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Office Exercise: 15 2min FEEL GOOD Desk Exercises & Office Workouts – Video Script

Simple, Safe, Energizing Desk Exercises for Everyone

Vol I, Disc 1 – November 2015



Dexercise[®]

Your 2min Desk & Computer Break

CAUTION

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DAY 1 >> 00:00

FIRST EXERCISE SEQUENCE:

FOOTWORK & ARMS: Walk in place; arms moving vigorously by sides with bent elbows; raise knees as close to chest as you can, pulling in the lower Abs

HANDS & WRISTS: Open and close hands in light fists as you walk

SECOND EXERCISE SEQUENCE:

NECK & SHOULDERS: Start with straight arms behind back, right arm bent, hand grasps the left elbow; dip ear to right shoulder for a side of the neck stretch; switch arms and lower left ear to left shoulder

EYES: While holding for neck stretch, look towards a distant point, then to chin; repeat

THIRD EXERCISE SEQUENCE:

BACK: Standing a few feet in front of a chair back, feet hip width apart, fold the upper body from the lower back (lower Abs IN to protect back) and place the hands on top of the chair; “press” the chair away, elongating the back, from the lower back all along the spine, elongating the waistline. **CAUTION:** keep your knees soft or slightly bent if your back and hamstrings (back of the thigh muscles) are tight

DAY 2 >> 02:14

FIRST EXERCISE SEQUENCE:

FOOTWORK: Walk “toe to heel” in place ; arms stretched by sides

HANDS & WRISTS: Stretch out fingers then make light fists with thumb **inside**

SECOND EXERCISE SEQUENCE:

NECK & SHOULDERS: Turn chin halfway to right, dip towards chest, hold; stretching the side of neck and top left side of the shoulder; repeat on other side

EYES: Look diagonally up and then down to the shoulder a few times as you hold

THIRD EXERCISE SEQUENCE:

BACK: Right arm up to the ceiling, left arm bent behind back opening and lifting the chest – use your abs to lift the waistline and twist (ONLY) from waistline - to the left; change arms and repeat twisting to the right; use your bent arm to “brace yourself”

and get a deeper twist. **CAUTION:** DO NOT twist your hips, they continue pointing forward like headlights of a moving car

DAY 3 >> 04:26

FIRST EXERCISE SEQUENCE:

FOOTWORK: Standing tall, bring straight leg back, tapping with the ball of foot, squeezing bum muscles and thighs

HANDS & WRISTS: Spread fingers as far apart as you can, then close together tight (no fist)

SECOND EXERCISE SEQUENCE:

NECK & SHOULDERS: Elbows bent, fingers on top of shoulders – “chicken wings” elbows up/down slowly with control; keeping hands on shoulders bring the elbows up in front of the eyes, slowly rotate upward and around in a full “elbow rotation”; 2 times in one direction, then reverse 2x

EYES: Rotate eyes; start to right and up and around in a full circle; 2 times in one direction, then reverse 2x

THIRD EXERCISE SEQUENCE:

BACK: Standing a few feet in front of your desk, feet hip width apart, fold the upper body from the lower back (lower Abs IN to protect back) and place the hands on top of the desk, shoulder width apart; keep back flat, neck long (an extension of your spine); move both arms to right, reaching long from the left hip and through the arm, stretching left lower left back, top of hip and arm; repeat on opposite side.

CAUTION: keep your knees soft or slightly bent if your back and hamstrings (back of the thigh muscles) are tight

DAY 4 >> 06:36

FIRST EXERCISE SEQUENCE:

FOOTWORK & ARMS & WRISTS: Shake legs and hips in place; shake arms and wrists

SECOND EXERCISE SEQUENCE:

ARMS & NECK & SHOULDERS: Start with “cactus arms”, squeeze an imaginary beach ball

in front of chest with upper arm and chest muscles, open elbows, straighten arms above head and touch fingers, return to “cactus arms”; repeat 5x

THIRD EXERCISE SEQUENCE:

BACK: Keeping hips forward, swing sloppy arms side-side with a twist (ONLY) from the waistline, not the hips, neck or shoulders; repeat 5x

FOURTH EXERCISE SEQUENCE:

LEGS & HIPS: Place right heel on chair, with knee slightly bent or soft knee; fold your torso over the leg, Abs IN to protect back; stretch right hamstring; repeat for left leg

DAY 5 >> 08:49

FIRST EXERCISE SEQUENCE:

FOOTWORK: Standing tall, tap right ball of foot out to side and back; repeat for left foot; keep repeating

