

CHATELAINÉ

PRESENTS



4

POWER MOVES
TO DO BEFORE A
BIG DAY AT WORK

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WIDE STAR WARM-UP

Complete 15 reps on each side.



1

Stand with feet slightly wider than shoulder-width apart, with arms stretched out from shoulders as far as possible. Hold for one breath.

2

Exhale and bend at waist. Reach to touch right toe or ankle with left hand, while the right hand reaches toward the ceiling.

3

Return to standing and repeat on the other side.



HIGH KARATE SIDE KICK

Complete 15 reps on one side, then switch legs.



1

Stand with feet slightly wider than shoulder-width apart, knees slightly bent, hands in fists below chin in boxer's stance.

2

Shift weight to right foot and lift left foot to the side. Lean body away from left foot and reach foot as high in the air as possible in a kick motion. Return to start, with control.



WARRIOR POSE

Hold for five breaths on each side.



1

Begin in a wide stance with right foot pointing right and left foot perpendicular to the right foot.

2

Reach right arm out, at shoulder height, in same direction as right foot, and direct gaze over right hand. Reach left arm in opposite direction, toward left leg. Bend right knee forward into a lunge and reach right hand even farther in the direction of gaze. Hold for five breaths, then switch sides.



MODIFIED BURPEE

Complete 10 reps.



1

Begin by standing with feet hip-width apart. Bend knees and place hands on the ground, shoulder-width apart.

2

Step feet back one at a time into a high plank position. Hold for one breath.

3

Step feet toward hands, one at a time, so they're hip-width apart. Rise into a sumo squat. Reach hands above head and hold for one breath.