



“Organic Flow” is natural *movement education* for **ALL** generations. The exercises are “primitive” or fundamental to human movement. Performing them properly will help you move better with less compensation. Flow is a blend of relaxation and optimal arousal for a specific task—athletes call this “*The Zone*” or the sweet spot in movement. ☺

Modify as needed to keep appropriate for ability and safety. Our organic philosophy is to be as natural and *as simple* as possible with food and fitness...
we want everyone to play and have fun doing it!

Directions: Perform 3-6 reps of each—more if desired. Modify as needed—*do not move into pain*. Find a level you can control while being challenged. Emphasize quality first. This is primarily a “restorative” series to enhance neurological control of movement and joint mobility; it’s not a hard “strength” series. Remember, you should always move **BETTER** after you finish your training. Enjoy moving well...gently and efficiently.

1. **Abdominal Breath Check** (5X)
 - Place one hand on chest and other on belly. Belly should move first.
2. **Foot Pedals/Toe Flex/Toe Spread** (5X each foot at same time)
 - “Pedal” feet as you curl toes and foot through arch then extend with a toe spread to finish.
3. **Ankle Tilts** (5X each direction)
 - Laterally tilt each ankle left and right in full range of motion available.
4. **Ankle Circles** (5X each direction)
 - Big circles from ankles—NOT hips making best “circles” possible.
5. **Alternate Leg Raises** (3X each leg)
 - Straight leg with locked knee into hands with slight pull action.
6. **Egg Rolls** (5X)
 - Round spine rolling through without flat spots from shoulders to sit bones.
7. **Thigh Rolls** (3X each side)
 - Arch and extend through thoracic and cervical spine looking overhead.
8. **Baby Rolls + Leg Extension** (3X each side)
 - Hold big toes then extend each top leg as straight as possible.
9. **Skydiver Rolls** (5X total finishing last one on belly)
 - Use core as much as possible with very little arms or legs assisting.



“Restorative Ground Series”

10. **Press Ups (5X)**
 - Extend from neck first then into mid back between shoulder blades with very little extension coming from the low back area.
11. **Rocking-Toes Down (5X)**
 - Mobilize bones and joints in feet as much as possible.
12. **Rocking-Toes Up (5X)**
 - Mobilize bones and joints in feet as much as possible. If desired, get up on “tips” of toes to add toe/foot strength option.
13. **Crawl-Knees Down (6X both directions)**
 - Establish contralateral “cross-crawl” pattern quality.
14. **Crawl-Knees Up (6X each direction)**
 - Add strength to contralateral “cross-crawl” pattern.
15. **Crawl-Knees Up Position to Baby Sit (3X each direction)**
 - Begin with neutral spine crawl position and proper hand/leg placement.
 - Establish concept of transitioning from one movement into the next.
 - Re-establish tall spine in Baby Sit position.
16. **Back Reach (6X)**
 - With tall spine in seated position, reach back without moving head.
17. **Z Sit (6X)**
 - Use hands as needed. Add reach as desired for extra stretch option.
18. **Down Dog/Leg Reach/Tripod Bridge (4X)**
 - Establish slight inversion awareness with controlled strength decent to ground with foot.
19. **Bear Crawl (6X each direction)**
 - Keep legs as straight as possible then contralateral cross-crawl.
20. **Low Squat to Stand (1X)**
 - Widen feet after last backwards Bear Crawl then hand walk back into low squat and slowly stand with control into tall spine.
21. **Abdominal Breath Reset (3X)**
 - Re-establish deep diaphragmatic breathing pattern to finish the series.

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