

## EXERCISES

### AB PREP



- Laying on your back, knees bent and feet flat on the floor about hip distance apart
- Arms are long by your side, neutral pelvis and openness across the chest.
- Inhale nod your chin, lift arms to hip height.



- Start exhale (20%) drawing in your abdominals and flexing forward.
- Inhale to hold
- Exhale to lower back down slowly and return to neutral position.

### BREAST STROKE PREP 1



- Laying on your belly, butt is engaged to protect lower back and keep pelvis in contact with the mat.
- Slight pressure into the tops of your feet, arms are in a "W" shape beside your head, nose hovering the mat.
- Inhale to prepare.



- Exhale to set the shoulder blade and apply slight pressure through forearms, extending through your upper back
- Allow the ribs to open and keep the bottom rib on the mat.
- Inhale to stay.
- Exhale draw in through your abdominals to pull yourself back down to the mat.

## BREAST STROKE PREP 2



- Same set up as Breast Stroke 1 except for a change of arm position
- Arms long by the sides with shoulders and arms relaxed
- Inhale to draw the shoulders back and bring the palms to the sides of the legs
- Exhale to extend the upper back away from the floor
- Imagine you are a ski jumper flying through the air
- Inhale and pull your head further away from your toes
- Exhale to draw in under the ribs to lower the body back down, relaxing the arms back to the start position

## BREAST STROKE PREP 3



- Same set up as previous Breast Stroke Prep exercises but with hands under the forehead
- Inhale to set the shoulders and allow gentle pressure from the head into the hands
- Exhale to lift the arms and upper body slightly off of the floor
- Inhale to hold and feel the length in the body
- Exhale to lower and return to the start position

### SHELL STRETCH



- Starting in a seated position with your bum towards heels or on your heels if you can.
- Flex forward over your legs and reach the abdominals away from the thighs
- Arms actively reaching out in front of you.
- Inhale and expand through the back of the rib cage while reaching through the arms and tucking the tailbone.
- Exhale and draw up through the waist while increasing the reach to feel length in the spine
- Inhale to hold
- Exhale to stack the spine bringing the ribs over the hips and the head over the shoulders.

### HUNDREDS



- Start laying on your back, knees bent and feet on floor, arms by your side.
  - (1) leave feet on floor, inhale nod your chin, exhale flex forward, floating arms at shoulder height
  - (2) imprint, one leg in table top, switching legs after 50 counts
  - (3) imprint, both legs in table top.
- Inhale for 5 counts pulsing arms, exhale for 5 counts until you reach 100.
- Hold for an inhale at the end, exhale return upper body and legs to the mat finding neutral

## HALF ROLL BACK



- Seated with feet in line with sit bones and knees bent (sit on top of something if you feel pressure in low back or hips)
- Roll just to the back of the sit bones and raise the arms to shoulder height with the palms down
- Inhale to hold
- Exhale to roll back by tipping the pelvis and squeezing the butt.
- Keep feet on the floor, ears over shoulders and hands at shoulder height while looking over hands
- Inhale to round forward drawing in through the belly and looking towards the knees

## ONE LEG CIRCLE

### Bent knee



- Choose a leg position based on strength and how you feel – knee bent or leg straight
- On your back with knees bent. Neutral pelvis with feet in line with sit bones. Hands on hips to feel what is happening or by your sides
- Make tiny circles with the leg or with the knee to the ceiling
- Inhale for the first half of the circle and exhale for the second half
- Pause between each circle
- Repeat making circles in the opposite direction
- Switch legs

### Leg straight



### SPINE TWIST



- Seated tall on a folded blanket or with legs crossed or straight out in front of you.
- Sitting up tall without pressure in the low back or hips matters here
- Arms across the chest or out to the sides
- Inhale to hold
- Exhale and rotate the spine as far as you can keeping the pelvis stable.
- Release a tiny bit and then pulse a bit further. Release a tiny bit and then turn a bit further.
- By the end of the third turn you want to be out of breath
- Inhale as you turn back to the centre
- Lift head up into the ceiling as you turn
- Remember to turn the head with you as you rotate

### ROLLING LIKE A BALL



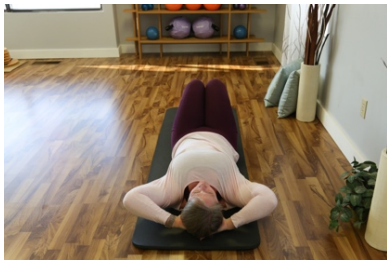
- Prep Movement
  - Seated. Rock to the back of the sit bones to your flat spot.
  - Lift one leg and then the other keeping the upper body still
  - Eyes looking over the knees, hands on the outside of the calves or under the knees
  - Inhale to rock back about 2 inches maintaining your round body shape
  - Exhale to pull back to the start
- Full Exercise
  - Same start position as the prep
  - Inhale and rock back maintaining your round shape
  - Rock all the way back to the shoulder blades keeping the legs away from the chest and the feet tucked to the butt
  - Exhale to rock back up to the back of the sit bones. Pause and repeat.

## SINGLE LEG STRETCH



- On your back with feet in line with sit bones and arms long down by your sides
- Inhale in neutral
- Exhale and go into imprint
- Inhale to lift one leg off of the floor
- Exhale to fold at the chest into your ab prep position reaching the hands to the lifted leg
  - You may choose to keep the head down
  - You may choose to put one or both hands under your head for support
- Inhale to hold gently pressing hands into the thigh
- Exhale to extend the leg reaching it away from you. Tighten everything in the leg
- Release down and reset and then repeat on the other side

## OBLIQUES



- On your back with feet and inner thighs together, hands behind head and elbows in peripheral vision
- Inhale in neutral
- Exhale and lift with rotation towards the outside of one thigh
- Think of the centre of the chest reaching for the outside of the knee or the rib reaching across for the opposite hip
- Pause at the top and then inhale to return to the start
- Alternate sides
- Rest head back into hands and keep a fist distance chin to chest

## SHOULDER BRIDGE PREP



- On back, no pillows under head and feet in line with sit bones
- You may choose to draw the feet in a little bit closer to the butt
- Inhale and hold
- Exhale and press evenly into the feet, lift the entire spine like a plank while drawing the sit bones together and squeezing the butt
- Stop at the top on the shoulder blades with the body in a straight long line
- Inhale to hold
- Exhale to lower by hinging at the front of the hip, opening the sit bones and reaching the butt back towards the heels
- The body stays as a plank throughout

## HEEL SQUEEZE PRONE



- Laying on your belly, hands under forehead, pelvis and spine in neutral
- Legs slightly wider than mat, knees bent at approximately 90, feet flexed and heels together.
- Inhale to prepare. Squeeze the butt and anchor the pubic bone to the mat. Maintain connection through the forearms to the ground and the forehead to the hands.
- Exhale, maintain neutral pelvis, squeeze heels together by deepening the butt engagement. Draw up through the waist while exhaling
- Inhale release the tension between heels but keep them together
- The butt works the entire time and there is a consistent pressure through the arms

## SIDE LEG LIFT SERIES



- Laying on your side with your body in a long line with the back of your mat. Slight lift to the waist and bottom leg bent for balance. Pillow or hand under the head for support
- Lift and Lower
  - Extend the top leg so it is in a long line with the rest of the body
  - Inhale and lift the leg from the outside of the butt cheek.
  - Keep the waist long and the front of the thigh facing forward
  - Exhale and squeeze the inner thigh to press the leg back down

## SIDE LEG LIFT SERIES



- Leg Circles
  - Same position as above with the leg long
  - Tiny circles inhaling for the first half and exhaling for the second half
  - Pause between each circle
  - Repeat both directions

## SPINE STRETCH FORWARD



- Seated up tall with a folded blanket under you to keep tension out of hips or back if needed
- Legs long and pelvis anchored to the mat. Hands on thighs
- Inhale and lift up through the spine
- Exhale and round up and over the thighs reaching through the arms
- Keep the pelvis still to feel length in the spine
- Inhale and hold
- Exhale to stack the spine and return to your neutral start position

## SINGLE LEG EXTENSION



- On belly with hands under forehead and legs long behind you
- Pillows under the pelvis if needed and legs turned out from the hip if needed
- Inhale to place a little pressure through the forearms into the mat and the forehead into the hands
- Exhale and lengthen and tighten the leg before lifting it off of the mat
- Inhale to lower and then alternate to the other side

## SWAN DIVE PREP



- Same start position as single leg extension but with the legs turned out as wide as the mat by squeezing the outside of the butt
- Arms in a “W” shape with pillows under the hips if needed
- Inhale to set the shoulders
- Exhale to lift through the upper body. Straighten the arms where you can, squeeze the butt and lift up through the chest
- Inhale to hold
- Exhale to slowly lower the elbows, then the ribs while lifting the belly, the chest and then the shoulders back down
- Repeat Shell Stretch

## PUSH UP PREP



- On all 4's or against a wall or even using your kitchen counter
- Inner thighs together with the torso in a straight line
- Inhale for 3 pulses pausing between each one
- Exhale to press from the chest and arms to return to start
- Squeeze inner thighs and keep core strong throughout