

PRIMAL 7 FOUNDATIONS

Week 1: Alignment

For week one, complete this session every day from Monday through Friday. You will be **holding the end position** of each exercise for time, bringing awareness to what correct posture feels like in each pose. To get started, **set your band below the middle of your shin, lock your rings, and slide the safety covers up.**

Video links for more information:



<http://bit.ly/p7foundations1>

If you want to study up on each move before getting started.



<http://bit.ly/p7foundations2>

If you want to follow along with someone as you exercise.



<http://bit.ly/2fGh10H>

If you need help remembering how to lock the rings.



PREPARATION

2 ROUNDS

T-Spine Twist (L/R)	10 secs
Deep Squat	20 secs
Hamstring Stretch (L/R)	10 secs
Shoulder Stretch	20 secs



TRAINING

1 ROUND

Low Row	20 secs
Lunge (L/R)	10 secs
Single-Leg Stand (L/R)	10 secs
Pushup	20 secs



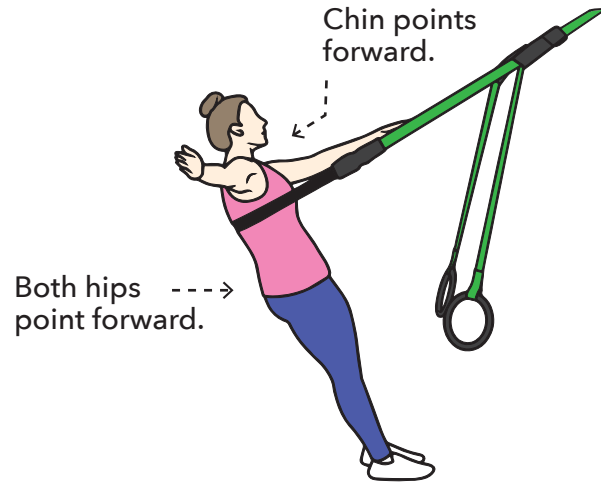
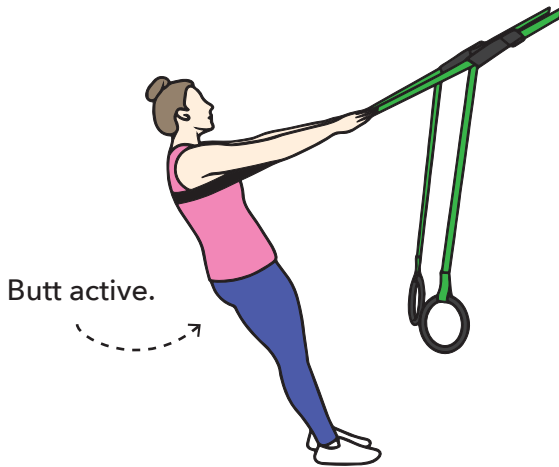
RESTORATION