HANDS & WRISTS: Send arms out to side as you tap, releasing a fist and spreading out fingers, make a light fist after (thumb outside)

NECK & SHOULDERS: Keep chin to chest to lightly stretch back side of neck

SECOND EXERCISE SEQUENCE:

NECK & SHOULDERS: Stretch up front of neck, lifting chin slowly. **CAUTION: DO NOT** tense/crunch back side of neck

EYES: Raise and lower the eyes to exercise them

THIRD EXERCISE SEQUENCE:

BACK & ARMS: Place base of palms on edge of desk or top of chair shoulder width apart, move feet back and hip width apart; fold forward from the lower back, straight spine, neck elongated, keeping knees soft and bum back; lengthen the waistline, navel to the spine and upper Abs under ribs; once you feel a stretch all along your back, RELEASE upper back, neck, head and shoulders inside the arms – Breathe!

FOURTH EXERCISE SEQUENCE:

EYES AND BODY RELAXATION: Rub the hands to warm them up and place the palms over your eyes; breathe deeply into your stomach and breathe out

DAY 6 >> 11:03

FIRST EXERCISE SEQUENCE:

FOOTWORK: With arms stretched forward, walk in place lifting knees up to SAME side elbow; breathe; pull in the Abs, stand tall

HANDS & WRISTS: Rotate wrists with light fists first one direction then the other

SECOND EXERCISE SEQUENCE:

ARMS: “Bicep Curls” - Hold arms forward of your chest just below shoulder level, with palms up, make light fists then lift and lower heavy imaginary weights; repeat 3x

NOTE: make this exercise a Core exercise, too, by pulling lower Abs towards back and upper Abs in and under ribcage; pull shoulder blades downward and towards each other

THIRD EXERCISE SEQUENCE:

BACK: Start with hands on hips, stretch up from the waistline and lean slightly forward; while pulling upward from the hips, rotate to the right and up until you feel some stretch in your left lower back; continue rotating, to center, to the left and return forward; change directions

FOURTH EXERCISE SEQUENCE:

NECK & SHOULDERS: Slow head rotation, keeping neck elongated; 2x one direction, 2x the other

DAY 7 >> 13:15

FIRST EXERCISE SEQUENCE:

FOOTWORK & ARMS & WRISTS: With arms parallel, stretched out in front just below shoulders, bend at wrists pointing fingers down, bring UP one knee and then the other to the OPPOSITE elbows; lower Abs towards the back to help raise the knee higher

SECOND EXERCISE SEQUENCE:

NECK & SHOULDERS: Arms straight behind the back, tall spine, straight back of the neck; lean one ear to shoulder stretching side of neck; repeat for other side

ARMS & FINGERS: While holding straight arms behind to activate the triceps (keep shoulder blades down!), close fingers one at a time into a light fist with thumb out

starting with the pinky finger (“Piano Fingers”); starting with the index finger, open one at a time; keep repeating while holding the neck stretch and arms behind back

THIRD EXERCISE SEQUENCE:

ARMS & SHOULDERS: “Pole Climbing” - With arms forward in front of the chest and slightly bent elbows (“Hug a Tree”), stack the right fist over left and left over right 5x like climbing a pole; lower down the pole 5x and repeat ...then still with arms slightly bent in front of chest (“Hug a Tree”), hands in front of navel area, squeeze the tree - then open arms; keep head up and look forward; pull lower Abs towards the back and upper Abs in and up under the ribs each time you “squeeze the tree”; repeat 3x

DAY 8 >> 15:28

FIRST EXERCISE SEQUENCE:

HANDS & WRISTS: Stretch arms out to the side and slightly forward of shoulder line; wrists bent, fingers pointing UP; make an effort to Stretch OUT from upper arms and back like you are pressing away two imaginary walls or elevator doors (keep shoulder blades down!)

FOOTWORK: Raise right knee out towards right elbow opening hips; pull in the lower Abs to help bring the leg up higher; lower and repeat for left knee; repeat sequence 3x (**CAUTION:** Press Into Floor from Supporting Straight Leg and Buttocks - Grow Tall Along the Spine – will Help to Balance – or touch one arm on top of chair or a wall)

EYES: With head still looking forward move the eyes to the side following the knee

SECOND EXERCISE SEQUENCE:

