

PURPOSE FIT™ BLENDS for BENDER BALL

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 Mission: “wellness without walls™”

I. INTRODUCTIONS

1. Nāmaste! (“My inner peace meets, greets, and salutes your inner light”)
2. Gratitude
3. findlawrence.com, L’s Background, and the Biscontini Scholarship
4. Our Purpose Today: mind-body tourguide and fuse ancient with modern
5. Our Theme of stability and mobility, no isolation, total integration
6. The 3 C’s: “Connect, Contract, Compress”
7. Equipment and Shoes
8. Intensity: “comfortable yet challenging”
9. # of Repetitions
10. Breathing:
11. Left side.... diff reflect inside changes
12. Equipment

II. THEORY

1. Cross training in a mindful way: PurposeFit meets BenderBall
2. Clothing and surfaces
3. The difference between traditional and mind-body
4. Fusion fitness: the _____ justify the means
5. “Selective Stabilization: modifications of regressions (-) and progressions (+)
6. BB = Bender Ball
7. BAREFOOT
8. Research: *The Bender Ball Method has been documented and researched in the “Journal of Applied Research,” therefore all of the modules are clinically based and bio-mechanically safe. With health care cost rising due to back pain and poor bio-mechanics, individuals and companies are looking into alternative health programs such as the Bender Method.*

III. PRACTICAL

Position	Movement Sequence	Discipline
Standing	<ul style="list-style-type: none"> • Preparation Breathing and Standing Cats and “Connect, Contract, Compress” as theme • Leaning Windmill (BB between hand & ribcage, changing sides) • Separating Heaven & Earth, Pushing up the Heavens (BB between knees, ankles) • Power T’ai Chi Wu Shu Pose (BB under foot, lunging out to side) • Chair Pose (BB above or below knees) 	T’ai Chi

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	<ul style="list-style-type: none"> • 4-Part Hinging Vinyasa: Mountain + Tree + Chair + Warrior 3+Tree w/moving arms (up, side, front, side, up) and Repeat other side. • Standing Mountain (BB under foot), Repeat other side • Mind-Body "dance" with "Squat and Leaning Mountain" + "Transfer" + "Roll and Catch" • Breathing with crossed arms (BB in hands) alternating squeezing on inhalation vs. exhalation 	Yoga
Lunging Warriors	<ul style="list-style-type: none"> • Warrior Series (BB under front knee) with option of keeping back knee on the floor (Warrior #1/Lunge, Warrior #2, Angle Pose), Rotated/Twisted Warrior and Repeat other side • Vinyasa of Warrior 2 and Warrior 1 w/BB under flexed knee to encourage deepening the knee flexion • Rotating Warrior (BB on top of anterior knee) 	Yoga
	<ul style="list-style-type: none"> • Roll Downs from Standing (BB between knees) as transition to floorwork 	Pilates
Kneeling	<ul style="list-style-type: none"> • Thigh Work with rotation and arms in Bow & Arrow (BB behind 1 hamstring) • Kneeling Open Twisted Camel (BB under hand) • Child (BB under forehead w/massage) 	Pilates
Quadruped	<ul style="list-style-type: none"> • Variations of Opposite Arm & Leg: Rolling Hip and Knee Extensions (BB under 1 ankle)+ Reciprocal Reaches + Same Side Reaches . BB options: under top of foot, behind knee, or between elbow 	Pilates
Prone/Plank/Push Up Series	<ul style="list-style-type: none"> • Push-ups with option of single knee flexions on the up phase of 4 push ups • Assisted Stationary Cobra (BB under chest) • Small Circular Rolling Cobras (hands on BB) • Suspended Swimming Transfer (BB from hand to flexed knees to other hand while in spinal extension; knees remain on the floor) • Full body extensions with squeezing 	Yoga Pilates



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	<ul style="list-style-type: none"> adduction and internal/external rotation (BB between palms, thighs) • Vinyasa of Crocodile + Crow (BB between knees, feet) • Release (spinal traction w/BB between ASIS bones) • Spinal Moving Cat Flexions (kneeling on BB) • Pigeon (BB under knee and add external rotation moving BB to inside/medial side of knee) • Frog (prone w/BB under feet) 	Yoga
Plank	<ul style="list-style-type: none"> • Traditional or forearm plank: abdominal flexions (BB under shins or knees) 	Pilates Yoga
Side-Lying	<ul style="list-style-type: none"> • Leg lifts with internal and external rotation (BB between thighs) Option of upper arm raised • Circles in the Sand Version #1 w/superior leg • Shoulder Mobility Circles in the Sand Version #2 	Pilates Feldenkrais
Supine	<ul style="list-style-type: none"> • Upper Crunches + Lower Crunches + Bridges (Remember to maintain crunch while feet lower to floor) (Upper crunch 8, lower crunch with Ball towards nose and beltline off of the floor 8, feet to floor 4, core to floor 4, and bridge 8) • Fish (Supporting Head and External Rotation Active Stretches + Seal (tap heels 3 xs) 	Pilates, Yoga
Side-Lying	Repeat other side	
Seated Mermaid	<ul style="list-style-type: none"> • "Circles in the Sand Version #3 (BB under ankle of moving hip) • Seated Staff (BB between ankles) • Repeat other side • Sit on BB and heel taps 	Feldenkrais
Summary: Home-Work: Resources: Final Take-Home Messages:		

