

# 10 Days to Conquer

# A

# SOMERSAULT

## Day 1

- 1 - RABBIT POSE: SIT ON HEELS, SHINS ON FLOOR. REACH BACK AND GRAB ONTO HEELS. LEAN FORWARD AND REST FOREHEAD ON FLOOR. GENTLY ROLL UP ONTO THE TOP OF THE HEAD AND HOLD FOR 3 BREATHS. REPEAT 3 TIMES.
- 2 - ROCK AND ROLL: LIE ON BACK, HOLDING LEGS BEHIND KNEES. ROCK AND ROLL UP TO SIT AND BACK ONTO BACK 20 TIMES.

## Day 2

- 1 - SQUAT TO STAND: SQUAT LOW, FEET POINTED OUT, WITH ELBOWS ON INSIDE OF KNEES. SLOWLY RISE TO STAND, THEN SLOWLY LOWER BACK INTO SQUAT. REPEAT 10 TIMES.
- 2 - WIDE LEG FORWARD BEND: STAND WITH LEGS WIDE AND BEND FORWARD, HEAD UPSIDE DOWN TOWARD FLOOR, HANDS ON THE FLOOR TO STABILIZE. MAINTAIN POSITION FOR 3 BREATHS.

## Day 3

- 1 - SQUAT PUSH-OFFS: IN STANDING, BEND KNEES SLIGHTLY AND LEAN FORWARD SLOWLY WITH HANDS OUTSTRETCHED. WHEN HANDS TOUCH FLOOR, PUSH OFF AND BACK INTO A SQUAT. REPEAT 10 TIMES.
- 2 - POPCORN POPS: LYING ON BACK, TUCK KNEES AND CURL UP INTO A BALL. HOLD AND COUNT TO 5. POP OUT, EXTENDING WITH ARMS AND LEGS HOVERING OFF THE FLOOR. REPEAT 10 TIMES.

## Day 4

- 1 - ROCK AND ROLL: LIE ON BACK, HOLDING LEGS BEHIND KNEES. ROCK AND ROLL UP TO SIT AND BACK ONTO BACK 20 TIMES.
- 2 - WIDE LEG FORWARD BEND: STAND WITH LEGS WIDE AND BEND FORWARD, HEAD UPSIDE DOWN TOWARD FLOOR. MAINTAIN POSITION FOR 3 BREATHS.

## Day 5

- 1 - ROCK AND ROLL TO STAND: LIE ON BACK, HOLDING LEGS BEHIND KNEES. ROCK AND ROLL UP TO SIT, AND THEN WITH ENOUGH FORCE TO MOVE INTO STANDING. REPEAT 10 TIMES.
- 2 - RABBIT POSE: SIT ON HEELS, SHINS ON FLOOR. REACH BACK AND GRAB ONTO HEELS. LEAN FORWARD AND REST FOREHEAD ON FLOOR. GENTLY ROLL UP ONTO THE TOP OF THE HEAD AND HOLD FOR 3 BREATHS. REPEAT 3 TIMES.

## Day 6

- 1 - SQUAT PUSH-OFFS: IN STANDING, BEND KNEES SLIGHTLY AND LEAN FORWARD SLOWLY WITH HANDS OUTSTRETCHED. WHEN HANDS TOUCH FLOOR, PUSH OFF AND BACK INTO A SQUAT. REPEAT 10 TIMES.
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## Day 7

- 1 - ROCK AND ROLL TO STAND: LIE ON BACK, HOLDING LEGS BEHIND KNEES. ROCK AND ROLL UP TO SIT, AND THEN WITH ENOUGH FORCE TO MOVE INTO STANDING. REPEAT 10 TIMES.
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## Day 8

- 1 - 3 POINT TIP UP: SQUAT LOW WITH HANDS ON FLOOR, ELBOWS ON INSIDE OF KNEES. LEAN FORWARD TO PLACE HEAD ON GROUND IN FRONT OF HANDS. TIP UP TO BALANCE IN A TRIPOD HEADSTAND.
- 2 - TRY A SOMERSAULT DOWN A SMALL HILL (A SMALL GRASSY INCLINE OUTSIDE OR BUILD AN INCLINE WITH PILLOWS).

## Day 9

- 1 - SQUAT PUSH-OFFS: IN STANDING, BEND KNEES SLIGHTLY AND LEAN FORWARD SLOWLY WITH HANDS OUTSTRETCHED. WHEN HANDS TOUCH FLOOR, PUSH OFF AND BACK INTO A SQUAT. REPEAT 10 TIMES.
- 2 - SOMERSAULT WITH ADULT ASSISTANCE 3 TIMES.

## Day 10

- 1 - SOMERSAULT WITH ADULT ASSISTANCE 3 TIMES.
- 2 - TRY IT ON YOUR OWN!

SHARE YOUR SUCCESS  
STORIES!  
#10DAYSTOCONQUER

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