NECK & SHOULDERS & BACK: “Butterfly Swim” - Start with arms down by thighs, palms forward; open to side and reach up over your head, arriving overhead with palms forward; now “push water” down and back behind your back, arriving with palms facing back; rotate palms forward (from shoulder joint) and repeat; 3x each direction. **CAUTION:** BE VERY Careful with Shoulders Joints! Work Within Your Comfortable Range; as your shoulders and back muscles stretch, you will be able to open the arms into larger circles and stretch further back

THIRD EXERCISE SEQUENCE:

FEET & ANKLES: Place hands on chair back, straighten back, lengthen waistline and back side of neck; keep your Abs IN and UP, squeeze your thighs together; lift heels

off the ground pretending to start the lift from your navel area through the top of the head; lower heels down and raise toes for a calf stretch. **CAUTION:** when you raise your toes, make sure you don't fall backwards if your chair is on wheels

DAY 9 >> 17:39

FIRST EXERCISE SEQUENCE:

FOOTWORK & ARMS: Feet open wider than shoulder and in parallel, bend right knee and lean onto right **Thigh (not Knee!) turning toes to side slightly**; raise left arm up, stretch toward right side & **UP** giving a good stretch to the entire left side, from hip area through the fingertips (right arm can hang straight down behind the right leg); keep knee slightly bent during the stretch and squeeze your thigh muscles to press into the floor for stability; left leg should be straight, stretching from the inner thigh through the left foot; your side body forms a straight line through heel-hip-shoulder-tips of fingers; straighten right leg, turn out left toes and repeat on left side; total 3x each side. **CAUTION:** keep your lower & upper Abs IN and UP to support straight back

SECOND EXERCISE SEQUENCE:

NECK & SHOULDERS: Grab elbows in front of chest and squeeze with hands and arm muscles, arms positioned just below shoulder level; re-position and move arms behind the back as high as you can; grab elbows or lower arms depending on shoulder flexibility and squeeze; repeat 3x

EYES: Keeping back of the neck straight, head up, move eyes to arms in front, then move to “see” your arms behind your back, **without dipping your chin down/up** 😊

THIRD EXERCISE SEQUENCE:

BACK: “Yoga Cat and Camel” - Hands on hips, Abs In and Up elongating your waistline and back and squeezing your buttocks to support your standing position; start pulling the lower Abs up toward your chest from below the navel, lifting your chest and gently arching your lower back; shoulders will be leaning back slightly, creating a small arch in your back. **CAUTION:** the Lift Should Come From Your Lower and Side Abs (waistline); **You Should Feel NO TENSION In Your Back;**

Next, start curling “into your stomach” by pulling your lower Abs into the back, navel to spine; **Chest And Shoulders will move forward naturally as you draw your Abs to your spine and upward under the ribcage**

DAY 10 >> 19:52

FIRST EXERCISE SEQUENCE:

FOOTWORK: “Chair Dance” - Start with feet wider than shoulders, toes turned to side, “sitting back slightly” feeling support from bum & thighs (feels like toes will rise from the floor), waistline long, torso upright through the Abs; hands out to the sides at shoulder height and slightly forward of shoulder line; bend right knee and lift right heel (**CAUTION:** Keep Heel In Line With Ball Of Foot; do not twist foot or ankle) without leaning the torso to the right; feel right thigh muscles working, pressing through the foot into the floor; repeat on left side; repeat 3x each side

SECOND EXERCISE SEQUENCE:

NECK & SHOULDERS: Interlock hands behind neck, elbows open; gently press head down toward the chest, careful not to put too much weight onto your neck; hold until stretch disappears completely; raise chin up, open elbows to side, squeezing shoulder blades together, working the upper back muscles and stretching the chest; release elbows forward; repeat 3x, keeping Abs into your back to support a straight spine

THIRD EXERCISE SEQUENCE:

ARMS, LEGS & HIPS plus BALANCE: Start with toes apart and heels together (or as close as heels can be), navel to the spine and arms outstretched to the side at shoulder height and slightly forward of shoulder line; bend at wrists, pointing fingers up; slide the right leg (ball of the foot) forward along the floor until it lifts off naturally, holding toes towards the outside, keeping leg straight; raise leg (inner thigh) as high as possible, lifting it toward your stomach, Abs in; hold for 5 seconds and return gently to floor and beside other foot; repeat for other leg. **CAUTION:** Do Not Lean Into Supporting Hip, Tilting Hip to Side as you try to balance; plant a strong leg/foot into floor instead

DAY 11 >> 22:14

FIRST EXERCISE SEQUENCE:

