

Spice it Up and Dance

Maria's Place does not bear responsibility for any injury sustained while following any of our exercise programs.

Please consult your doctor before undertaking any exercise routine and use common sense while exercising.

Listen to your body and be mindful of any existing medical conditions.

This video is a standing exercise routine. If balance is an issue for you, stand near a wall, table, chair back, or other solid support. Keep all movement within your comfort level.

The Dance Routine

When was the last time you danced?
I invite you to open up a playful heart!

Begin standing with feet hips distance apart.
Start to shift your weight from one foot to another.
Move side to side and take deep breaths.
Reach your arms in front one at a time in conjunction with side-to-side movement.

Keep your feet moving side to side.
Bring your hands to your hips while you continue to move your feet.
Start to move your hips side to side as well as your feet.
Still your side to side movement.

Begin to raise your heels one at a time or together.
Shake your hands at the same time.
Don't forget to SMILE!

Begin to step side to side and bring your arms up to hip level to move with your steps.
Come to stillness and wiggle it out!

With rooted feet, hips distance apart, begin to turn your shoulders from one side to the other, allowing your arms to sway from the rotation.
Allow your hands to gently bounce off the front and back of your body.
Come to stillness.

Root your feet hips distance apart.
Lengthen your spine and put a gentle bend in your knees.
Lift your arms forward parallel to the ground.
Draw your hands back toward your armpits with bent elbows and inhale.

Press the hands and arms down your sides and exhale. (Repeat)
Relax your stance and wiggle it out.

Root your feet hips distance apart.
Bring your hands to your hips.
Begin to circle your hips in one direction 5-10x's
Switch directions.

Root your feet hips distance apart.
(for balance, please have a chair in front or to the side)
Lift one knee up so that your hamstring parallels the floor and then switch knees 5-10x's

Root your feet about a leg's distance apart in a straddle stance.
Reach your right arm up to the sky and then bring it down to the side, alternate arms reaching up to the sky as you feel your full extension in each side. Repeat 5x's each side.

Step your left foot to meet the right and then your right foot to meet the left.
Step side to side and move your arms to increase your circulation.

Come to stillness and take a few deep breaths.
Inhale, reach your arms overhead.
Exhale, reach your arms to the ground.
Repeat 5-10x's

Bring your arms up overhead and shake your hands.
Keep shaking your hands as they reach high and low.

Take three flying breaths with wide arm movements up and down.

Bring your hands to the sides with your feet hips distance apart.
Make an arc over your chest with your chin moving from one shoulder to another.

Open your arms to a T and cross your arms over each other to hug yourself.
One more time!!

Thank you and have an active day!