

2

Deep Squat

Stand with feet a little wider than shoulder-width apart and toes turned out 45 degrees. Keeping chest lifted, core braced, pelvic floor engaged, and back flat, slowly inhale as you bend the knees and send butt back and down while lifting arms overhead. Lower down until thighs are parallel to the ground. Hold the bottom of the squat for 3 breaths, then return to standing on the next exhale. Do 5 to 10 reps.



3

Quadruped Plank

Start with hands and knees on the ground, stacking shoulders directly above wrists and hips above knees. Tuck pelvis in to brace core and engage your pelvic floor muscles. Press hands down into the ground and lift knees off the ground a couple of inches. Hold for 5 to 10 seconds, then bring knees back down to the ground, breathing in and out as you continuously draw your abs in and pelvic floor up. Repeat for 5 reps.



4

Shoulder Bridge

Lie on back with knees bent and feet flat on the ground, hip-width apart. Press your lower back into the floor. On an inhale, lift hips off the ground, squeezing glutes at the top. Pull abs in and pelvic floor up. Exhale as you lower hips back down to the ground. Do 10 reps.

3 Questions for Ife

WHAT'S IN YOUR GYM BAG?
My Brita filtering water bottle, Making Moves digestive supplement, and Lauren Napier face wipes.

WHAT INSPIRES YOU?
Seeing my clients show up. Every day, they take time to focus on moving, getting healthy, and being a part of a community. My driving force is also knowing how many Black women and women of color can see myself and my diverse team as examples, support systems, and experts in wellness. The more they see that, the more they can see themselves on a wellness journey.

WHAT'S YOUR MANTRA?
Do what feels good! We are so restrictive on ourselves, from diets to workouts to work, and even in our social lives. We feel there are rules on how things are supposed to be done, and we end up miserable trying to chase it. Do what feels good to you, and you'll see how much happier you'll be.

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