FOOTWORK & ARMS: With arms outstretched at shoulder height and slightly forward of shoulder line, tap heel in front with straight leg (**CAUTION:** Keep Toes Pointing Up And Lined Up with Heel; Strong Supporting Thigh Muscles Pressing into Floor – don’t lean into standing hip!); tense your front of thigh muscles (quadriceps) as you tap;

alternate legs and keep repeating

SECOND EXERCISE SEQUENCE:

NECK & SHOULDERS: “Cactus Arms” - Starting with palms forward, bent elbows just below shoulders, shoulder blades down the back; turn palms inward and tap shoulders, return to “Cactus Arms” and turn palms forward; repeat 5x

THIRD EXERCISE SEQUENCE:

BACK, LEGS & HIPS: “Sit on Imaginary Chair” - Start by raising straight arms up by your ears, knees touching, feet together, lower your bum BACK into an “imaginary chair”

CAUTION: Make Sure You See Front Of Your Toes When You Look Down Beyond Knees – Keep Straight Back, Don't Stick Ribs Forward and Your Bum Out; Hold; work your way up from holding for a few seconds to 30-60 seconds

FOURTH EXERCISE SEQUENCE:

ARMS, HANDS & WRISTS: Interlock hands with 1 index finger in front of the other and squeeze BASE OF HANDS together, squeezing from the Upper Arms, Not From Neck and Shoulders!; repeat, to have the other index finger in front and continue.

CAUTION: Keep Arms Bent Like Hugging a Tree, Hands In Front and Away From Chest

DAY 12 >> 24:38

FIRST EXERCISE SEQUENCE:

FOOTWORK: “Knee Circles” - Start by standing with legs and feet together and swivel one knee out in a circle, opening the knee wide toward the side, by first going to ball of foot (knee forward) then to side of foot (knee wide out to the side), feeling stretch in your hip and buttocks contracting; return feet side-by-side; repeat 2x each leg

NECK STRETCH: Keep chin close to chest while opening knees

SECOND EXERCISE SEQUENCE:

NECK & SHOULDERS: With shoulder blades pinned down the back, arms straight at side and palms facing forward; inhaling, lift straight arms up in front of the body imagining you are lifting “heavy” air; exhaling, turn the palms down and “press” the heavy air down past the side of the body and behind the bum, activating the triceps (back of upper arms); Inhale as you lift arms up - Exhale (rising on toes when possible) as you lower the arms to your sides and toward your back; with practice, TRY TO rise

on your toes as you raise the arms, keeping heels touching. **CAUTION: DO NOT** lift your body on your toes starting from your feet; instead, “tie a string” to your Core (navel area) and pretend someone’s lifting your body up from the Core (you are doing the lift – your Core 😊)

EYES: Follow your palms with your eyes on their way up, lower your eyes to look for the palms as arms move down and back (without moving the head up/down)

THIRD EXERCISE SEQUENCE:

BACK: Sit on edge of chair and cup elbows with hands; with legs bent, knees wider than shoulders, scoop your lower Abs in, bend slowly forward from the lower back inside the knees; release the shoulders, back, arms and neck inside the knees, letting your arm, back and neck muscles stretch towards the floor; HOLD and BREATHE; return slowly to seated position by straightening the spine slowly starting from your stomach up, using your Abs to stack the vertebrae of the spine

DAY 13 >> 26:58

FIRST EXERCISE SEQUENCE:

FOOTWORK: “Merengue Dance” – Stand with feet hip width apart; “shuffle” hips by lifting one heel up, keeping it in line with the toes, while pressing the other knee back and contracting the bum muscles as the knee straightens; repeat 8x on each leg

SECOND EXERCISE SEQUENCE:

NECK & SHOULDERS: Arms to side at shoulder height and slightly forward of shoulder line so you can see hands with corners of the eyes; palms facing up; right hand to right shoulder and out 3x; repeat with left arm to left shoulder 3x; now both arms at once, to the same side shoulder, cross both to the opposite shoulder, tap again on the same side shoulder and straighten arms to side; repeat 3x

THIRD EXERCISE SEQUENCE:

BACK & LEGS & HIPS: Sit on edge of chair with straight back and abs pulled into the back, bent legs, shoulder width apart; raise your right heel on top of left thigh and start leaning over the legs slowly until you feel a little stretch in your hip area and side of upper thigh; hold until the stretch disappears then release foot to the floor; repeat for other leg. **CAUTION: For Tight Hips and IT Band (outer thigh area) Moving Foot on Top of Other Thigh and Folding Forward Will Be Extremely Difficult At First;**

DON'T OVERDO This Stretch; You Can Damage Your Hip and Knee Joints with a Forced Stretched

