



## Mini-Experience – Mary's Pond

RendezvousWellness.com

**Task & Purpose:** Five simple & effective exercises to stimulate body and mind

### Posts

**1. Intro – “ABCs” – Alignment, breathing, comfort**

- Posture check, 3 deep diaphragmatic breaths, body-mind comfort check

**2. Single-leg Dip – Independent leg strength, balance, mental focus**

- Ground foot, bend knee, press hips back & down, press straight up (switch leg)

**3. Triceps Dip – Upper body strength & toning**

- Palms down on edge of bench, inhale down & pause; exhale up & press

**4. Forward Alternating Lunge – Lower body strength & toning**

- Step forward, inhale down into lunge, exhale pressing back to position (alternate legs)

**5. Standing “C” Crunch – Core, back, shoulders, hip flexors, glutes**

- Extend arms overhead and right leg behind you, exhale pulling elbows down and right knee up (switch leg)



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