



REDEFINE

HEALTH & FITNESS

Episodes

1. Thoracic Mobility
2. Post Travel Flexibility
3. Dural Mobility
4. Hip Mobility
5. Hip Stability
6. Seated Flexibility
7. Abdominal Stabilization
8. Flexibility for lower back pain after sitting
9. Midback Stability
10. Flexibility for Cervical Spine Pain
11. Foot and Ankle Flexibility
12. Standing Hip Stability
13. Hip Flexor and Quadricep Flexibility
14. Upper Body Weights for Bone Density
15. Hamstring Flexibility
16. Oblique Strength
17. Standing Flexibility
18. Hip Stability Series 2
19. Morning Mobility
20. Abdominal Stability Series 2
21. Flexibility For Wrist Pain
22. Midback Stability Series 2
23. Thoracic Mobility Series 2
24. Standing Hip Stability Series 2
25. Dural Mobility Series 2
26. Calf Strength Series 1
27. Adductor Mobility
28. Mobility for IT Band Pain
29. Closed Chain Upper Body Strength
30. Flexibility for Shoulder Impingement Series 1
31. Standing Hip Stability Series 3
32. Flexibility for Shin Splints
33. Flexibility for Sacroiliac Joint Pain
34. 10 Min Flexibility Post Sitting
35. Calf Strength Series 2
36. Flexibility for Headaches

Upcoming Episodes

37. October 14th – Deep Neck Flexor Strength
38. October 21st- Flexibility After Prolonged Standing
39. October 28th- Tutorial: Downward Dog
40. November 4th- Oblique Strength Series 2
41. November 11th- Yoga for Knee Alignment
42. November 18th - Episode 42: Standing Hip Stability Series 4: Moving into Single Leg Stability