HANDS & WRISTS: While holding for the hip and leg to stretch, press one hand back gently with the other hand, fingers pointing down, stretching the wrists

DAY 14 >> 29:32

FIRST EXERCISE SEQUENCE:

FOOTWORK & ARMS: March in place with feet close together, arms bent, swinging elbows by your side with control, without pulling hard on your shoulders to get elbows further back

HANDS & WRISTS: Rotating wrists, hands in a light fist, palms up and down

SECOND EXERCISE SEQUENCE:

BACK, NECK & SHOULDERS: Stand straight to start, heels together and toes apart; pull in the lower Abs to protect the lower back, peel your back off of an imaginary wall by tipping your ribcage inward, toward the back; bend knees slightly as your back peels from the imaginary (or a real) wall; stop when lower back is stretching and proceed with arm movements described below; when finished with arm movements, bring your back up against the imaginary wall starting to straighten from the stomach up, slowly stacking up the vertebrae of your spine using your Abs

ARMS: While your back is stretching, rotate arms from shoulder joint in a sloppy circle, arms circle in one direction then the other direction **CAUTION:** KEEP Abs In To Support Lower Back; switch to pendulum arms next – side/side in front of knees, first right arm in front of left then left in front of right; switch to arms swinging back and forth along the side of the body

EYES: While moving the arms like a pendulum in front of knees and by your sides, follow one of the hands with both eyes as it moves to the front, then the other hand as it moves to the front (Left top corner of the eye, Right top corner of the eye)

DAY 15 >> 31:55

FIRST EXERCISE SEQUENCE:

FOOTWORK & ARMS & WRISTS: “Skip Rope” - With feet together make small skips off the floor, moving wrists naturally as if you were skipping rope; move wrists one direction first, then the other; keep Abs in and stand tall, looking forward, chin back, straight neck

SECOND EXERCISE SEQUENCE:

NECK & SHOULDERS & WRISTS: “Tricep/Bicep Curls” - Start by standing tall, elongated waistline, straight arms behind the back, chest open (keep an imaginary pole at the elbows and behind your back); move forearms forward into a bicep curl, stretch the arms at the elbows until you feel the triceps and repeat 3x

THIRD EXERCISE SEQUENCE:

LEGS & HIPS: “Warrior II” - Start with feet in a “V” position with the heel of the left foot at the arch of the right; slide the left foot along the floor squeezing your right thighs and buttocks and pressing through the right foot for support; as the left foot slides forward, lower the bum until you feel the left thigh muscles working and you can't move further out because tightness in your hip holds you back, or it feels like you won't be able to stand up; ideally, your left knee comes on top of the heel and the right (rear) leg is straight – soft knee; hold it here for a moment, turn the right (straight leg) toes inward (about 45° angle); rear foot is strongly planted on the floor through the thigh muscles; hold your torso upright, tucking the tailbone “under” slightly, pulling the lower Abs towards the spine **CAUTION: Do Not Lean Onto Your Forward/Bend Knee; Lift Your Body Weight Upwards Along The Spine;** hold increasingly longer, if you wish, but start with a few seconds until you gain excellent form; to pull back the left (forward) leg, first bend the standing knee slightly and slowly draw the foot along the floor back toward the rear leg to a standing position; repeat with right leg sliding forward

ARMS & WRISTS: Arms stretched out in line with shoulders, shoulder height; keep shoulder blades down, reaching long from the upper arms through pointed fingers

NOTE: I strongly recommend practicing **How To Use The Core Muscles Effectively** with the **BONUS Core segment** to gain better, faster results from your exercise and to protect your back, knees, hips and shoulders as you practice DAY 1 – DAY 15 segments

ABOUT This Video >>

Hi! I'm Michaela Sirbu, happy to guide you through these amazing, feel good, office mini-workouts that will make such a difference to your health and your body - in only 2 minutes!

And this is Richard, who's presence made it possible for you, our viewer, to receive **the best hands-on instruction ON VIDEO**. Thank you, Richard, for doing such a great job demonstrating with me!

... (Richard) Why do you call these “mini-workouts”? ...

(Michaela) Because they benefit all body areas affected by sitting: Back, Neck & Shoulders, Hands & Wrists, Legs & Hips. I even include movements for tired eyes!

... (R) Why 15 videos for 15 Days? ...

(M) - To offer you a variety of movements to choose from
- To help keep you motivated by having something different to try each day while making a new habit of getting up regularly to move

... (R) How often should I do them? ...

