

Romans 12:1:2

Warm-up Overview

1

1. *Therefore I urge you, brethren,*
2. *by the mercies of God,*
3. *to present your bodies a living and holy sacrifice,*
4. *acceptable to God,*
5. *which is your spiritual service of worship.*
6. *And do not be conformed to this world,*
7. *but be transformed*
8. *by the renewing of your mind,*

NOTE: There is enough choreography in these routines to keep your class fresh for months! Use small parts in each section then add more on as you and your participants are comfortable.

1. Stability							
1	2	3	4	5	6	7	8
				Forward foot moves to top position in all levels.			
2. Strength							
		Palms up					
				Lev. 2: The transition is the Shoulder stability exercise; remain on one hand while rotating the top shoulder down into square position.			
3. Flexibility							
Begin transitions on ball(s) of foot.							
				Lev. 3: The shoulder stability exercise transition is the focus of the exercise instead of the usual static position..			

Warm-up Overview P. 2

Next Sequence:

- 9. So that you may prove what the will of God is,
- 10. that which is good
- 11. and acceptable
- 12. and perfect.

1. <u>Stability</u>						
9	10.		11.		12.	
2. <u>Strength</u>						
3. <u>Flexibility</u>						

Ending

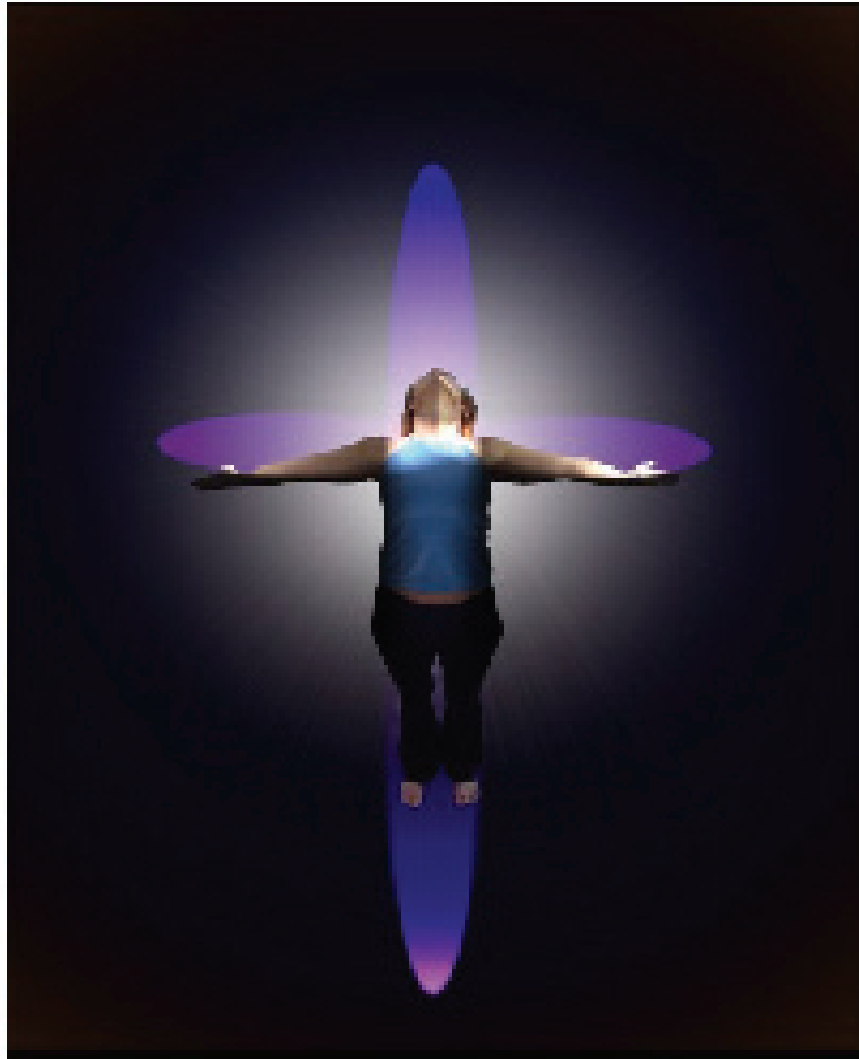
- 1. For from Him
- 2. and through Him
- 3. and to Him are all things.
- 4. To Him be the glory forever.
- 5. Amen.

