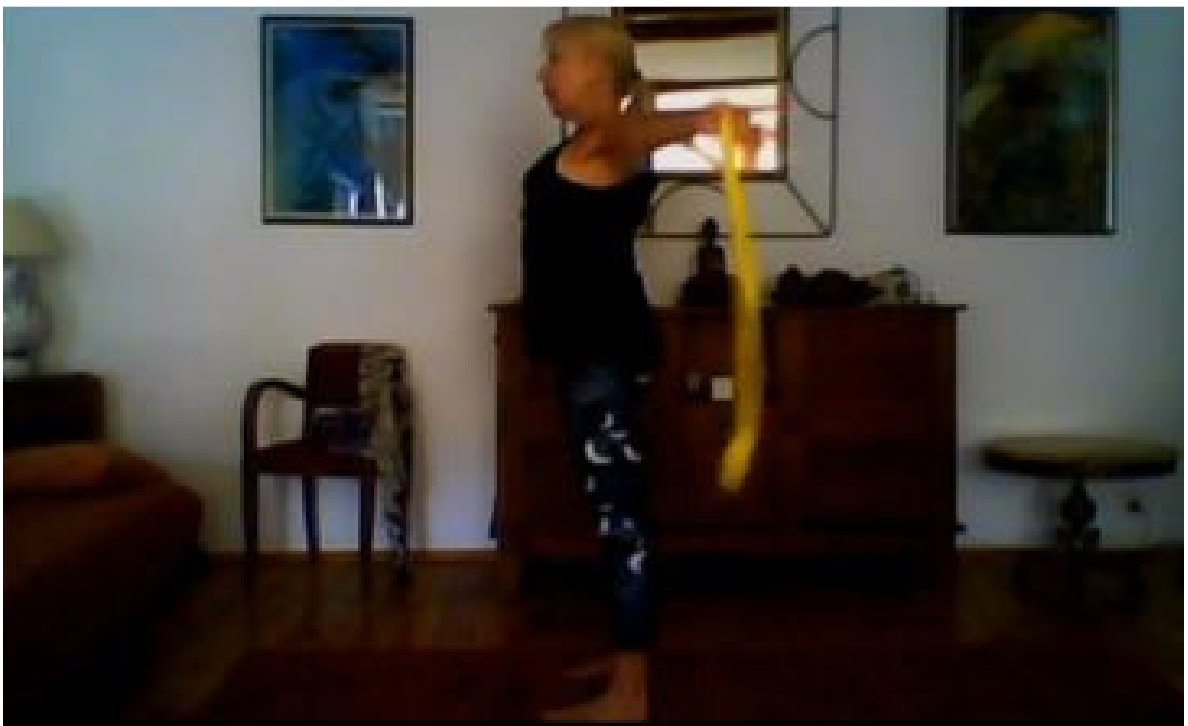
Now take your hand out to the side.
Lifting your arm outwards at a 90 degree
angle and back down again for the count of
10 repetitions working your shoulders.



Keeping the tension on the band.

Swapping sides for 10 repetitions.

Now release the band from under your feet.



Hold the band between your two hands out in front of you, feeling the tension.



Take a breath in.

Feeling the tension in the band.

Lift your arms above your head. (Keeping your back straight).

Bring forward, bringing your arms down in front of you.

Bring your arms back behind you. Opening the chest. Working the shoulders.

Doing this for 10 repetitions.



If you are somewhere where you can't get hold of an elastic, you can use a tie, a belt or something similar.

It doesn't stretch, but it can still help you with that workout.



Spine Twist



Hold the band in front of you with both arms out at 90 degrees from the floor.



Hold the band in front of you with both arms out at 90 degrees from the floor.

Twist from your waist to the right, as you move around, keeping the tension on the belt.

Twist from your waist to the left, keeping the tension.

Do this for a count of 10 repetitions either side.

If you have shoulder issues you can work the rotator cuff muscles.



Rotator Cuff Muscles



Standing tall.

Tuck your elbows into your side.



Holding your arms at right angles in front of
you.

Feeling the tension in the elastic between
your hands.

Pull your arms away from each other, while
keeping your elbows tucked into your waist.

Do 10 of these repetitions.



Hamstring Stretch



Lay down on the mat.

Take the elastic around your right foot.



Lay back down on the mat.

Bringing your right leg up to a 90 degree angle. Feeling the stretch on your hamstring.



Slide out the right leg to the ground and feel that stretch even more.



Feel the tension on the elastic, working the adductor (inner leg) and drop your leg down to the side at a 90 degree angle, down towards the floor, as far as you are comfortable.



Bring your leg back up and stretch your leg to the other side of your body, as you breathe out.



Come back to original position. Change legs.

Stretch the left leg back and slide out your right leg.

Pull back, stretch. Hold the elastic in the left hand.

Take your leg to the left.

You can do a little right, left brain balancing by turning your head to one side and then change, turn the head to the other side and stretch your hip.

Come back to laying on the mat.



Double Hamstring Stretch



Put both legs through the band.

Lift both legs.



Pull both legs towards your head and feel a beautiful stretch.

Moving your legs away from you and towards you in a pumping action for the count of 10.

This is a great short, simple workout that you can do anywhere.

If you get a chance, give it a go.

This Ebook is a collaboration between Jill Healy-Quintard, Yoga Teacher at bodyandbalance & Global Healing Exchange