1 ROUND

Forward Fold	5 breaths
Backbend	5 breaths
Lay Flat	5 breaths

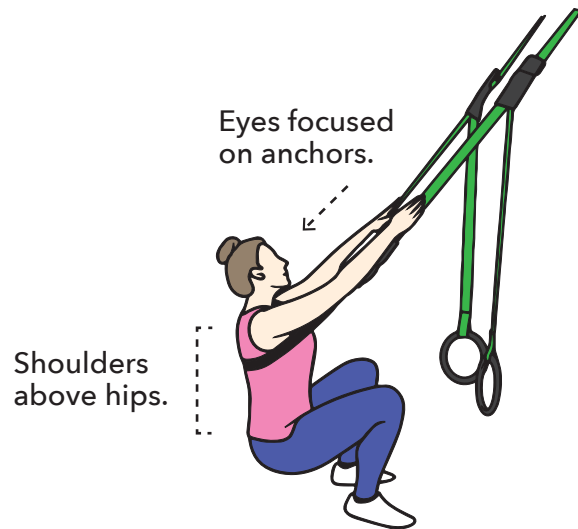
T-SPINE TWIST

10 SECS (L/R)



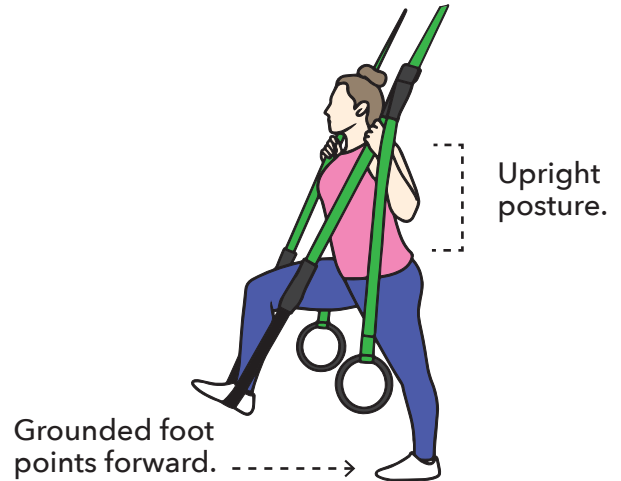
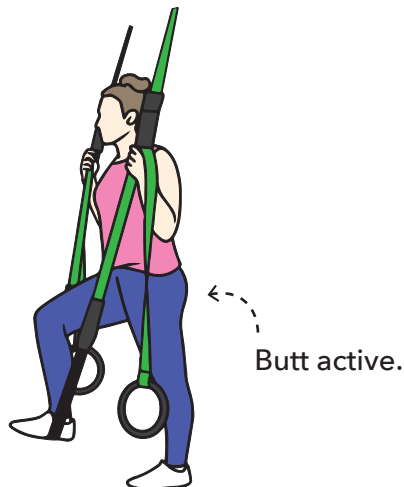
DEEP SQUAT

20 SECS



HAMSTRING STRETCH

10 SECS (L/R)

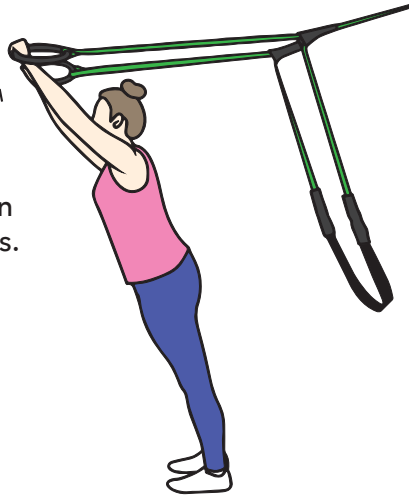


SHOULDER STRETCH

20 SECS

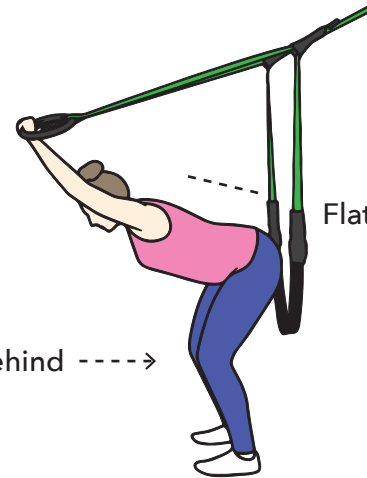


Push down with palms.



Flat back.

Knees behind toes.



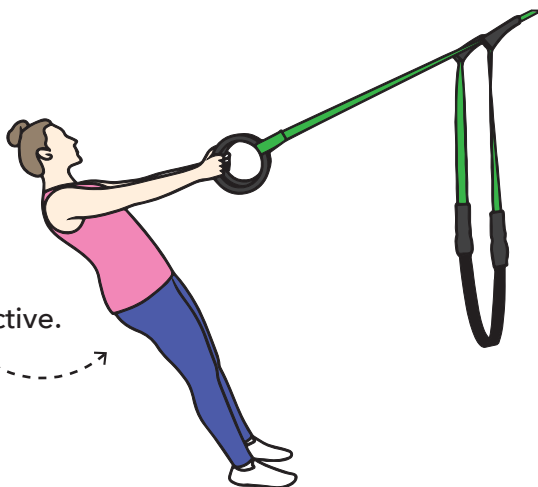
After two rounds of preparation, you're ready for training.

LOW ROW

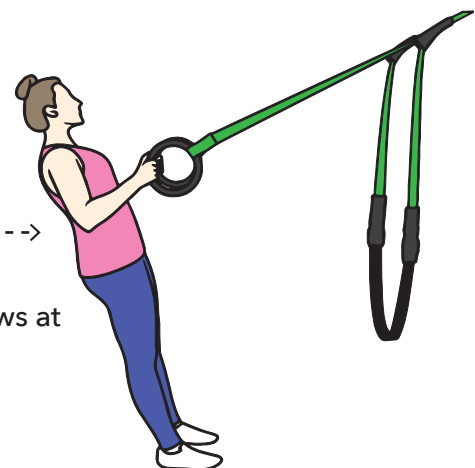
20 SECS



Butt active.