<u>Level 1</u>					
1.		2.	3.	4.	5.
				Sitting on heels may be uncomfortable for some people	
<u>Level 2</u>					
				Transition slowly, forehead touches first	
<u>Level 3</u>					

STANDING

This standing section continues the theme of presenting our bodies to the Lord.

*Present your bodies a
living sacrifice, holy and
acceptable to God, which
is your spiritual service of
worship.*



Galatians 2:20

**I have been crucified with Christ;
And it is not longer I who live But Christ live in me;
And the life which I now live in the flesh I live by faith
in the Son of God Who loved me And gave Himself up for me.**

Galatians 2:20 Standing Version



I have been crucified with Christ;



And it is not longer I who live



But Christ live in me;



And the life which I now live in the flesh



I live by faith in the Son of God Who loved me


















And gave Himself up for me.

Present your bodies a living sacrifice, holy and acceptable to God, which is your spiritual service of worship.

Galatians 2:20 Kneeling Version

- 1. I have been crucified with Christ;**
- 2. And it is no longer I who live**
- 3. But Christ lives in me;**
- 4. And the life which I now live in the flesh**
- 5. I live by faith in the Son of God,**
- 6. Who loved me and gave Himself up for me.**

Add on Method:
 1 & 2/ repeat
 1, 2 add #3
 3, 4, 5 / repeat
 Add #6
 4, 5, 6/ repeat

1	2	3	4	5	6
<u>1. Stability</u>					
					
<u>2. Strength</u>			Draw your own level 2's here for #4,5,6		
					
<u>3. Flexibility</u>					
					

Living the Word

What it's saying in general:

What it's saying to me:

I will apply it:

How? On what basis? On the basis of **THE PROMISE:**

WHAT PROMISE(S) CAN YOU PRAY?

THE PROMISE:

Orientation regarding the following pages:

Description: *special notes, transitions and distinctions only. Does not include cueing. Get cueing terminology from seminar or DVD. Write your own cues in the lines provided to the right of each pose.*

Purpose: what this exercise is intended to accomplish, the benefit Use this to determine modifications above level 3 or below level 1 that are safe and effective according to purpose.

Major muscle /groups: The muscles we will concentrate on most in teaching. They will usually be the one(s) associated with muscular strengthening not flexibility. Strengthening will either be accomplished concentrically or eccentrically. The muscle focus may NOT necessarily be on the prime mover because prime movers are most useful for conventional exercise and are usually only assigned to the concentric contraction.

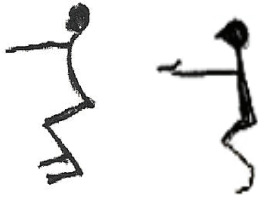
Description: Anatomical description of the position that key joints are in. Does NOT refer to the muscular force applied to the joint unless stated. It refers to the positions of the bones because of the bend or lack of bend in the joint in the STATIC position. Does NOT refer to the transition in or out of the position.

FOR MORE DETAIL SEE PREVIOUS ROUTINE NOTES

ONLY NEW POSES WILL BE DETAILED

Warm-up Details

1. I urge you brethren,



2. By the mercies of God,



To present your bodies a living and holy sacrifice



4. acceptable to God

5. Which is your spiritual service of worship.



6. And do not be conformed to this world.

7. But be transformed



Description: horizontal abduction of supporting arm under full body weight, spinal extension, no spinal flexion or lateral spinal flexion.

1. **Belt of Truth on “toes”**

Key: Roll up on ball of foot one at a time.

Purpose: Thigh strength, balance, calf strength

Major muscle /groups: Erector spinae, esp. thoracic back muscles, lats pull shoulders down, gluteus maximus, quads

Description: shoulders flexed, back super extended, hips flexed, knees flexed

2. **Breastplate on the “toes”**

Eliminate arch in back to balance on the balls of the feet

Purpose: balance, calf muscles development

Major muscle /groups: Gastrocnemius bends knees and plantar flexes, Soleus (solely) plantar flexes

Description: body in extension with plantar flexion, shoulders flexed

3. **Cross Balance on Toes**

Purpose: balance, calf muscles development

Major muscle /groups: Gastrocnemius bends knees and plantar flexes, Soleus (solely) plantar flexes

Description: body in extension with plantar flexion, shoulders flexed, one hip flexed

4. **Overcomer**

5. **Prayer Runner’s**

Lunging stretch transition

Purpose: Stretch hip flexors, quadriceps, calves, lower back

Major muscle /groups: Quads front leg concentric, hipflexors, quads, gastroc, soleus of back leg eccentric

6. **Side Shield variation**

Kinetic part: Transition from #5 to #6 is part of the exercise: fwd leg moves to top position

7. **Shoulder Stability Exercise**

Kinetic part: The transition from #6 to #7 is the focus of the exercise. Level 3 progresses to 1-arm Shield.

