



# Movement As Medicine

Created by Riki Bryan and Hard Boiled NYC

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## Hindu Squat

A more flowing and therapeutic / restorative squat - dip into the squat allowing your heels to come up off the ground and driving with the balls of your feet, and landing at the top with your heels. Maintaining a flat back with your eyes forward, swing your arms in sync as to gesture pulling the air into your lungs as you go into the squat and swing forward as to let the air go.

## Windmill

Press your fist into the air overhead as if holding a weight (kettlebell perhaps?) and rotate the feet 45 degrees in the opposite direction. Push the hip out in the direction of the working arm and use the opposite arm to guide your shoulder on the inside of your leg as you lower your torso towards the floor. Keep your eyes on the arm extended overhead, and with an exhale come back up to the standing position. Keep your core engaged, your legs locked and put emphasis on the spinal rotation.

## Hindu Push-Up

Start in a downward dog position. Keeping your elbows in, dive your nose, forearms and elbows close to the ground without touching and glide in between the hands, pushing the torso up into an upward facing dog. Rock on the balls of your feet while pushing your but up towards the sky to return to the starting position. \*to add intensity, push back through the motion from upward dog to down dog - forward/reverse

## Flamingo

Basically a single leg dead lift. With a neutral spine, unlock the knee of the working leg and fold at your hips, lowering your torso towards the ground. Keep the non-working leg extended behind you, and the foot parallel with your head. Try to isolate your hamstrings, glutes and core. Slow and controlled breathing to keep your balance steady, and return to the starting position. Try holding a towel out front as if it were a barbell. Some prefer to counter balance using only one arm, if adding weight (db/kb).

## Table Maker

Sit on the ground with legs extended in front of you and press palms into the floor by your hips, with fingers facing forward. Lift hips up off the ground and bend your knees slightly, putting the weight in your heels. Activate your glutes and drive the soles of your feet into the ground bringing your hips all the way up until your torso is flat like a table top, with your eyes looking at the wall behind you. Exhale as you come back down to the starting position.

## Placebo Pull Up

(gym towel needed) Lying face down on the floor, with your toes pressed into the floor and your knees up off the ground, take your towel in both hands, and fully extend your arms forward. (think hanging from a pull up bar, but horizontally.) Activate your lower back to raise the towel up off the ground, and simultaneously pull the towel apart like you are trying to rip it, then bring it down towards your chin, roll your fists down to isolate your forearms, then roll back it up and press back to the starting position. Maintain zero slack in towel the entire time.

## Technical Stand-Up

Beginning in the standing position, hinge forward and plant one hand in between your two feet forming a triangle / tripod formation. Kick the same foot as the planted hand in the opposite direction while pivoting on the balls of your planted foot, and lower your hip towards the ground, then reverse the movement, rotating back up into three point stance, then stand. Now alternate sides.

## Inchworm

From a standing position, hinge forward until your hands (palms) are on top of your feet. Walk your hands out until you naturally end up in a planking position, then keep walking the hands as far forward as you can while keeping your body off of the ground, then walk them all the way back up to your hands. If you can get your arms fully extended, past the plank position - this is perfection.

## Archer Squat

Stand in a wide stance. Pivot on the heel of your non-working leg, while lowering into a squat, supported by the opposite leg, then come back up with an exhale. Alternate sides. Think of the non-working leg as a balancing stick.