

Hypno-Workout Warm-up Exercises

Personal Trainer Michael Atkinson created these exercises for Hypno-Workout. These exercises are used with his written permission.

Feet and Legs

Purpose:

- To provide a gentle, general warm-up
- To enhance the strength and stability of the feet, legs and pelvis
- To increase awareness of the bodies foundation and its relationship to the earth.

Seated Toe Raise

From a Sitting Position

- Place feet shoulder distance apart.
- Alternately raise toes - sixteen cycles (right, left is one cycle)
- Alternately raise heels - sixteen cycles
- Alternately roll entire foot – sixteen cycles

Seated March

From a Seated Position

- Alternately elevate bent legs – sixteen cycles

Standing March

From a Standing Position

- March with toes maintaining contact with floor -sixteen cycles

Standing March Legs Lifted

From a Standing Position

- March lifting legs to forty-five degree angle.
- Tap opposite knee - sixteen cycles

Standing Squat

From a Standing Position

- Feet shoulders distance apart
- Modified Knee Bend – sixteen cycles.

Thoracic Trunk Rotation

From a Standing Position

- Hands palms down at chest height
- Alternate turning right and left – sixteen cycles

Squat with Rotation

From a Standing Position

- Modified knee bend with Thoracic Trunk Rotation
- Eight right, eight left

Heel Bounces

From a Standing Position

- Weight on balls of feet quick movement up and back to heels
- Skip in place
- Step hop alternate right and left

Balance Exercises

Static Hold

From a Standing Position

- Stand on one leg with other leg bent and off floor

Single Leg Balance With Eyes Closed

From a Standing Position

- Same as above with eyes closed

Single Leg with Dynamic movement

From a Standing Position

- Stand on one leg
- Adduction and Abduction of opposite leg

IMPORTANT SAFETY NOTE

Do not attempt these exercises if you have any physical, emotional, or mental conditions that may make you susceptible to injury. Pace yourself and gently extend your personal accomplishments. If you feel challenged by any aspect of a particular exercise, either tone it down to a level of comfort, or skip it entirely.

If you have any questions about any exercise, or want more information:

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or visit our website: <http://P-A-U-S-E.com>

Hypno-Workout Exercises

The following exercises were created for Hypno-Workout by Clyde Porter, DC, and are used with his written permission. These exercises and postures are used to support the application of Hypno-Workout and the PAUSE Model of Hypnotherapy™. The exercises and postures are all performed utilizing the TACSI phenomenon of Temporomandibular Assisted CranioSacral Integration. This requires all exercises and postures be done with a fully stretched, wide-open jaw. This action facilitates the release of the inhibitory residues of trauma in the body that is held in the connective tissue matrix. A fully stretched jaw will be felt to lift the ears, but must honor any felt restraint to avoid strain of the jaw joints.

Waking Tiger

Purpose

- To release muscular rigidity and restrictive patterns held in the connective tissue.
- To stretch like a tiger while awakening.

From a Standing Position

1. Outstretch both arms above the head thus creating a straight line from the finger tips to the back foot
2. Jaw stretched wide open
3. Reach upward to feel the stretch of the rib cage toward the outstretched hands
4. The head is turned toward the back extended leg and thus into the armpit
5. Posture is held for 20 seconds with deep, relaxed breathing
6. Pull on the wrist of the front leg arm with the opposing hand.



Waking Tiger

Note -posture is switched extending the other leg back in lunge posture with the arms stretched and jaw stretched as before and the head turned into the armpit of the back leg for 20 seconds again.

Grounding Gorilla

Purpose

- To release muscular rigidity and restrictive patterns held in the connective tissue
- To release the sacroiliac joint which supports energetic grounding of the individual
- To release the diaphragm
- To beat your chest and roar like a gorilla

From a Standing Position

1. Stand feet wide apart
2. Pelvis lowered into a crouch position to tolerance
3. Jaw stretched wide open



Grounding Gorilla

4. Slide the pelvis sideways as follows:
 - a. Extend either arm straight to one side stretching and pulling the body sideways, sliding the pelvis sideways to follow.
 - b. Legs will bend to support the crouch appropriately
 5. Turn the head toward the outstretched arm looking at that hand.
 6. At the same time use the opposite hand soft fist to thump the sternum.
 7. Hold this posture then inhale and thump the chest 5 times with a “HA” exhale.
 8. Repeat to the opposite side and direction for a total of 10 thumps each direction
 9. Repeat both sides right and left twice for a total of 40 seconds/40 thumps
- Note: Using the HA breath and sound, with heart thump, is encouraged.