Purpose: strengthen the shoulder girdle through multi-joint movement using the overload of body weight & gravity.

Core stability

Major muscle /groups: all shoulder girdle, torso and back muscles, core. Esp. rotator cuff muscles: “SITS” Supraspinatus, infraspinatus, teres minor, subscapularis

Cueing

1. Belt Balance

2. Breastplate Balance

3. Cross balance from Balls of foot

4. Overcomer & 5. Prayer Runner lunging stretch transition

6. Side Shield variation & 7. Shoulder stability exercise into Shield, Helmet

8. By the renewing of your mind

8. **Helmet**
NEW: Transition directly from Shield into Helmet omitting Fire Extinguisher

9. So that you may prove what the will of God is,

9. **Yadah**

RETURN TO BEGINNING OR GO ON TO NEXT PART

10. That which is good

#10-12 Kinetic movement of hip/leg into superextension/flexion alternating 3X

10. **Shield with Sword Drills**
Sword Drill: from flexed hip position, lift the "sword" (straight leg) in one kinetic, concentric (super) extension, then return to flexed hip

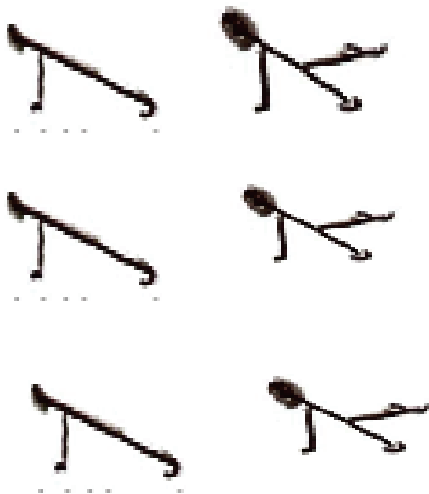
11. And acceptable

Purpose: strengthen gluteals, hamstrings, back, shoulders, arms

12. And perfect

Major muscle /groups: gluteus maximus, hamstrings of kinetic leg (Note: Pilates uses "kinetic- concentric phasing". Yoga uses static eccentric muscular work primarily.)

Description: _____



11. Repeat Sword Drill (above)

12. Repeat Sword Drill

RETURN TO BEGINNING OR GO ON TO ENDING

Warm up Ending

1. For from Him
2. And through Him
3. And to Him are all things.
4. To Him be the glory forever. Amen



Some knees may not be supple enough to do the “Jesus My Hero” pose



Transition: you are coming out of the last Sword Drill

1. **Fire Extinguisher**
2. **Helmet**
Add a “limbo” action to act out the word, “through”
3. **Yadah or Selah**
4. **Worship: Yadah, Jesus, my Hero, Selah**
Kneeling Breastplate into Selah: kinetic flow series

Purpose: worship

Major muscle /groups: Knees and ankles are becoming supple, heart opening as upper back able to contract strongly, pectorals stretching out, shoulders getting more flexion

Description: Level 3: From Yadah, sit on legs with knees and hips flexed, feet plantar flexed, super extend the back strongly (arch), abduct arms in coronal plane till up over head, prayer hands, face to the Rising Sun. (May choose a dancers’ “body wave” to get into this position)

Keeping sitz bones on heels, flex at hips, till forehead rests on floor FIRST, then finger tips in prayer position

Standing: Galatians 2:20

I

- | | |
|---|---|
| <ol style="list-style-type: none"> 1. have been crucified with Christ 2. And it is no longer I who live 3. But Christ lives in me 4. And the life which I now live in the flesh 5. I live by faith in the Son of God, 6. Who loved me and gave himself up for me. | <ol style="list-style-type: none"> 1. Overcomer side stance 2. Overcomer side stance extended 3. Kneeling Rainbow 4. Kneeling Gift 5. Kneeling Gift Revolved 6. Kneeling Prayer |
|---|---|

Cueing

1. Fire Extinguisher

2. Helmet

3. Yadah (or Selah)

4. Worship flow Series: Yadah, “Jesus, My Hero”, Selah

Standing: Galatians 2:20

Balance



Transition: you are coming out of Kneeling Prayer position.