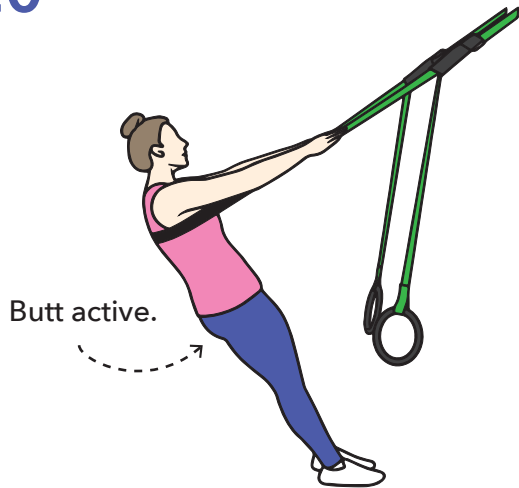


Elbows at ribs.

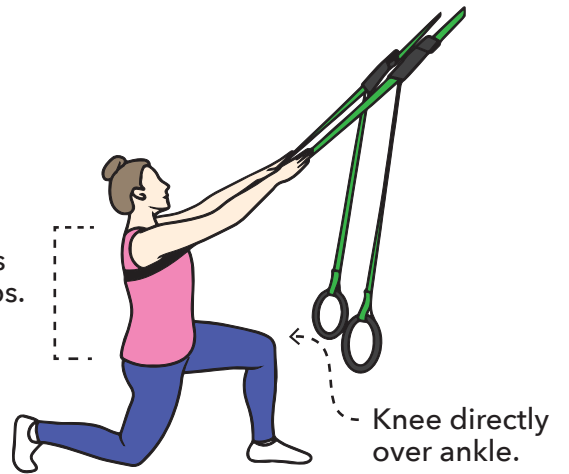


LUNGE

20 SECS

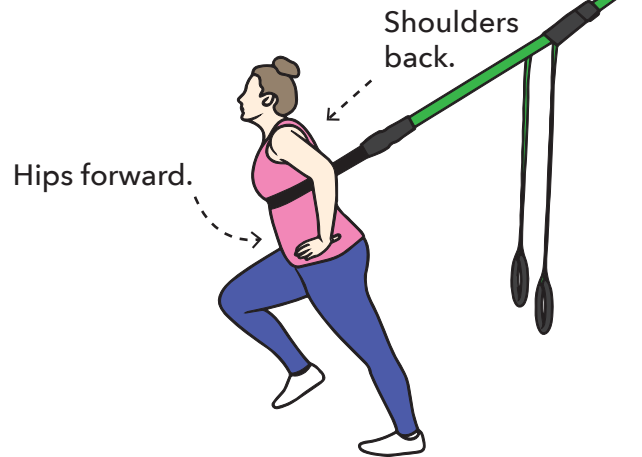
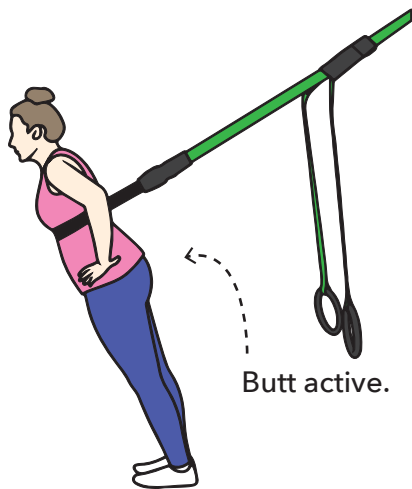


Shoulders above hips.