Relaxing Ostrich

Purpose

- Evoke a stretch response throughout the legs and back
- Flexors of the legs and extensors of the back are active in stress response
- To pose as an ostrich, burying their head

From a Standing Position

1. Stand crossing one foot over the other with legs straight
2. Jaw stretched wide open
3. Bend forward in balance to feel the stretch of the back of the back leg to tolerance
4. Head hangs relaxed forward.
5. Hold for 15 seconds
6. Reverse legs and repeat holding for 15 seconds

Note: It is okay to use a chair or object to maintain balance, but maintain a relaxed/hanging head throughout the exercise.



Relaxing Ostrich

Wing Release Right And Left

Purpose

- To release muscular rigidity and restrictive patterns held in the connective tissue.
- Reverses chronic flexion associated with stress response.
- To stretch your wings

From a Standing Position

1. Stand firmly, legs apart
2. Jaw stretched wide open
3. One arm at a time, extend the arm fully up and back as if in a swimming backstroke
4. Point the nose at and look at the extended hand
5. The opposite/lower hand is held against and presses the buttock on the same side to enhance the stretch across the chest by the upraised arm.
6. Hold for 15 seconds



Wing Release

Heart Expansion

Purpose

- This exercise incorporates eye scramble, jaw stretch, cross pattern brain integration, and heart charge.
- It activates both hemispheres of the brain by utilizing eye movements and the cross patterning of the arms and legs.
- The heart tapping brings awareness to the heart and invites the release of body armor often held in this area.

From a Standing Position

1. Begin marching in place with medium exaggeration
2. Head is held in neutral position throughout exercise
3. Jaw stretched wide open
4. Thump on the chest with soft fist, or drum with fingertips of both hands
5. Draw circles with hands, eyes follow hands
6. Roll eyes moving them 360 degrees around the orbit to cover the complete range of motion.
7. Continue for 20 seconds



Heart Expansion

Grid Iron Growl

Purpose

- Strengthen flow of energy throughout the body.
- Increase charge and discharge of vital energies
- To charge in place like a football player

From a Standing Position

1. Crouch down feet wide apart
2. Jaw stretched wide open
3. Run in place with feet stomping rapidly
4. Arms are held at 90 degrees
5. Inhale deeply followed by strong exhale coupled with an extended sound of HAAA on each exhale!
6. Continue for 15 seconds



Grid Iron Growl

Self Check-In

Purpose

- To stimulate and pattern the sensory motor system

From a Standing Position

1. Standing feet apart jaw stretched wide open
2. Jaw stretched wide open
3. Reach down bilaterally and begin to massage right and left ankles simultaneously with quick, vigorous kneading (Picture Self-Check In One (A))
4. Move up the calf massaging all around to the knees, work the knees thoroughly
5. Move up the thighs front, side and back then to hips and pelvis, and buttocks.



Self Check-In (A)

(Picture Self Check-In One (B))

6. Move to shoulders and massage
7. Moving down arms to massage elbows, then forearms and wrists
8. End by wringing and massaging the hands thoroughly
9. Entire massage is 20 to 30 seconds



Self Check-In (B)

Knee Crossovers

Purpose

- Neurologic Integration
- Pelvic/hip release
- Left-Right Brain integration

From a Standing Position

1. Stand feet shoulder width apart
2. Jaw stretched wide open
3. Vigorously raise the right knee to touch the left elbow
4. and then the opposite
5. 15 repetitions

Note: This movement invokes curling of the body in flexion and when possible, touching the knee to the elbow. Vary speed honoring personal limitations.



Knee Crossovers

Spring Emergence

Purpose

- Increase flexibility of chest
- Increase vital capacity of the lungs
- Increase streaming of energy from the pelvis to the heart

From a Standing Position

1. Feet shoulder width apart
2. Jaw stretched wide open
3. Inhale up and exhale down at the speed of 3 seconds up and 2 down throughout exercise
4. Stoop/curl toward the floor till hands at mid-calf
(Picture Spring Emergence (A))
5. Draw hands up midline of body while pulling body erect and in continuous motion raise the hands overhead to a full bodied, open handed stretch
6. Follow with continuous circle out motion of the arms
7. Stoop back to beginning position
(Picture Spring Emergence (B))
8. Repeat 18 cycles



Spring Emergence (A)



Spring Emergence (B)

Piston Punch

Purpose

- Pelvic discharge
- Full expansions of chest on inhale.

From a Standing Position

1. Standing feet shoulder width apart arms flexed at sides
2. Jaw stretched wide open
3. Elbows are thrust back as pelvis is thrust forward on exhale
4. Vigorous exhale with HA sound
(Picture Piston Punch (A))
5. Fists are punched forward as pelvis is pulled back on inhale
(Picture Piston Punch (B))
6. 18 repetitions.

Note: Movements are vigorous.



Piston Punch (A)



Piston Punch (B)

Pushup Pump

Purpose

- Increase vital energies
- Increase flexibility of hips, front of body and back of legs

From a Kneeling Position

1. Kneeling with hands and knees on floor.
2. Jaw stretched wide open
3. Move into push up position with legs apart
(Picture Pushup Pump (A))
4. With arms straight drop the pelvis to the floor on exhale and raise hips back up into pike position on inhale.
(Picture Pushup Pump (B))
5. Repeat up and down cycle is approximately one cycle per second, or slightly longer for comfort.
6. 18 Repetitions

Note: If unable to perform with legs straight, let knees remain on floor and continue exercise as indicated.



Pushup Pump (A)



Pushup Pump (B)

Superman Launch

Purpose

- Anaerobic Fitness
- Charge and Discharge vital energies
- Increase Strength and Power in Legs

From a Standing Position

1. Knees slightly bent, feet wide apart arms bent with hands near shoulders
2. Jaw stretched wide open
(Picture Superman Launch (A))
3. Launch straight up, fully extended, on toes
4. If comfortable, leap off the ground
5. In-breath on down-stroke and HA breath exhale on up-stroke
(Picture Superman Launch (B))
6. Seven Repetitions

Note: Movements are vigorous



Superman Launch (A)



Superman Launch (B)

Superman Side Launch

Purpose

- Anaerobic Fitness
- Charge and Discharge vital energies
- Increase Strength and Power in Legs
- Increase Balance

From a Standing Position

1. Knees slightly bent, feet wide apart arms bent with hands near shoulders
2. Jaw stretched wide open, inhale
(Picture Superman Side Launch (A))
3. Hands are open stretched and thrust upward to one side, lifting the foot opposite the shooting arms
4. Balance on one foot, HA breath on up-stroke
(Picture Superman Side Launch (B))
5. Return to center and launch to the opposite side
6. Balance on one foot, HA breath on up-stroke
7. 7 Repetitions to both sides

Note: Movements are vigorous



Superman Side Launch (A)



Superman Side Launch (B)

Relaxing Retreat

Purpose

- Integration of Energy
- Supporting streaming and flow of body energies
- Relaxation

From a Standing Position

1. Stand with feet shoulder width apart, arms and torso are fully relaxed at the side
2. Jaw stretched open wide
3. Turn the head smoothly all the way to one side while sending a gentle pulsing twist from the pelvis into the torso to the same side as the head
4. Allow limp arms to follow as limp ropes in “rag doll” fashion. The weight of the arms pulls the torso into the twist to the direction of the face
5. Reverse to other side setting up a rhythm of arms swinging limply around the torso, gently slapping the pelvis back and forth
6. Relaxed breathing throughout
7. Eight Rotations both ways



Relaxing Retreat