Eagle workup: Kneeling Twist on “Toes”

The basis of this exercise is the “Eagle” balance which we will learn in the next routine. Then the routine after that, we will add this twist and an arm pressure balance to the “Eagle”.

Level one works on their ability to kneel only.

Level two adds the twist.

Level three adds the toe balance to the twist

Purpose: Balance, calve muscles, spinal suppleness, stretch outside of hips, internal organ oxygenation

Major muscle /groups: Knees and ankles are becoming supple, obliques, transverse abdominus

Description: _____

Cueing

Balance: Kneeling twist on toes

Matwork p. 1

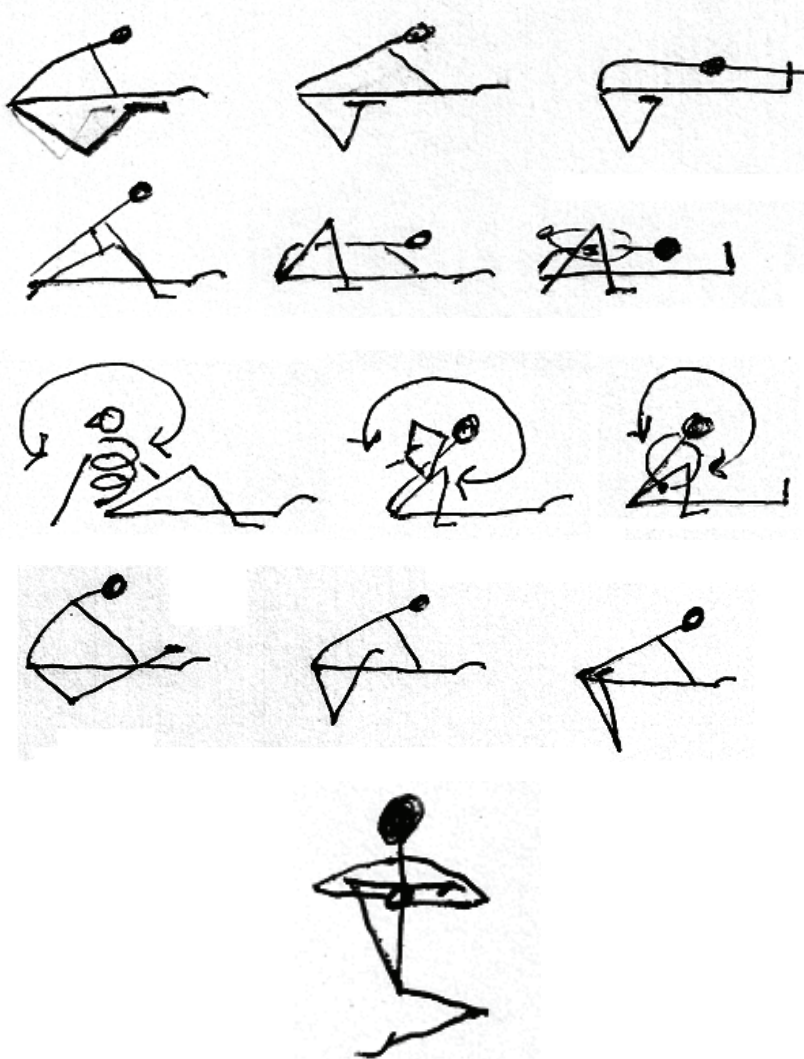
Transition: Use a universal transition like Yadah or Selah, or do a portion of the Warmup flow that gets you to your universal transition.

Use shoot throughs as “core” work or do some Boats.

Out of Yadah, Come to seated position by “Shooting through” or “Side Saddling” around.