(M) I recommend standing every 30min as new studies and research suggest, but even once an hour would be great

... (R) Can everyone do them? ...

(M) Absolutely! Some movements do require more practice than others. You may find it too much to include Hand/Wrist and Eye movements at the same time as moving Arms and Shoulders, but after you practice them a while, it gets easier. Also, you can select 1-2 movements from the mini-sequence at first, and progressively build to include all. And if you can practice the 2minute videos at home before your workday begins, even better

1. (M) I asked Richard how he felt after our first, long day of filming

... What did the exercises do for you, Richard? ...

- (R) Well ... I felt very stretched out and limber.

What I was most surprised about was how energized my body felt because I wasn't so tight. Because of that, my mind felt more clear and focused, too.

(M) The impact these movements have **inside your body – and to your overall health** – is hard to see immediately, but if you read the results of studies on sitting, you will know it's worth the effort.

2. (R) ... Can they be done in a small space at the office? ...

(M) YES, absolutely! We've demonstrated them in this small corner of the office so that you see they can be done right beside your desk

3. (R) ... Are props necessary? ...

(M) Other than your desk and chair that you will use for some movements, you don't need anything – **except that**, if you are a woman, a pair of flat shoes or no shoes will make it easier for the leg movements

4. (R) ... Will I be sweating in my office clothes? ...

(M) If you sweat very easily, you may sweat a little – but you will also prevent your neck, shoulders, back muscles from getting stiff and sore – and will return proper circulation to your legs. Not to mention the MANY ways in which your internal organs and bodily functions will benefit.

5. (R) ... What will my co-workers think? ...

(M) Hopefully they will watch you a few times, then join you, so please don't let anything deter you. Be a leader in the revolution to overthrow sitting and computer fatigue!

(M) Before you watch and practice DAY 1, I highly recommend learning **How To Use Your Abs Effectively** with the CORE Bonus segment.

You will gain so much more from the 2min sequences by using your Abs properly.

For stressful days, I included a Calming Breath mindfulness sequence that will bring you back on track, de-stress and inspire you to see great solutions to daily problems.

Thank You!

for visiting MichaelaSirbu.com and downloading this script !

I hope that you love the video and feel better every time you complete a mini-workout. Please leave me your feedback so that I can improve “**Dexercice®**” to better serve your needs.

Also, please tell me what other programs you are interested in, for home or office, to help you Live and Play Pain-Free. Your suggestions are welcome and appreciated !

For more great videos – Pilates, Yoga, Foam Roller, Posture, Balance, and others – please visit www.MichaelaSirbu.com or www.CoreIntegrationTraining.com - Click on DVDs & Video Downloads.

SPECIAL OFFER

If Building and Maintaining a Strong Body, including Your CORE, is of interest to you ... check out this Special Offer ...

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In my 5-dvd package titled,

**Back To Strength: Core Integration To Strengthen Your Back
So You Can Live And Play Pain Free**

I've included my favorite selection of videos for back, neck, shoulder tension and pain to give you clear, concise, precise instruction and guidance to:

- strengthen your Core, with Beginner Pilates exercises and 2 Workout Sequences
- continue - on the go - with the Pilates mini-movements in "Pilates on the GO" when you don't have access to your mat
- release morning stiffness with Feel Good Morning Stretches
relax and prepare your body at night for a great sleep with Bedtime Stretches
- specific movements to engage, tone and realign postural and balance muscles.

**Remember the saying ... "practice makes perfect"?
Practice also makes "powerful, flexible, capable" muscles -
including your Core Muscles.**

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What you will get in this 5 DVD Set

1. **‘Pilates on the GO’**, to loosen-up tight back, neck & shoulders when sitting for long hours; movement you can easily integrate into the busiest day
2. **‘Better Posture’**, look years younger by preserving the natural curve of your back and stop the aging effects on the spine
3. **‘Beginner Pilates in Detail’**, to reshape and realign your body from your core outward; seven 15-25 minute workouts as originally taught by Joseph H. Pilates
4. **‘2 Progressive Pilates Workout Sequences’**, to create long lean muscles and sculpt a graceful Pilates body with a natural “weight lifter’s” belt around your waistline to protect your back
5. **‘Morning & Bedtime Stretches’**, for stress and tension release & to un-kink muscle knots; includes “how to properly stretch” hips & legs (back, inner and outer thighs <IT band>); surrender to the 5 minute guided visualization that may put you to sleep before it's over.

This educational 5-DVD Set is more than a collection of exercise videos.
It's a systematic way to rebuild your body.

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