

*F i t n e s s*  
**CHIX**

# RECOVERY MODE



*for energy boost*



VISIT OUR WEBSITE - [FITNESSCHIX.COM](https://www.fitnesschix.com)

INSTAGRAM - [@FITNESSCHIXUK](https://www.instagram.com/fitnesschixuk)

# *F i t n e s s* **CHIX**



## *About us . . .*

FITNESS CHIX IS ABOUT STRENGTH, CONDITIONING, MOBILITY & MINDFULNESS.

WE OFFER ONLINE TRAINING PROGRAMS TO DO IN THE COMFORT OF YOUR OWN HOME.

PROGRAMS INCLUDE TARGETING SPECIFIC ELEMENTS OF YOUR TRAINING TO ACHIEVE YOUR GOALS

## *Our Mission . . .*

OUR AIM IS TO ENCOURAGE YOU TO STRENGTHEN YOUR BODY, CULTIVATE YOUR MIND, AND ADOPT SKILLS THAT SUIT YOUR LIFE



## *Our Philosophy. . .*

BY CULTIVATING YOUR PURPOSE IN LIFE, IDENTIFYING WHAT YOU WANT, ADJUSTING YOUR HEALTH AND WELLBEING TO SUIT WILL AUTOMATICALLY FALL INTO PLACE

## *Our Mantra. . .*

UNLEASH YOUR INNER GODDESS



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# What Our Clients say

TULSHI GOT ME THROUGH SOME OF THE HARDEST TIMES IN MY LIFE MENTAL HEALTH WISE WITH HER SUPPORT, DURING PANIC ATTACKS. WITHOUT TULSHI I WOULDN'T HAVE THE POSITIVE RELATIONSHIP WITH EXERCISE I DO NOW AND AM NOW MORE COMFORTABLE TO WORK OUT



I THOROUGHLY RECOMMEND TULSHI AS A COACH AND AN OVERALL ASSET TO ANY FITNESS GOALS YOU MAY WANT TO ACHIEVE.

I'D BEEN TRYING TO OVERCOME PREVIOUS INJURIES AND SHE HAD CREATED A PROGRAMME TO MAKE THESE A THING OF THE PAST. TULSHI MADE THE SESSIONS VARIED, ENJOYABLE AND CONSTANTLY DEVELOPING.



'AFTER YEARS OF NEGLECTING BOTH MY PHYSICAL AND MENTAL HEALTH, AND HATING WHAT I SAW IN THE MIRROR; I FINALLY DECIDED IT WAS TIME TO MAKE SOME HUGE CHANGES. TULSHI HAS BEEN A HUGE MOTIVATOR AND INSPIRATION WITH ALL HER POSITIVITY AND SUPPORT!

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## MINI SPIDERMAN

BRING LEFT FOOT CLOSE TO LEFT HAND  
PLANT RIGHT HAND DOWN  
PLACE LEFT HAND ON LEFT THIGH  
GENTLY PUSH AWAY FROM MIDLINE

HOLD: 30-60 SECONDS  
\*REPEAT BOTH SIDES

## HIP OPENERS

PLACE LEFT ANKLE ON RIGHT THIGH  
PUSH KNEE AWAY WITH LEFT HAND  
EXTEND RIGHT LEG TO COMFORTABLE  
POSITION

HOLD: 30-60 SECONDS  
\*REPEAT BOTH SIDES



## HIP OPENER INTERMEDIATE

TO PROGRESS INTO A BIGGER OPENER  
FOR THE HIP - EXTEND BOTTOM LEG  
AWAY  
\*ENSURE LOWER BACK REMAINS IN  
NEUTRAL AND NO EXCESSIVE PULL HERE

HOLD: 60-90 SECONDS  
\*REPEAT BOTH SIDES



## HAMSTRING STRETCH

EXTEND ONE LEG STRAIGHT TO THE SKY  
FLEX FOOT

HOLD: 45-90 SECONDS  
\*REPEAT BOTH SIDES



## HAMSTRING STRETCH - INTERMEDIATE

EXTEND OPPOSITE LEG ALONG FLOOR  
FLEX FEET

HOLD: 45-90 SECONDS  
\*REPEAT BOTH SIDES





## CALF STRETCH

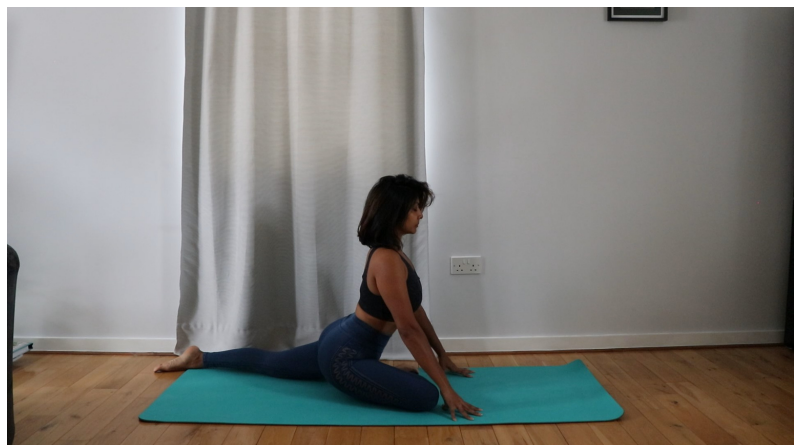
EXTEND ONE LEG BEHIND YOU  
PUSH TOES INTO THE FLOOR  
SQUARE OFF HIPS  
PUSH HEEL TOWARDS THE BACK OF THE ROOM

HOLD: 45-60 SECONDS  
\*REPEAT BOTH SIDES

## ABDUCTOR STRETCH

TAKE ONE LEG AND FORM A 90 DEGREE  
BACK LEG REMAINS EXTENDED  
PLACE FINGERS INTO FLOOR  
EXTEND CHEST AND RISE UP

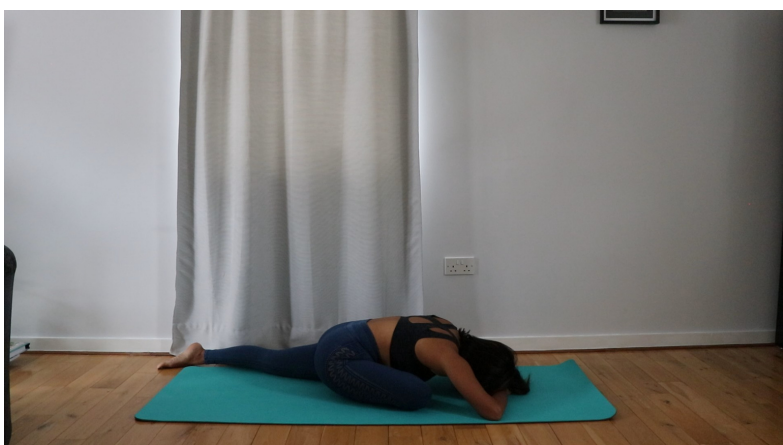
HOLD: 45-90 SECONDS  
\*REPEAT BOTH SIDES



## ABDUCTOR STRETCH - INTERMEDIATE

FOLD THE UPPER BODY DOWN TOWARDS THE FLOOR

HOLD: 90-240 SECONDS  
\*REPEAT BOTH SIDES



## SPINAL TWIST + ABDUCTOR STRETCH

EXTEND BOTH FEET IN FRONT OF YOU  
DRAW ONE LEG INTO A BENDED KNEE POSITION  
PLACE BOTH HANDS BEHIND YOU AND ELEVATE UP  
TAKE THE OPPOSITE HAND TO THE OPPOSITE KNEE  
HUG THE KNEE CLOSE TO BODY  
EXHALE AND ROTATE OVER SHOULDER  
EXHALE AND ROTATE TO GAZE BEHIND YOU  
EXHALE TO MOVE OUT OF POSITION

HOLD: 90-120 SECONDS  
\*REPEAT BOTH SIDES



## HAMSTRING STRETCH

SPINE IN NEUTRAL  
SIT CLOSE TO THE WALL  
PLACE FEET UP (FLEXED) AGAINST WALL  
SPINE IN NEUTRAL

HOLD: 90-240 SECONDS

## ADDUCTOR (BUTTERFLY) STRETCH

BRING SOLES OF FEET TOGETHER  
PLACE HANDS ON SHINS  
DRAW CLOSER TO THE PELVIS  
REMAIN WHERE COMFORTABLE

HOLD: 90-120 SECONDS



## ADDUCTOR STRETCH

OPEN FEET (FLEXED) AGAINST THE WALL  
ARMS WIDE AND CHEST OPEN  
SPINE IN NEUTRAL

\*IF YOU FEL ANY PULL IN THE LOWER BACK, NARROW YOUR FEET

HOLD: 90-120 SECONDS



## ADDUCTOR STRETCH - INTERMEDIATE

OPEN THE LEGS TO WHERE YOU FEEL COMFORTABLE  
YOU MAY WISH TO USE YOUR HANDS TO PAUSE THE STRETCH BEFORE THE LEGS SUCCUMB TO GRAVITY  
KEEP FEET FLEXED THE WHOLE TIME

HOLD: 90- 120 SECONDS

# *Fitness* **CHIX**



*Our training platform  
offers . . .*

*\*Including all stretches  
demonstrated in a video\**

STRENGTH  
CONDITIONING  
MOBILITY  
MINDFULNESS

*Our online community. .*

OFFERS PRIVATE ACCESS TO  
FACEBOOK GROUP WHERE WE SHARE  
PERSONAL STORIES AND EXPERIENCES  
WITH OTHER FITNESS CHIX MEMBERS

INSTAGRAM - SHOWCASES  
INSPIRATIONAL MOVES, QUOTES AND  
ACCESS TO OUR BOOK CLUB

YOUTUBE  
GIVES YOU A WIDE VARIETY OF ALL  
THE VIDEOS INCLUDING MINDFULNESS  
& LIVE EVENTS EACH WEEK!



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