1. 1. Seated Inverted Runner’s Stretch Series

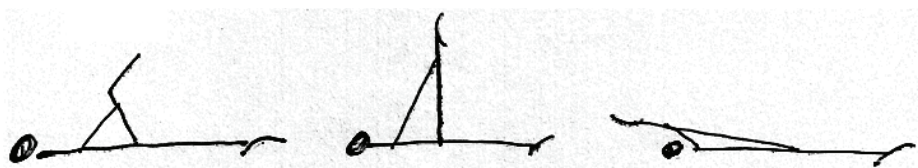
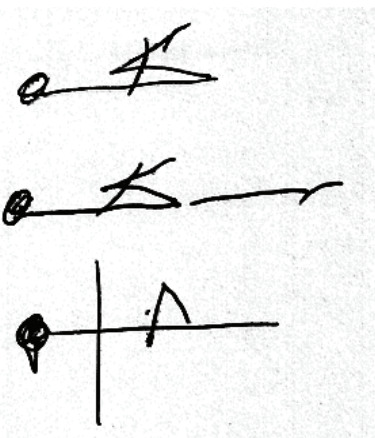
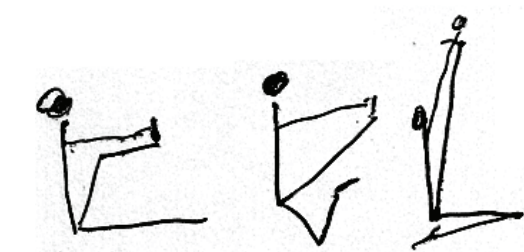
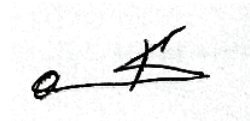
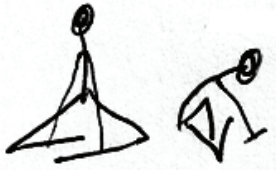
Purpose/ Muscles: Open hips and stretch hamstrings, counter lower back fatigue



Lay back and
“Thread the
needle”

Matwork P.2

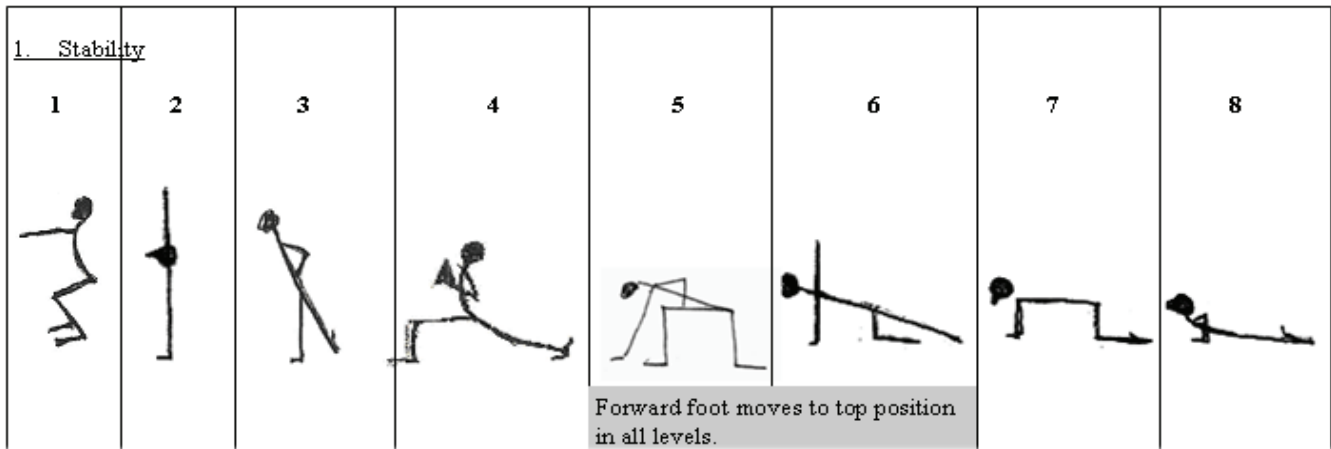
Continued Hurdler's Series



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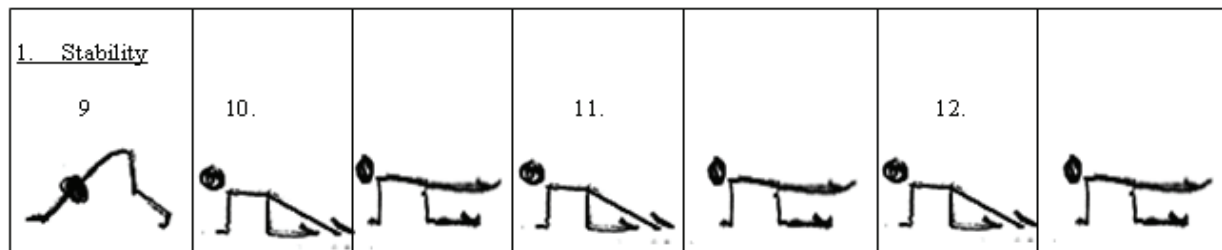
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Next Sequence:

9. *So that you may prove what the will of God is,*
10. *that which is good*
11. *and acceptable*
12. *and perfect.*



Ending

1. *For from Him*
2. *and through Him*
3. *and to Him are all things.*
4. *To Him be the glory forever.*
5. *Amen.*

