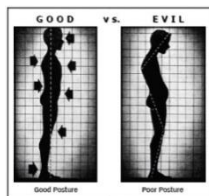



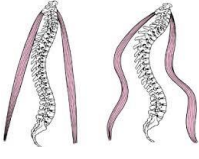
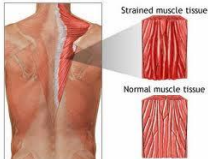


“15 minute Zenergy per day keep the Doctor Away☺”– Maintain Right Posture & Exercise Regularly for Strong Back & Spine

Active back exercises done in a controlled, gradual, progressive manner and regularly help distributing nutrients into the disc space and soft tissues in the back to keep the discs, muscles, ligaments, and joints flexible, strong, balanced, stable and healthy.






Possible Back Pain Causes

Spinal Intervertebral Disc Herniation -> Pressure on Nerve	Degenerative Disc -> Pressure on Nerve	Thicken connective tissues -> less flexibility -> No equal load throughout body	Torn & weak back muscles	Strain muscles & Sprain Ligaments
				

Key principles for Zenergy exercises:

- Posture (Long Spine, Hip over Knee over Ankle, Soft Knee & Elbow, Soft Relax Face (Eyes, Jaw, Lips, Tongue), Relax Shoulders back & away from Ears, Belly button drawn in towards lower back)
- Inhale in deeply via Nose (Diaphragm down hence belly out, Rib cage expand Front, Back & sides) & Exhale out via Nose (Belly in, Rib Cage down)
- Control (Mind – Breathing w/ Movement and Body – Slow Controlled Precise Movement engaging All Muscles)
- Listen to Your Body (Right option, No. Rep, Range of Motion): Burning Muscle Ok/No Pain/Stretch Tight Muscle not Joints

Lengthen spine before arch/bend to enable space between vertebrae (not compressing on disc), keeping belly tight to support lower back

Image	Name	Steps
	Cat & Dog	<p>Pre: Start in “Table Top”, hands under shoulders, knees under hips hip distance, spine natural curve, shoulder blades down to hips. Hands: Fingers spreading wide w/ Index finger straight forward, crease of hands parallel to front mat, 3 weight bearing point (Index, Thumb & Little finger), creating “dome” / Inside arch of the hand</p> <ul style="list-style-type: none"> • Cat - Inhale to lengthen & arch spine, neck lengthen away from shoulders & up, tailbone to ceiling, elbow bend back parallel to spine • Dog - Exhale to lift knees up, tailbone to ceiling, heels down to floor, hands pushing floor away, soft shoulders (arm bones going back in shoulder socket), chest wide open. Repeat 4-8 times
 <p>Option -1: Plank on 2 knees, body straight head to knees Option+1: Plank hold for 3-5 breath</p>	Sphinx to Plank	<p>Pre: Lying in Sphinx on belly, elbows right under shoulders, belly drawn in to lower back, spine lengthen</p> <ul style="list-style-type: none"> • Inhale to lift knee up to plank, strong & engaged long legs, belly, arms, shoulders & neck • Exhale to slowly lower down to Sphinx with control. Repeat 4 times
 <p>Option -1: No arch so much, hand reaching toward but not touching feet</p>	Revolved Camel	<p>Pre & Throughout: Kneeling, belly in to lower back, hips stay on top of knees</p> <ul style="list-style-type: none"> • Inhale to lengthen & hyper-extend/arch spine, chest forward • Exhale to turn spine to left side, left arm down, left hand reaching left foot, right arm to ceiling • Inhale to come back to center • Exhale to turn spine to right side. Repeat 4 times