

## 👉 Metal Element – Precision & Breath (Sequence 1 - Recorded)

### O – Opening (10 min)

- Reclined Pyramid - 3 Minute Releasing Breath - Wipers - Right Leg Circles (knee bent) - Half Happy Baby Right Leg - Supine Twist Right Leg - Hug Knees In - Left Leg Circles (knee bend) - Half Happy Baby Left Leg - Supine Twist Left Leg - Hug Knees In - Right Leg Circles (knee straight) - Supine Leg Stretch Right Leg (to the outside) - Hug Right Knee In - Supine Twist Right Side - Hug Both Knees - Left Leg Circles (knee straight) - Supine Leg Stretch Left Leg (to the outside) - Hug Left Knee in - Supine Twist Left Side - Hug Both Knees - Rock and Roll to Standing - Arms Circles - Activation

“Lie down, arms wide. Feel your breath move with precision into your ribs.”

“Glide your scapula with awareness - your breath guides the movement.”

“Circle your arms mindfully - focus on the exact path of your joints.”

### F – Foundations (10 min)

- Core: Dead bug with breath cues
- Bridge with resistance band around thighs
- Abductors: Side-lying clams with band

“Engage your core in dead bug. Move with precision - this is your metal element.”

“Press outward into the band, feeling your outer hips stabilize with clarity.”

“Squeeze inward through your thighs, balancing your inner and outer strength.”

### P – Progressive (15 min)

- Strength: Plank with controlled knee taps
- Glutes: Side kicks with band
- Push ups: 3 × 1 min (slow + precise)
- T/R: Downward Dog → Pilates Roll Up

“Plank with slow knee taps - every movement intentional.”

“Side kicks - precise, controlled, and clear.”

“Push ups - controlled pace, precision over speed.”

### I – Integration (15 min)

- Standing flow: Side lunge → Arm sweep → Return to center
- Arms: Front raises + lateral raises with weights

- T/R: Roll Down → Rag Doll → Shoulder Rinse → Downward Dog → **Chest opening stretch**

“Move through your standing flow with mindful exactness - every gesture clear, every breath counted.”

“Lift your arms in front and to the side with precision. This is your metal discipline.”

C – Closing (10 min)

- Stretches: Seated shoulder stretches + gentle forward fold
- Kapalabhati 3 min – **release and renew**

“Stretch your shoulders and spine with accuracy - notice the fine details of your body.”

“End with kapalabhati, crisp and clear, cleansing your breath.”