

JOYful JOYnts

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Highlighted exercises were covered during the 2020 IHH Well Being Fest.

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NOTES:

Feet and Ankles

Seated

Toe Taps and Circles up to 2 minutes

Heel Taps and Circles up to 2 minutes

Arch lifts 10 repetitions

Big Toe Sideways 10 repetitions

Standing

Ankle Tilts - outside 5-6 repetitions

Ankle Tilts - inside 5-6 repetitions

Toe Pulls - middle 5-6 repetitions

Toe Pulls - Big toe 5-6 repetitions

Toe Pulls - Pinky toe 5-6 repetitions

Arch lifts 10 repetitions

Plie' and Releve' up to 50 repetitions

Energetic

Cleanse SOLE of foot

Circle SOLE cw/ccw 12 each direction

Flex and point SOLE 12 repetitions

Lying on Back

Feet up the wall

Flex and Point up to 20 repetitions

NOTES:

| KNEES | SEATED | STRAIGHT LEG AND RELEASE | HOLD UP TO 30 SECONDS | |
|-------------------------|------------------------|----------------------------|--------------------------|-----------------|
| | Standing | Feet together knee circles | 12 to R and L | |
| Hips and Pelvis | Seated | Rock forward and back | for awareness | |
| | | Rock side to side | for awareness | |
| | | Squeeze sitz bones | hold up to 30 seconds | |
| | | Isometric thigh press | 30 seconds each leg | |
| | | Isometric abduction | 30 second hold | |
| | | Isometric adduction | 30 second hold | |
| | | Internal rotation | up to 30 seconds | |
| | | 4 stretch | resist and release | |
| | | Standing | Single leg circles front | 5-6 repetitions |
| | | | Single leg circles side | 5-6 repetitions |
| Single leg circles back | 5-6 repetitions | | | |
| Semi-squats | up to 100 repetitions | | | |
| Energetic | Feet apart hip circles | 12 to R and L | | |
| Lying on Back | Pelvic Rocks | for awareness | | |
| | Hip Stirrers | for awareness | | |
| | S/I Joint Release | 30 second holds | | |
| | Internal Rotation hold | up to 30 seconds | | |

NOTES:

Email JOYfulJOYnts@gmail.com

for more information

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| | | | |
|---------------------------|---------------------------|---|----------------------------|
| Ribcage (Thoracic) | Seated or Standing | Breath Practice Blow out Candles | 7-2-7-2 3 times |
| | | Rotations | 12 to R and L |
| | | Heart Open/Close | 12 front and back |
| Shoulders/Arms | Seated or Standing | Collarbone Circles | 12 forward and back |
| | | Arm Circles | 12 front and back |
| | | Lift and Release | 12 repetitions |
| | | Palm Circles | 12 cw/ccw |
| | | Hands open and close | 12 repetitions |
| Neck/Head | Seated or Standing | Chicken Neck | 12 repetitions |
| | | Turn Head side to side | 12 repetitions |
| | | Turn Head down and up | 12 repetitions |
| | | Tilt Head side to side | 12 repetitions |
| Eyes | Lying/Seated/ Standing | Pencil Push ups | 5-6 repetitions |
| | | Circles R and L | 12 repetitions |
| | | Single Eye Practice | 3-5 repetitions |
| | | Twinkle Fingers Peripheral | 3-5 repetitions |