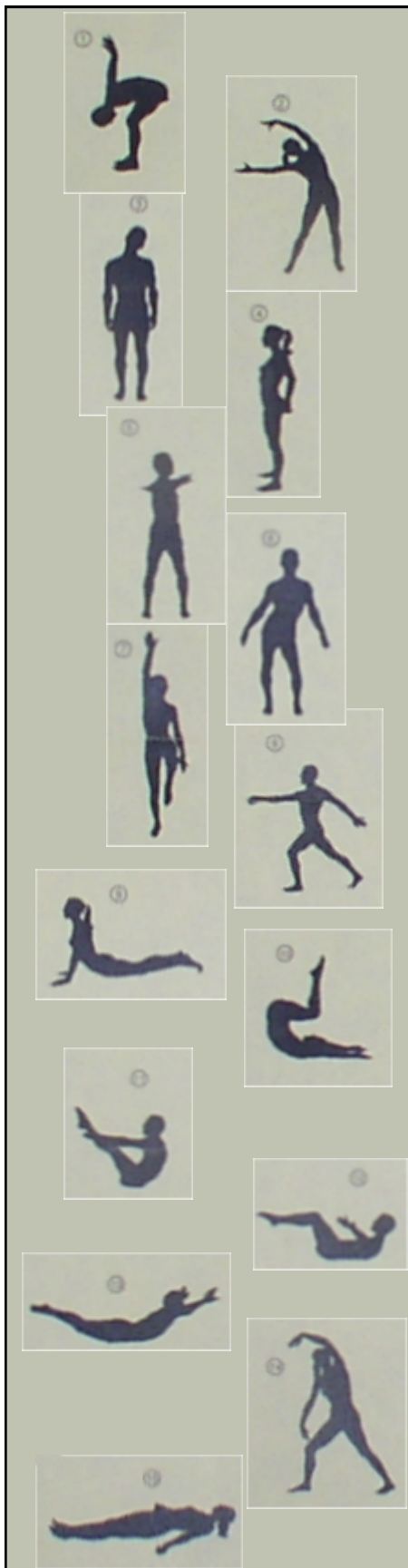


The Peaceful Warrior Workout (TM)

with Dan Millman

Quick Reference



1 Stretch-Back Swing-Down: Inhale up, exhale down; bend knees on downswing and upswing.

2. Squat-Down Side-Stretch: Exhale on squat, up to side, weight balanced, face front.

3. Neck Release: Inhale as head moves, exhale on rest; don't force -keep neck relaxed.

4. Shoulder Roll: Inhale as shoulders go forward-up; exhale as shoulders go backward-down; relax arms.

5. Spine Swing: Inhale on twist each way; exhale rapidly to front; head turns; hip square.

6. Elvis Pelvis: Breathe rhythmically, naturally, deeply; move pelvis, not belly; relax knees.

7. Heaven-Earth: Inhale & tense with knee bend; exhale & relax as you lift opposite knee/arm.

8. Cross-Country Ski Hop: Inhale & exhale each 2-3 lunges; opposite arm/leg forward; gentle slide; not hopping.

9. Buns Down Buns Up: Inhale on arch; exhale and press heels/ head down on hip lift.

10. Rock and Roll: Roll back with arms overhead; bend knees; exhale when rolling backward & forward; inhale in-between.

11. V-Ups: Inhale up; exhale down; head up first and down last; learn with knees bent first.

12. Cradle Rock: Head up; low back pressed down; knees slightly bent; tiny rocking motion.

13. Swan Dive: Inhale up; hold position for 3 breaths; legs straight and together; arms up.

14. Free Movement: Express your creativity, breathe deeply, & feel the joy of movement.

15. Time Out: 10-30 seconds; let go, open up, release all tension, feel inner peace.