

My Body, My Sovereign Nation — by Minky
www.MyBodyMySovereignNation.com

Top 3 Lazy Day Moves

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Movement for days you don't feel like "working out." Pick one, add another if you want.

1. The Snake (Standing Core Wake-Up)

Stand tall and move your torso slowly side-to-side and forward-back. The motion travels through the ribcage and waist. Hips stay quiet. The goal is coordination and awareness, not speed. This is NOT twerking.

2. The Hunker (Assisted Squat Builder)

Hold a stable surface with straight arms. Lower into a squat, then press down through your arms as you straighten your legs to stand. Arms assist on purpose. Perform 16–26 repetitions.

3. The Rocker (Supine Core + Full Body)

Lie on your back with a large body band looped securely around your feet. Hold the other end with straight arms. Keep your body long and rock gently back and forth, initiating from the abdominals. You will feel this in your abs, shoulders, and legs.

Lazy Day Rules

One move is enough. Slow is allowed. Assisted is smart. Consistency beats intensity.

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