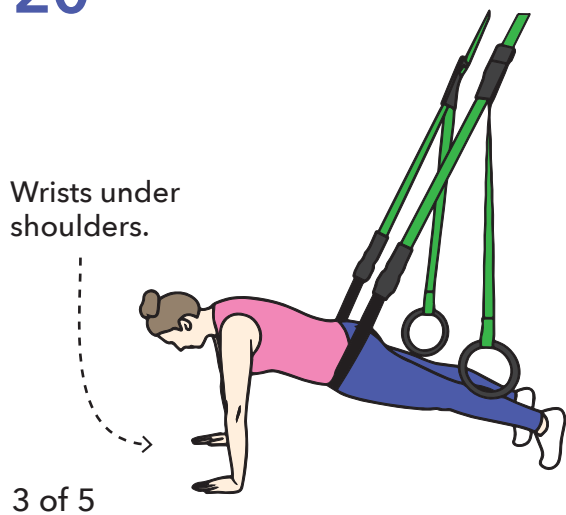
SINGLE-LEG STAND

10 SECS (L/R)

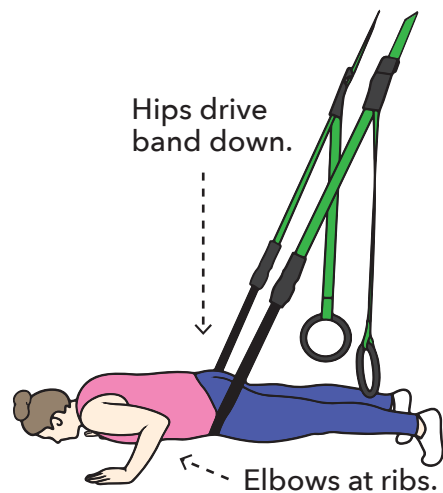


PUSHUP

20 SECS



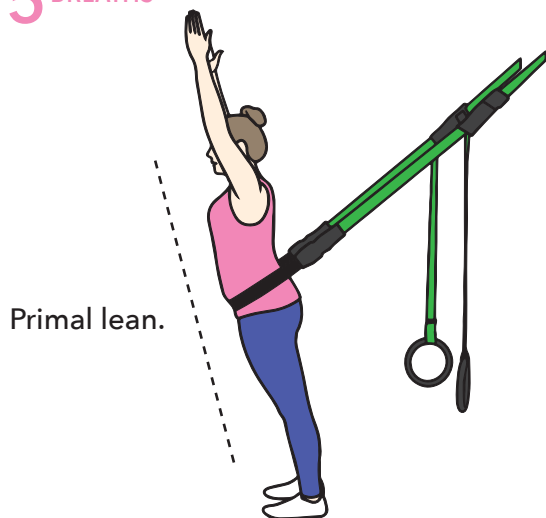
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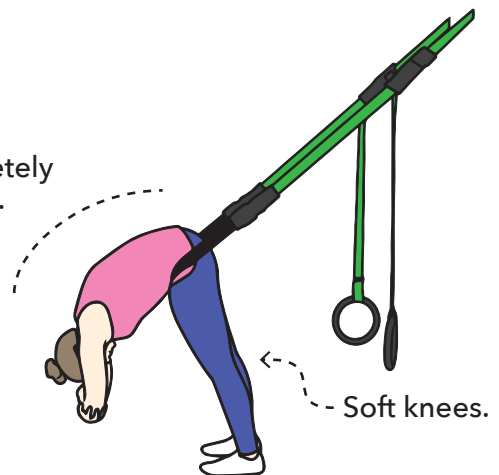
After one round of training,
it's time for some restoration.

FORWARD FOLD

5 BREATHS

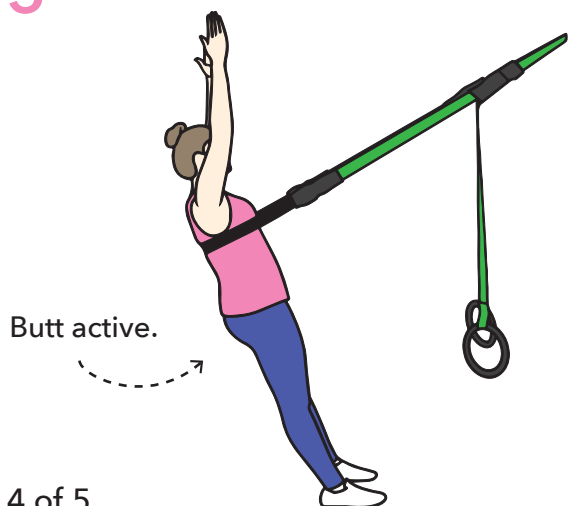


Completely relaxed.



STANDING BACKBEND

5 BREATHS

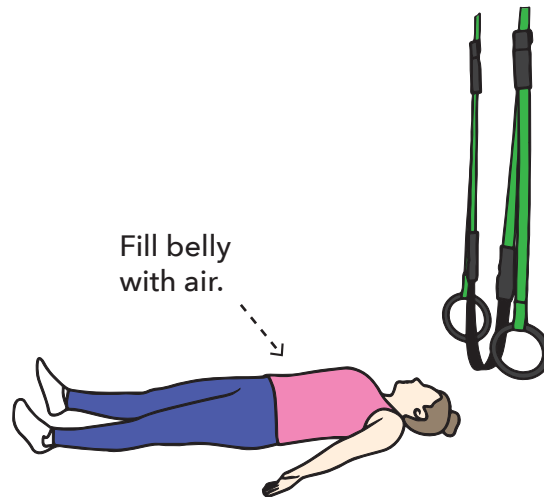


Arms stop at ears.



LAY FLAT

5 BREATHS



Congratulations!
You're all done.

Complete this session each weekday, for one full week.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY