

PRIMAL 7 FOUNDATIONS

Week 2: Balance

For week two, complete this session every day from Monday through Friday. You will now be **moving between the start and end positions** of each exercise, practicing controlled movement and balance. The **setup is the same as week one** with the band below the middle of your shin, rings locked, and safety covers up.

Video links for more information:



<http://bit.ly/p7foundations3>

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



<http://bit.ly/p7foundations4>

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)	5 reps
Deep Squat	5 reps
Hamstring Stretch ^(L/R)	5 reps
Shoulder Stretch	5 breaths



TRAINING

2 ROUNDS

Low Row	5 reps
Lunge ^(L/R)	5 reps
March ^(L/R)	5 reps
Pushup	5 reps



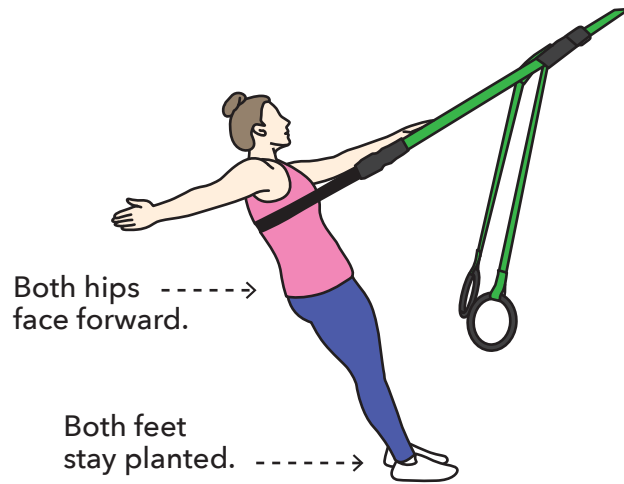
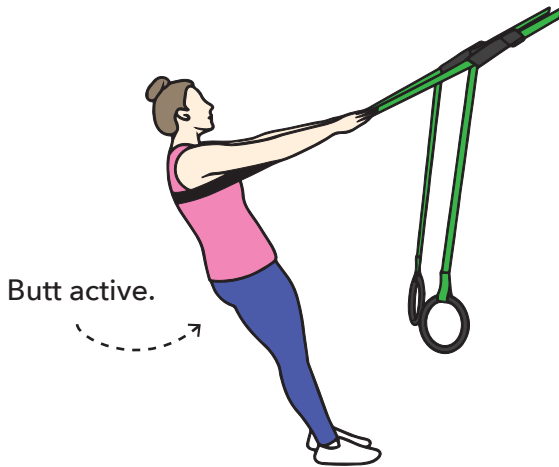
RESTORATION

2 ROUNDS

High-Twist Fold ^(L/R)	5 breaths
Backbend	5 breaths
Knee Tuck	10 breaths

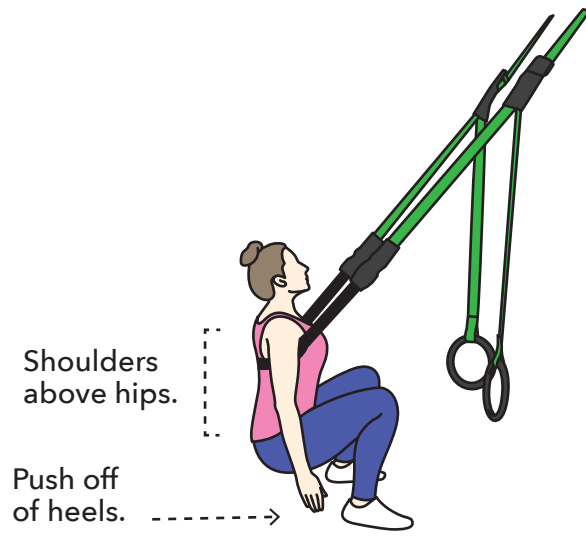
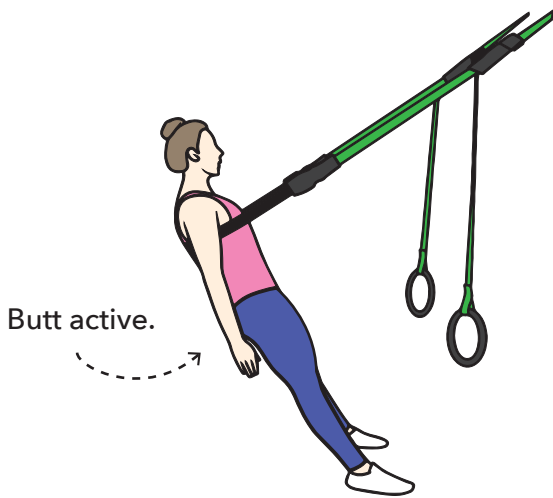
T-SPINE TWIST

5 REPS (L/R)



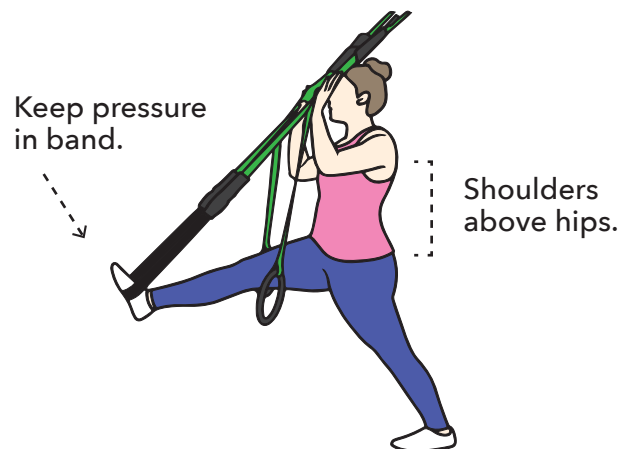
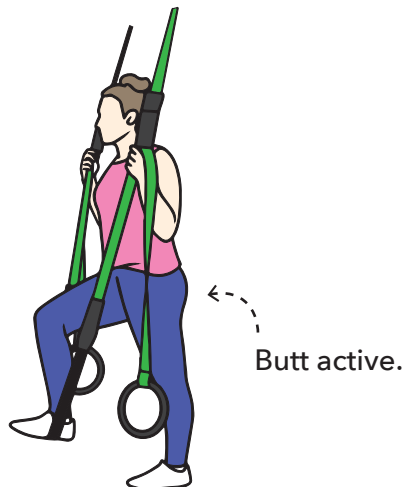
DEEP SQUAT

5 REPS



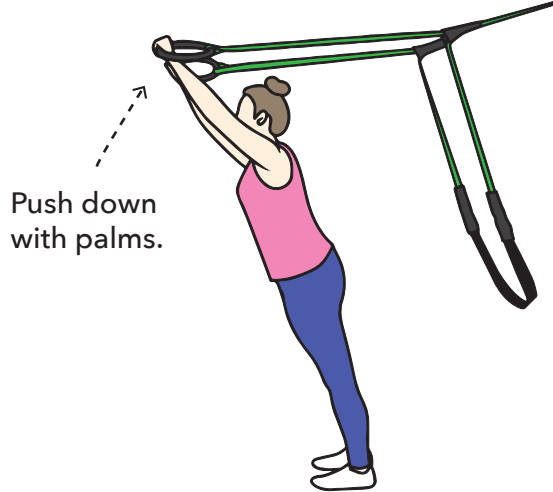
HAMSTRING STRETCH

5 REPS (L/R)



SHOULDER STRETCH

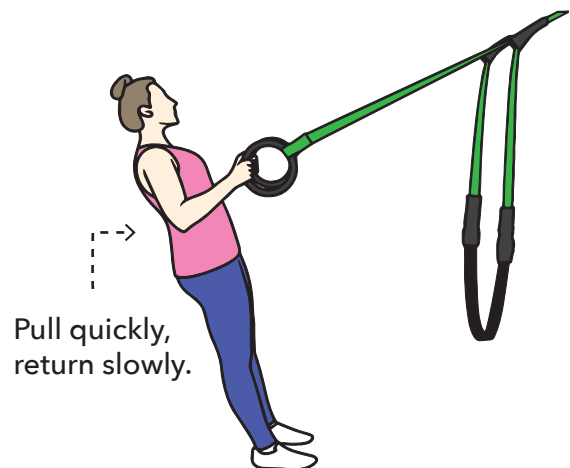
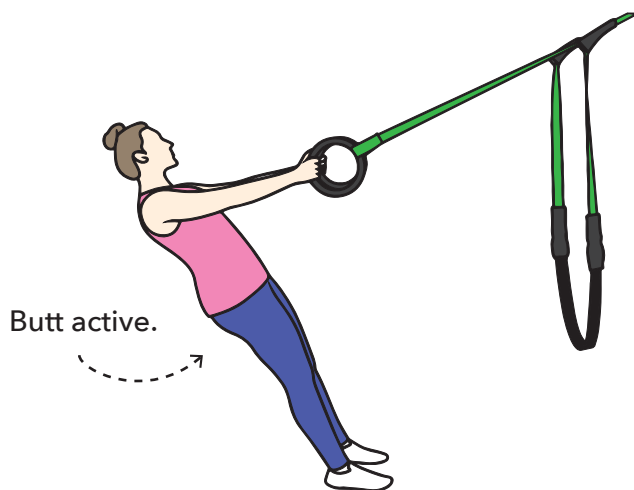
5 BREATHS



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

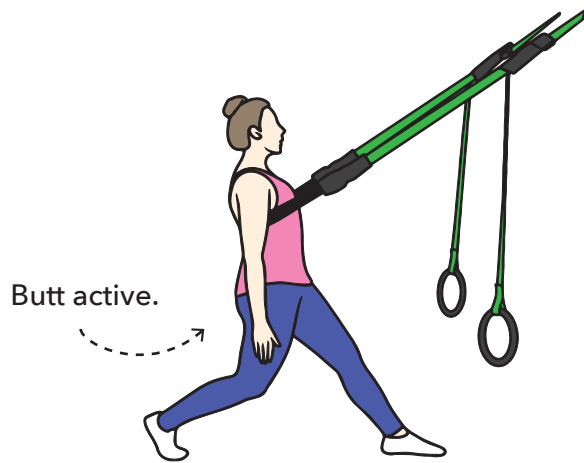
LOW ROW

5 REPS

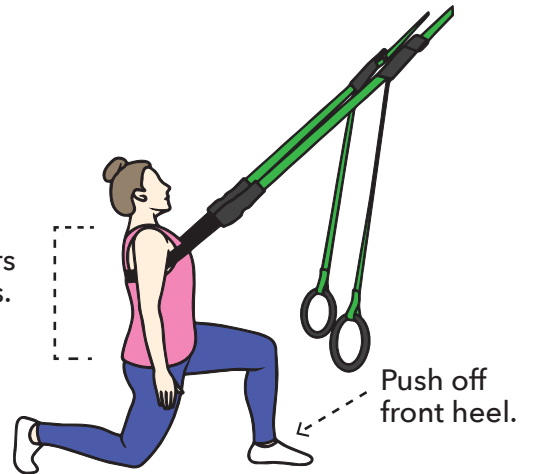


LUNGE

5 REPS (L/R)

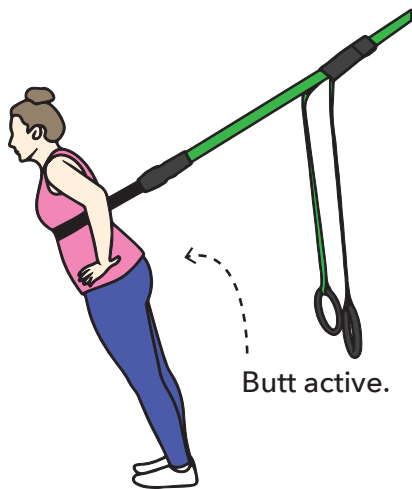


Shoulders over hips.

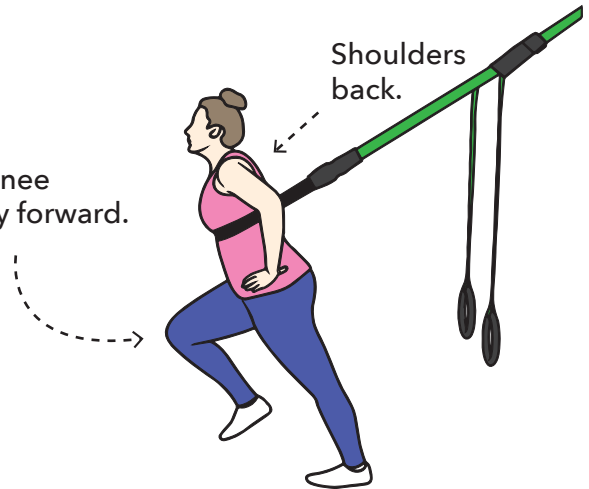


MARCH

5 REPS (L/R)



Push knee slightly forward.

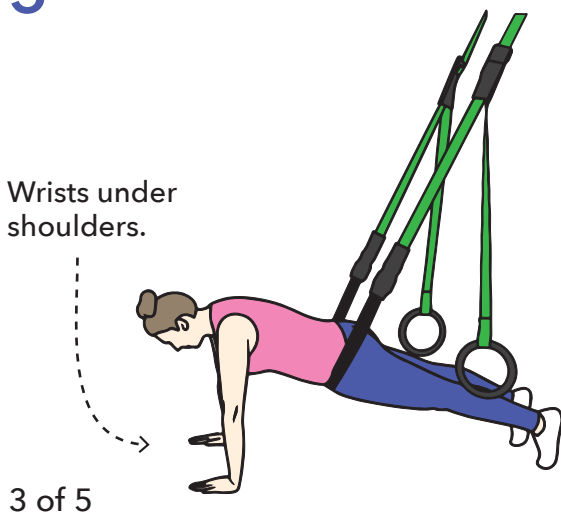


PUSHUP

5 REPS

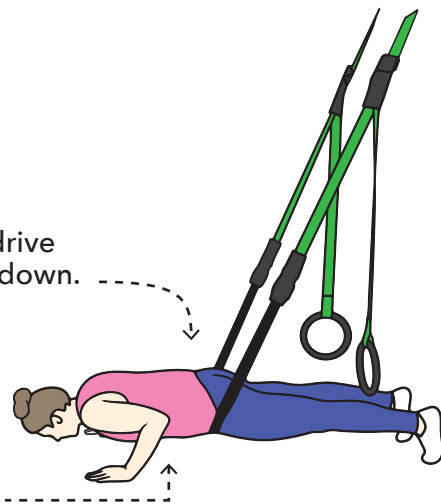


Wrists under shoulders.



Hips drive band down.

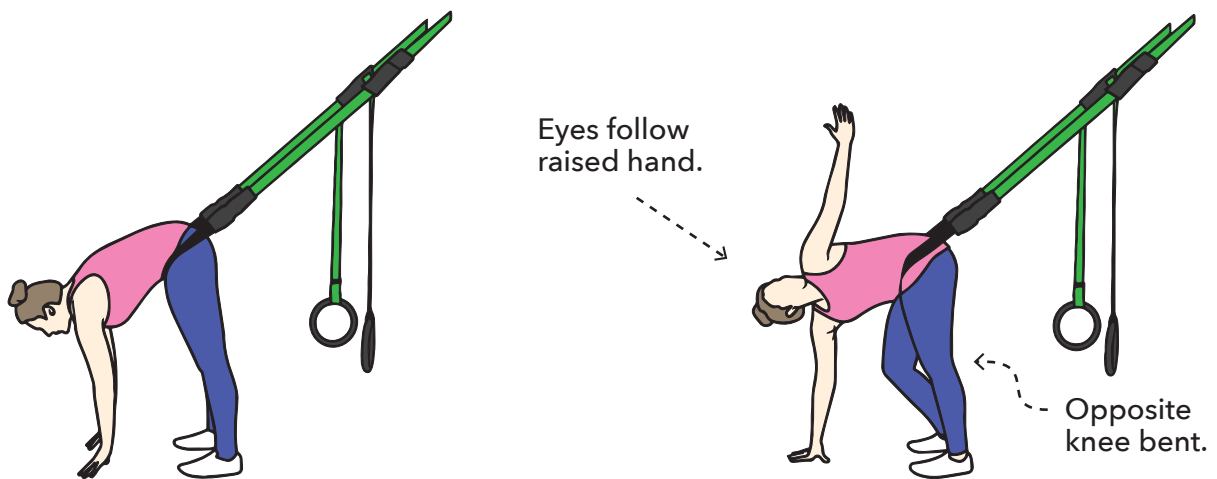
Keep elbows tucked at ribs.



After two rounds of training,
it's time for some restoration.

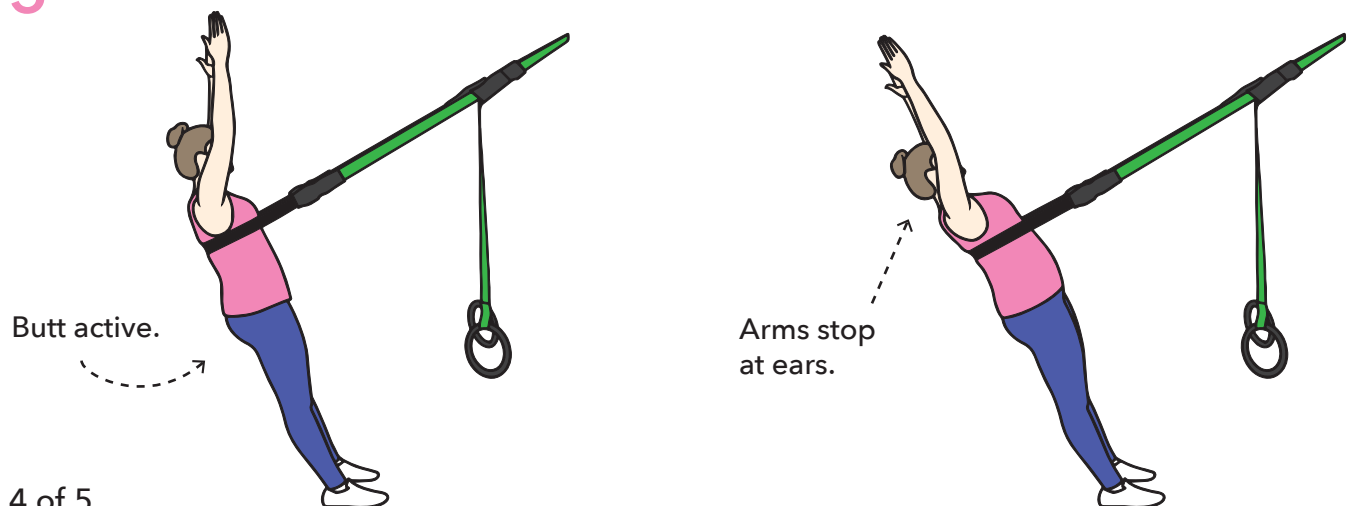
HIGH-TWIST FOLD

5 REPS (L/R)



STANDING BACKBEND

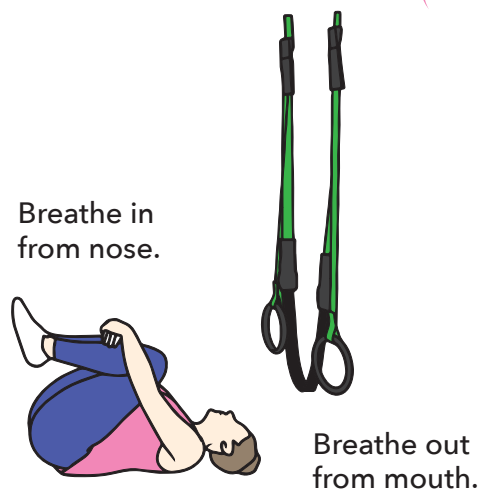
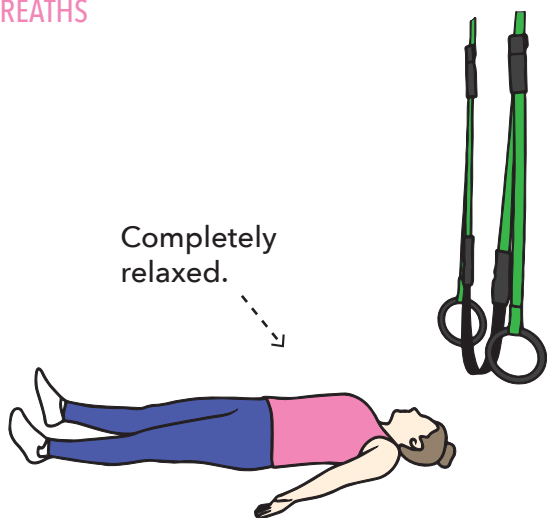
5 REPS



After two rounds of restoration,
close out with a knee tuck.

KNEE TUCK

10 BREATHS



Complete this session each weekday, for one full week.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY