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**1. Supine Breathing**

**EXERCISE EMPHASIS:**
- Relax – let all tension leave the body, head, neck & shoulders.
- Gaze directly above.
- Shoulders down and wide.
- Chin tucked.
- Ribcage melts into mat and lengthens at the front to the hips.
- INHALE then EXHALE
  1) Into sternum – pump handle accessory breathing
  2) Into diaphragm expanding the ribcage wide and open
  3) Into the round of belly, inhaling to swell like a balloon and exhaling to expel all breath.

**MAIN PRINCIPLE:** 1. Breathing 2. Axial elongation and core control

**SET UP BODY POSITION:**
- Crook lying, knees parallel to hips, feet square.
- Heavy into pelvis, feel connected to the mat.
- Shoulders relaxed and down, fingers lengthening away.
- Back of neck extended long with a small tuck of chin to chest.

**MOVEMENT/ SUGGESTED BREATHING:**
1) Shallow INHALE and shallow EXHALE with hand placed on sternum.
2) Take both hands and place along the ribcage, elbows resting to the floor at the side of the body, thumbs feed up the side of the torso at each side towards the armpits.
INHALE and fill the diaphragm to separate the space between fingers and EXHALE to draw fingers closer together.

3) Resting one arm to the mat at the side of your body place the other hand to the rise of the belly, resting over the naval. INHALE to expand the belly and EXHALE to expel ALL of the breath taken in.

GAZE:
· On the horizon - directly above - to the ceiling.

CUEING:
Diaphragmatic
· Expand ribcage like fish scales (I)
· Breathe in your favourite colour/smell (e.g. coffee, baking, freshly cut grass) (I)
· Compare a child’s beach bucket to your ribcage and focus on its handle that arcs up and over as its picked up (INHALE) and how it arches around and down when its discarded (EXHALE)

TACTILE CUES:
· Hands to ribcage – expanding and expelling to the sides
· Shoulders if hunching – to relax back and down
· Soft touch to chin or at sides of head behind to align head
· Feet/leg positioning to hip distance apart
· Raised ribcage – soft stroke down towards hips to melt and hide
· Sternum to stress to be quiet

PROGRESSIONS:

REGRESSIONS/VARIATIONS:
· Can cross arms at front taking fingers to back of ribcage – smaller framed clients
· Can be experienced in sitting/standing or in quadruped position
· Also in child’s pose
· In sitting a theraband can be incorporated to focus on basal expansion

COMMON MOVEMENT FAULTS/WATCH FOR:
· Hunching in shoulders. Poor HNSO.
· Tension
· Shortening of spine
· Flow of breath – forced breathing/breath holding

EXERCISE BENEFITS/REHAB APPLICATIONS:
· Exercises diaphragm
· General health and relaxation
· Increases circulation of blood supply

PRECAUTIONS:
· Reflux
· Pregnancy – later stages (discomfort)
· Can use pillow behind head if kyphotic
SAFETY CONCERNS
Seated Pelvic Floor
EXERCISE

2. Seated Pelvic Floor

4. Femur Circles

EXERCISE EMPHASIS:
• Torso in neutral or slight posterior tilt
Knees bent towards chest
Legs Parallel
Hands on Shins or knees
Stretch with some Abdominals

MOVEMENT:
• Circle the thighs in the hip sockets – knees to the chest, open to the sides, around and together.
Maintain torso quiet, not rocking from side to side
Reverse circle direction

SUGGESTED BREATHING:
Breath as necessary

GAZE: Knees

CUEING:
• Thigh bones like soup spoons, scraping the bowl

REGRESSIONS/VARIATIONS:
• Figure of eight
Circles without hands on knees – No hands = hip flex exercise

PRECAUTIONS/SAFETY CONCERNS:

WATCH FOR:
Psoas pulling the lumbar spine anteriorly
Pelvis rocking
Loss of core control

5.& 6. Dead Bugs and Femur Arcs

EXERCISE EMPHASIS:
• Torso in neutral or slight posterior tilt
Knees bent towards chest
Legs Parallel
Hands on Shins or knees
Stretch with some Abdominals

**MOVEMENT:**
- Circle the thighs in the hip sockets – knees to the chest, open to the sides, around and together.
  Maintain torso quiet, not rocking from side to side
  Reverse circle direction

**SUGGESTED BREATHING:**
Breath as necessary

**GAZE:** Knees

**CUEING:**
- Thigh bones like soup spoons, scraping the bowl

**TACTILE CUES:**
Core control and axial elongation

**PROGRESSIONS:** None

**REGRESSIONS/VARIATIONS:**
- Figure of eight
  Circles without hands on knees – No hands = hip flex exercise

**PRECAUTIONS/SAFETY CONCERNS:**
- 
  **WATCH FOR:**
  Psoas pulling the lumbar spine anteriorly
  Pelvis rocking
  Loss of core control

  Spine doesn't move
  Wrap the corset
  Head heavy to the floor

7. **Quadruped**

**EXERCISE EMPHASIS:**
- Torso in neutral or slight posterior tilt
  Knees bent towards chest
  Legs Parallel
  Hands on Shins or knees
  Stretch with some Abdominals

**MOVEMENT:**
- Circle the thighs in the hip sockets – knees to the chest, open to the sides, around and together.
  Maintain torso quiet, not rocking from side to side
  Reverse circle direction
SUGGESTED BREATHING:
Breath as necessary

GAZE: Knees

CUEING:
· Thigh bones like soup spoons, scraping the bowl

TACTILE CUES:
Core control and axial elongation

PROGRESSIONS: None

REGRESSIONS/VARIATIONS:
· Figure of eight
Circles without hands on knees – No hands = hip flex exercise

PRECAUTIONS/SAFETY CONCERNS:
·
WATCH FOR:
Psoas pulling the lumbar spine anteriorly
Pelvis rocking
Loss of core control

· Draw up thro the bottom of the rib cage
· Fingers spread apart
· Lengthen neck
· Slight double chin

8. Basic Bridging

EXERCISE EMPHASIS:
· Torso in neutral or slight posterior tilt
Knees bent towards chest
Legs Parallel
Hands on Shins or knees
Stretch with some Abdominals

MOVEMENT:
· Circle the thighs in the hip sockets – knees to the chest, open to the sides, around and together.
Maintain torso quiet, not rocking from side to side
Reverse circle direction

SUGGESTED BREATHING:
Breath as necessary

GAZE: Knees
CUEING:
· Thigh bones like soup spoons, scraping the bowl

TACTILE CUES:
Core control and axial elongation

PROGRESSIONS: None

REGRESSIONS/VARIATIONS:
· Figure of eight
Circles without hands on knees – No hands = hip flex exercise

PRECAUTIONS/SAFETY CONCERNS:
·

WATCH FOR:
Psoas pulling the lumbar spine anteriorly
Pelvis rocking
Loss of core control

Feet Sit bone width apart
Soften thro the chest and come back down
Ribcage comes back down first

9. Arm Arcs

EXERCISE EMPHASIS:
· Torso in neutral or slight posterior tilt
Knees bent towards chest
Legs Parallel
Hands on Shins or knees
Stretch with some Abdominals

MOVEMENT:
· Circle the thighs in the hip sockets – knees to the chest, open to the sides, around and together.
Maintain torso quiet, not rocking from side to side
Reverse circle direction

SUGGESTED BREATHING:
Breath as necessary

GAZE: Knees

CUEING:
· Thigh bones like soup spoons, scraping the bowl

TACTILE CUES:
Core control and axial elongation
**PROGRESSIONS:** None

**REGRESSIONS/VARIATIONS:**
- Figure of eight
  
  Circles without hands on knees – No hands = hip flex exercise

**PRECAUTIONS/SAFETY CONCERNS:**

**WATCH FOR:**
- Psoas pulling the lumbar spine anteriorly
- Pelvis rocking
- Loss of core control

10. **Prone Extension**

**EXERCISE EMPHASIS:**
- Torso in neutral or slight posterior tilt
  
  Knees bent towards chest
  
  Legs Parallel
  
  Hands on Shins or knees
  
  Stretch with some Abdominals

**MOVEMENT:**
- Circle the thighs in the hip sockets – knees to the chest, open to the sides, around and together.
  
  Maintain torso quiet, not rocking from side to side
  
  Reverse circle direction

**SUGGESTED BREATHING:**

Breath as necessary

**GAZE:** Knees

**CUEING:**
- Thigh bones like soup spoons, scraping the bowl

**TACTILE CUES:**
Core control and axial elongation

**PROGRESSIONS:** None

**REGRESSIONS/VARIATIONS:**
- Figure of eight
  
  Circles without hands on knees – No hands = hip flex exercise

**PRECAUTIONS/SAFETY CONCERNS:**

**WATCH FOR:**
- Psoas pulling the lumbar spine anteriorly
- Pelvis rocking
- Loss of core control
11. Assisted Roll up

**EXERCISE EMPHASIS:**
- Torso in neutral or slight posterior tilt
- Knees bent towards chest
- Legs Parallel
- Hands on Shins or knees
- Stretch with some Abdominals

**MOVEMENT:**
- Circle the thighs in the hip sockets – knees to the chest, open to the sides, around and together.
- Maintain torso quiet, not rocking from side to side
- Reverse circle direction

**SUGGESTED BREATHING:**
Breath as necessary

**GAZE:** Knees

**CUEING:**
- Thigh bones like soup spoons, scraping the bowl

**TACTILE CUES:**
Core control and axial elongation

**PROGRESSIONS:** None

**REGRESSIONS/VARIATIONS:**
- Figure of eight
- Circles without hands on knees – No hands = hip flex exercise

**PRECAUTIONS/SAFETY CONCERNS:**
- Watch for:
  - Psoas pulling the lumbar spine anteriorly
  - Pelvis rocking
  - Loss of core control

12. Standing Roll down

**EXERCISE EMPHASIS:**
- Torso in neutral or slight posterior tilt
- Knees bent towards chest
- Legs Parallel
- Hands on Shins or knees
- Stretch with some Abdominals

**MOVEMENT:**
- Circle the thighs in the hip sockets – knees to the chest, open to the sides, around and together.
Maintain torso quiet, not rocking from side to side
Reverse circle direction

**SUGGESTED BREATHING:**
Breath as necessary

**GAZE:** Knees

**CUEING:**
- Thigh bones like soup spoons, scraping the bowl

**TACTILE CUES:**
Core control and axial elongation

**PROGRESSIONS:** None

**REGRESSIONS/VARIATIONS:**
- Figure of eight
Circles without hands on knees – No hands = hip flex exercise

**PRECAUTIONS/SAFETY CONCERNS:**
- Psoas pulling the lumbar spine anteriorly
- Pelvis rocking
- Loss of core control

Lift the crown of your head to open your spine
Drop your shoulders
Unlock your knee caps
Exhale dropping your chin to your chest
Scoop the belly
Restack, open your chest, place head on top of neck on top of shoulders on top of hips

**13. Book Openings**

**EXERCISE EMPHASIS:**
- Torso in neutral or slight posterior tilt
Knees bent towards chest
Legs Parallel
Hands on Shins or knees
Stretch with some Abdominals

**MOVEMENT:**
- Circle the thighs in the hip sockets – knees to the chest, open to the sides, around and together.
Maintain torso quiet, not rocking from side to side
Reverse circle direction

**SUGGESTED BREATHING:**
Breath as necessary

GAZE: Knees

CUEING:
· Thigh bones like soup spoons, scraping the bowl

TACTILE CUES:
Core control and axial elongation

PROGRESSIONS: None

REGRESSIONS/VARIATIONS:
· Figure of eight
Circles without hands on knees – No hands = hip flex exercise

PRECAUTIONS/SAFETY CONCERNS:

WATCH FOR:
Psoas pulling the lumbar spine anteriorly
Pelvis rocking
Loss of core control

14. Chest Lift

EXERCISE EMPHASIS:
· Breath supports movement
· Cradling and supporting head with hands
· Moving thoracic to curl up

MAIN PRINCIPLE: Head neck and shoulder org (#4)

SET UP BODY POSITION:
· Crook lying position
· Fingers interlaced to cradle occipital area to support weight of head
· Elbows out to the side

MOVEMENT:

SUGGESTED BREATHING:
INHALE to prepare
EXHALE with control on lift.
INHALE at top.
OR In breath to ceiling
EXHALE to release back down with control
GAZE: On horizon, reaching over and through gap in thighs to end of mat at height of move

VERBAL CUES:
· Relax throat, tuck chin, soften breastbone
· Lengthen spine – axially elongate - as you peel up from floor
· Curl head neck and shoulders
· Turn ribcage towards bent knees
· Arc over - guide sternum down to ribs
· Keep c-curve scoop throughout
· Wing bones are free

TACTILE CUES:
· Ribs – down to sternum
· Head position – tucked chin
· Elbows – out to side and chest wide
· Gaze
· Knees – in line with hips

IMAGERY CUES:
· Conveyor belt from sacrum out of head

PROGRESSIONS:
· Can increase the lever by lengthening the arms overhead – holding your height
· Legs in table top
· Pelvis on rotator disc
· Lying along length foam roller

REGRESSIONS:
Towel behind head to encourage ‘letting go’ of weight of head

REPETITION GUIDELINES: 6-8 times

COMMON MOVEMENT FAULTS/WATCH FOR:
· Raising pelvis to perform move
· Rectal bulge
· Not fitting head to hand (as want suction cupping shape of hands to head)
· Pushing sternum to pelvis
· Straining scalene, neck muscles generally

EXERCISE BENEFITS/REHAB APPLICATIONS:
· Abdominal strength
· Mobilise thoracic spine

PRECAUTIONS/SAFETY CONCERNS:
· Rectus abdominal separation
· Pregnancy
· Supine precautions
· Osteo

RELATED EXERCISES:
All supine – likes of single & double leg stretch, hundred, cross cross, roll up, neck pull

Exhale to lengthen
Float the back of the ribs out and over
Cradle the head, thumbs point down the spine
Elbows in the peripheral vision
Draw the ribcage together
Draw abdominals into the torso
Pubic bone pulling the muscles up

15. Bent Knee Fall out

EXERCISE EMPHASIS:
· Supine on Mat knees bent
Feet flat on floor, hip width apart or together
Spine in Neutral
Arms by side palms up or down

MOVEMENT:
· Inhale to prepare
Exhale to let one leg open in abduction, keeping edge of the foot on the floor and maintain neutral spine
Inhale to bring back leg to centre
Repeat 6-8 times each side

GAZE:

CUEING:
· Elastic pulling on knees
Magnets drawing knees together
Let it go

TACTILE CUES:
Core control and axial elongation
Integration of ribs with pelvis
Disassociation of the hip

PROGRESSIONS: None

REGRESSIONS/VARIATIONS:
· Legs in the air
Both legs moving at the same time
In Table top
On a roller

PRECAUTIONS/SAFETY CONCERNS:
· SIJ in pain

WATCH FOR:
Loss of axial length
Loss of neutral pelvis
Opposite leg movement
Poor eccentric control

BENEFITS:
Disassociation of the hips
Good for Hip abduction
RELATED EXCERISES:
Dead bugs, Femur Arcs and Leg circles

Whole shin moves, windscreen wipers
Shoulders and hips nailed to the floor

16. Side to Side

EXERCISE EMPHASIS:
· Supine on Mat knees bent at 90 in table top
  Spine in imprint
  Arms by side at 45 degrees
  Shoulder blades on the mat
  90 degrees at Hip, 90 degrees at knees

MOVEMENT:
· Inhale as the legs and lower torso rotate to the right
  Exhale and rotate back to centre
· Inhale as the legs and lower torso rotate to the left
  Exhale and rotate back to centre
Repeat 3-5 times each side

ROTATION STRETCH:
Allow legs to fully rotate to the side until resting on floor, turn head to opposite side, hold for 4 breaths.

Progression: ADD LEG EXTENSION:
Once in rotation, exhale to extend the knees, inhale to bend the knees and exhale back to centre
Repeat 6-8 times in each direction

CUEING:
· Not be able to see your feet

TACTILE CUES:
Core control and axial elongation
Integration of ribs with pelvis
Disassociation of the hip

PROGRESSIONS: None

PRECAUTIONS/SAFETY CONCERNS:
· Osteonecrosis
  Lower back problems

WATCH FOR:
Hips flexing too much
Shoulders overworking
Poor head and neck position
Anterior pelvic tilt
**BENEFITS:**
QL stretch, lumbar rotation
Working Multiditiferous and obliques

**RELATED EXCERISES:**
Bent knee fall out (This is the next step up)

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**17. Pre-Swimming**

**EXERCISE EMPHASIS:**
Quiet pelvis, long limbs and oppositional stretch.

**MUSCLE FOCUS:**
Anterior chest muscles, hip flexors, back extensors

**MAIN PRINCIPLE:**
AE/CC and H/NS organisation

**SET UP BODY POSITION:**
- Lying prone. Top of forehead to mat.
- Arms reaching overhead palms resting on floor.
- Feet hip distance apart
- Lifted in waist
- Heavy in pubic bone to encourage neutral

**MOVEMENT:**
- Lengthen head and sacrum
- Heavy in pubic bone to root you into floor
- Long in neutral spine for oppositional lengthening
- Float arm and lengthen away, keeping space between arm and ears
- Shoulder blade draws arm back as arm floats and extends 2-4” off floor
- Lengthen and float opposite leg off mat, no higher than hip height

**SUGGESTED BREATHING:**
INHALE to prepare
EXHALE to lengthen and float opposite limbs away
GAZE: Directly at floor underneath

**VERBAL CUES:**
- Heavy in pubic triangle to anchor into mat.
- Float and lengthen one arm off floor, keeping space between ear and arm – arms at shoulder width apart – then rest to floor and repeat on other side
- Rest arms and take focus to legs: lengthening and floating one leg off the floor, pointing toe to opposite wall. Repeat on other side
- Progress to opp arm opp leg to feel length through abdominal slings

**TACTILE CUES:**
- Sensation of someone pulling your arm away from you (gentle pull on wrist) or leg (gentle pull on ankle)
· Waist – ensure lifted – tweak to lift at each side
· Shoulders – draw down and wide
· Head positioning – lengthen back of neck and direct head at sides to take gaze to floor

IMAGERY CUES:
· Tack/grape/butterfly under abdomen – create a small neutral space
· Prep for swim – organising limbs to then cut across the surface of the water – no splashing!

PROGRESSIONS:
· Swimming

REGRESSIONS:
· Arms only or legs only
· No real regression for this move

REPETITION GUIDELINES:
· 6-8 times each side

COMMON MOVEMENT FAULTS/WATCH FOR:
· Pinching in lower back
· Losing focus on lengthening from fingertips to toes
· Allowing abdominals to drop into mat

EXERCISE BENEFITS/REHAB APPLICATIONS:
· Strengthen back extensors
· Enhance trunk stability
· Improve movement coordination
· Control shoulder flexor and hip extensor control

PRECAUTIONS/SAFETY CONCERNS:

RELATED EXERCISES: Swimming, superman, dart, quadruped
Face just floating off the floor
Lengthen out sit bones to heel bones
Exhale flex the shoulder and hip on one side
With each lift and lower grow 1cm
Feel your leg and arm connected to your body
Fingers long and reaching

18. Prone Heel Beats

EXERCISE EMPHASIS:
· Hip extension
· Quiet upper body
· Narrow legs – lower extremity parallel alignment
· Tracking of knee

MUSCLE FOCUS:
Psoas lengthening, glutes, hamstrings, calves, abdominals, obliques
MAIN PRINCIPLE: AE/CC

SET UP BODY POSITION:
· Lying in prone
· Elbows wide, top of forehead resting on back of palms (palms: one on top of other)
· Shoulders back and down
· Narrow legs streaming behind – hip distance apart
· Active in waist yet lumbar spine in neutral position

MOVEMENT:
· Extend hips to float thighs off the mat
· Reach legs away
· Click heels together fast/slow tempo

SUGGESTED BREATHING:
· INHALE to prepare
· EXHALE to extend legs away
· Small pulsing breaths as beating heels together (abducting and adducting the heels)

GAZE: Fixed at floor – on horizon

VERBAL CUES:
· Extend hip flexors
· Lengthen and float off mat
· Adduct and abduct the heels in clicking pulse action
· Using pulse breath to take through sequence

TACTILE CUES:
· Head, neck & shoulder organisation
· Lumbar spine in neutral
· Bringing heels together

IMAGERY CUES:
· Legs are like tram tracks
· Scissor action legs as beat heels together

PROGRESSIONS:
· Use of magic circle between ankles (just above)

REGRESSIONS:
· Single leg extension (prep for heel beats)

REPETITION GUIDELINES: 20-30 beats

COMMON MOVEMENT FAULTS/WATCH FOR:

EXERCISE BENEFITS/REHAB APPLICATIONS:
· Adopting better gait patterns
PRECAUTIONS/SAFETY CONCERNS:

RELATED EXERCISES: Swimming, dart
Pubic bone nestling down
Extend right leg and roll the thigh bone in the hip joint
Extend the left leg and roll the thigh bone in the hip joint

19. Dart

EXERCISE EMPHASIS: AE/CC

MUSCLE FOCUS:

MAIN PRINCIPLE:

Spine Articulation, H/NS Organisation

SET UP BODY POSITION:

· Lying in prone position
· Arms lengthened to thighs, kept narrow, palms facing ceiling
· Big toes together, heels relaxed out to sides
· Medial leg wrap
· Connectivity between knees and ankles
· Pubic bones pressed into mat
· Pelvic floor connection
· Corset wrapped
· Lengthened spine – top of forehead resting on mat
· Shoulders reaching down back, away from ears

MOVEMENT:

· Roll marble from under nose out in front
· Peel head neck and shoulders off floor, whilst gaze remains on horizon on floor
· Work through range before...
· Reaching spine long, articulating up into height of thoracic extension
· Curl deltoids back and float arms up to side of body
· Without gripping glutes - press arms to ceiling 8-10 times

SUGGESTED BREATHING:

INHALE to prepare
EXHALE to reach arms back and up
INHALE at top
EXHALE with arm pumps

GAZE:

· Directly ahead - to floor – use gaze to keep creeping into thoracic extension

VERBAL CUES:

· Find length through spine
· Press pubic bone into mat
· Weight in hips
· Scapular back and wide
· Curl H/N/S back off floor and into thoracic extension
· Roll humeral head into external rotation – make biggest arc possible
· Lengthen fingers to toes
· Allow arms to float up to ceiling
· Externally rotate floated hands next to sides and ‘paddle’ pulse arms up in sequence.
· Keep a feeling of openness across chest
· Feet remain on floor – press big toes together
· Legs active and lengthened out behind, yet no gripping in gluteals
· When pumping arms – not fast ‘one and two’

**TACTILE CUES:**
· Shoulders – draw back and down
· Gaze – directly ahead (lengthened neck)
· Feet – re-set to bring together
· Waist – draw up at sides

**IMAGERY CUES:**
· Grow taller
· Spiral collarbone
· Shine chest back
· Pin tuck at naval
· Pick up arms from back of shoulder
· Like a...human dart

**PROGRESSIONS:**
· Take arms above head
· Hold chi ball in between ankles
· Hold pilates ball with raised arms overhead

**REGRESSIONS:**
· Only with thoracic extension, no arms
· Chi ball under chest if KY photic
· Pillow under hips to help pelvic stability, take pressure off lumbar

**REPERTITION GUIDELINES:**
· 10-12 times for thoracic extension
· 8-10 times when beating arms to ceiling

**COMMON MOVEMENT FAULTS/WATCH FOR:**
· Dropping head
· Poor abdominal control
· Gripping in glutes
· Feet rising up off floor
· Hunching through shoulders
· Overactive lats
· Arms out to sides

**EXERCISE BENEFITS/REHAB APPLICATIONS:**
· Great for posture – spine mobiliser and strengthener
· Endurance
· Works extensor muscles

**PRECAUTIONS/SAFETY CONCERNS:**
· Not for extension sensitive

**RELATED EXERCISES:**
Scarecrow, prone extension, Swan series, hundred (pulses)

**Face to float off the floor**
**Draw tummy button up off the mat**
**Open the collar bones – Draw shoulder blades down, curl the shoulders back**
20. Scarecrow

**EXERCISE EMPHASIS:**
- Thoracic extension
- Head Neck Shoulder Org

**MUSCLE FOCUS:**
Shoulders, pecs, lats

**MAIN PRINCIPLE:** AE/CC, Spine Articulation

**SET UP BODY POSITION:**
- Lying prone, top forehead pressed into floor
- Arms in Capital E position – elbows wide shoulder height
- Forearms parallel with head
- Legs streaming behind, medial leg wrap legs hip distance apart
- Lifted in waist

**MOVEMENT:**
- Anchoring elbows, float fingertips up
- Float hands up, forearms naturally follow
- Elbows rise to shoulder height in Capital E shape
- Extend through thoracic and curl head neck off floor taking gaze long
- Extend arms away
- Draw arms back to Capital E
- Take elbows to floor
- Rest head back to floor as hands meet floor simultaneously

**SUGGESTED BREATHING:**
INHALE lift arms – elbows anchored
EXHALE elbows float off floor in line with shoulders
INHALE lift sternum up
EXHALE reach arms up
INHALE bend arms
EXHALE relax head to floor
INHALE bring elbows to floor
EXHALE hands relax back and down

**GAZE:** Directly ahead

**VERBAL CUES:**
- Externally rotate arms
- Middle finger in line with arms
- Pivot at elbow
- Float forearms off floor
- Float arms up – hands to be higher than elbows
- Extend thoracic spine and bring arms up higher

**PROGRESSION** for advanced only
- Extend arms forward at angle
- Bring arms back to elevated Capital E
- Roll back onto mat
- Lower elbows to mat (hands higher than elbows)
Lower forearms and hands

TACTILE CUES:
- Angle of arms
- Position of head
- Relaxed shoulders
- Wrists to be straight
- Gripping in glutes

IMAGERY CUES:
- Plaster cast from wrist to elbow
- Long chopstick attached to middle finger up to elbow
- Kite on back of body lifting at front, sailing away
- Shine light out of top of head
- Take arms up and down drawing board

PROGRESSIONS:
- With arms extending overhead
- As above with wrist weights/magic circle held in hands
- Try reverse scarecrow (snow angels)

REGRESSIONS:
- Just arms without thoracic extension
- Spine Extension
- Chi Ball under chest
- Try on box

REPETITION GUIDELINES: 6-8 times

COMMON MOVEMENT FAULTS/WATCH FOR:
- Not rotation from wrist but shoulder
- Dipping into lumbar lordosis – lack of anterior connection
- Breath holding
- Forward head posture
- Chin poking

EXERCISE BENEFITS/REHAB APPLICATIONS:
- Great postural move
- Thoracic mobility
- Integrating shoulder blades onto ribcage
- Stretch pecs
- Shoulder stability

PRECAUTIONS/SAFETY CONCERNS:
- If can’t lie in prone
- Extension sensitivity
- Pregnancy

RELATED EXERCISES: Dart, anything into extension; swimming, arm arcs, Hundred

Face floats up off the floor
Inhale float wrists and forearm
Exhale float elbows
Inhale float up thro the head and chest
Exhale push arms forward
Inhale to draw arms back
Exhale to lower head and chest
Inhale to lower elbows
Exhale to lower wrists and forearms

21. Side Lying

EXERCISE EMPHASIS:
· Pelvic Stability
· Anterior connection
· Scapular stability
· Movement in coronal plane
· Rotation from hip
· Long and aligned, open & strong core

MUSCLE FOCUS:
· Hips
· Waist
· Hip flexor lengthener
· Overall balance developer

MAIN PRINCIPLE: AE/CC

SET UP BODY POSITION:
· Place shoulder – hip – legs in line across back of mat
· Find wide shoulder positioning and keep active
· Pelvis parallel to opposite wall
· Liftedin waist
· Torso in neutral
· Cheek resting on bicep
· Legs bent, and stacked, feet in line with bottom
· Upper arm in front of chest - hand pressed into mat for support

MOVEMENT:
· Float top leg until parallel to floor/hip height
· Flex hip and extend away on hip axis
· Move backwards and forwards whilst maintaining pelvic stability

SUGGESTED BREATHING:
INHALE to flex hip
EXHALE to extend hip
Send breath through trunk to power leg back

GAZE: On horizon

VERBAL CUES:
· Integration of ribs with pelvis
· Axially elongate
· Strong head neck shoulder organisation
· Float top leg until hip height
· Lift out of stabilising shoulder
· With bent leg flex forward
· Extend back between 10-15 degrees only
· Maintain hip stability on side of body
· Keep distance between rib and hip at top

**TACTILE CUES:**
· Head
· Shoulder
· Hip
· Knees
· Ankle
· Waist

**IMAGERY CUES:**
· Draw pubic bone to belly button
· Imagine body and feet are resting back against a wall – arm is in line with body
· ASIS lights shine forward
· Turn oiled wheel in hip
· Crease/fold behind thigh
· Cycling in lying
· Leg in plaster fixed at 90 degrees
· Create mouse house in waist/gentle breeze blowing through gap in waist
· Lying in between two planes of glass

**PROGRESSIONS:**
· Straight legs – check in with toes. To be 5 degrees in front of mid line. Draw sit bones together, activate glutes.
· Progress further and rest hand along thigh to reduce stability
· Or even extend arm to ceiling

**REGRESSIONS:**
· Head resting on pillow
· Reduced movement
· Hand can also rest under waist as a reminder to keep waist lifted
· Or hand on hip to feel rotation in hip

**REPETITION GUIDELINES:** 10-12 times each side

**COMMON MOVEMENT FAULTS/WATCH FOR:**
· Hip swaying
· Hunching shoulders
· Head positioning
· Dipping in waist
· Poor alignment
· Inability to let hip go – lordosis in lumbar
· Using global QL
· Erector spinae rather than obliques

**EXERCISE BENEFITS/REHAB APPLICATIONS:**
· Pelvic Stability
· Challenging body across all planes movement
· Improve scapular stability

**PRECAUTIONS/SAFETY CONCERNS:**
· Inflammation in hips / hip replacement
· Bursitis (place folded towel under hip)

**RELATED EXERCISES:**
Sidekick series, Clam Openings, Standing Leg Balance

Legs 1cm forward of your body knees stacked ankles stacked, knees bent Leg in plaster fixed at 90 degrees
Lower arm long
Head ribs and pelvis in a line
Hips stacked on top of each other
Fingertips lightly supporting
Float the top leg
Breathe in to flex foot and move slightly forward of your body
Exhale to return behind body

22. Side Lift

EXERCISE EMPHASIS:
· Elevate hips
· Feed trunk into ribs
Scapular positioned on top of ribcage

MUSCLE FOCUS:
Obliques, shoulders, abdominals, hip stability, thighs, waist, shoulders, wrists

MAIN PRINCIPLE: AE/CC – also HNS/O and Upper Extremity Weight Bearing

SET UP BODY POSITION:
· In sidelying pose
· Propped up on forearm – shoulder directly over elbow
· Brain heavy into back of head
· Spine in neutral
· Legs outstretched
· One foot stacked on top of other
· Stand on floor from sides of feet (have image of surface under)
· Press floor away as hips rise

MOVEMENT:
· Find stability
· Sink foot and forearm into floor and allow waist to rise
· Squeeze knees together and push into feet

SUGGESTED BREATHING:
INHALE to prepare
EXHALE press through arm and lift hips up from floor
INHALE at top
EXHALE to float top arm towards ceiling and/or top leg into Star pose
INHALE to lower arm and leg – lower hip to floor

GAZE: ON horizon

VERBAL CUES:

TACTILE CUES:
· Hips – square to opposite wall
· Gaze
· HNS/O

IMAGERY CUES:
· Ice skates on feet
· Arm and foot are the power the middle is light

PROGRESSIONS:
- Supported on hand, feet stacked (star)
- Supported up on hand – one foot in front of other

**REGRESSIONS:**
- Bent bottom leg – knee in contact with floor
- Both knees bent
Prop: place towel under shin to show what it feels like to stand into side of foot – to help create stability in ankle
N.B ankle NOT to be in contact with floor

**REPETITION GUIDELINES:** 3-5 times each side

**COMMON MOVEMENT FAULTS/WATCH FOR:**
- Sinking in waist
- Poor alignment
- Tight across collar and neck muscles
- Head/gaze dropping
- Shin sagged to floor

**EXERCISE BENEFITS/REHAB APPLICATIONS:**
- Helps develop pelvic stability
- HNS/O
- Strengthening arm and shoulder
- Abductors
- Scapular stability under load

**PRECAUTIONS/SAFETY CONCERNS:**
If hip replacement abduction only

**RELATED EXERCISES:**
Sidelying series, quadruped, femur circles, bent knee fall out

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**23. The Hundred**

**Exercise Emphasis:**
- Small of back imprinted into mat
- Shoulder thoracic dissociation (Arms move not shoulder)
- Gaze forward to protect neck
- Movement from shoulder socket, body not moving

**Common Faults:**
- Stick chin out
- Body moving
- Holding breath
- Ribs/lower back lift off mat
- Accessory of diaphragm breathing
- Rectus poofus – dinosaur bulging (TA not working properly – if seen bring legs/head down)

**Cueing:**
- Support the head and neck in the direction of axial length
- Guide the shoulders wide away from the ears
- Guide the lower ribs towards the pelvis

**Clients Benefits:**
- Good hard Abbs work
• Triceps and Lats exercise

Precautions:
• Spondylolisis - lower back lumber spine slips forward
• Stenosis - narrowing of bones in spinal column

Safety concerns:

Setup Body Position
• Spine on mat, arms along sides with palms down, Knees in tabletop.

Movement/Suggested Breathing
• Inhale to prepare.
• Exhale to roll the head neck and shoulders off the floor, maintaining axial elongation.
• At the same time, reach the hands along the floor to hover just off the mat.
• Maintain an imprinted spine
• Inhale for 5 counts with the palms up, arms pulse 5 times
• Exhale for 5 counts with the palms down, arms pulse 5 times
• Do this whilst pulling the abdominals in and up strongly
• Repeat this breathing pattern 10 times then lower back to starting position.
• Keep hands reaching away from shoulders
• Breathing smooth and continuous

Variations
• One or both hands behind head
• Gradually extend the legs and the hips to increase the challenge to the Abbs
• Vary the amount of hip and Knee extension until legs are 3”-5” off the floor
• Vary the breath count

Hands out by your side
Hands out by your side, Lengthen your fingers to the end of the mat
Lengthen thro the crown of your head
Extend your legs
Pause; create length between your rib cage and hips
Release back down

24. Roll Up

EXERCISE EMPHASIS:
• Length of body
• Fluid movement
• Segmental movement of spine
• Core control
• Concentric abdominals curling up
• Eccentric abdominals curling down
• Movement is about controlled breath
• Posterior rotation of pelvis with slow lumbar flexion

MUSCLE FOCUS:
• Strengthening abdominals
- Restoring normal timing in lumbar spine
- Lengthening hamstrings
- Developing spinal mobility and stability
- Stretch for back muscles – fascia

**MAIN PRINCIPLE:** Spine Articulation – also HNS/O

**SET UP BODY POSITION:**
- Lying in supine
- Legs extended away
- Arms reaching away overhead, hands towards floor
- Chin tucked

**MOVEMENT:**
- Intensify pelvic floor and wrap corset tightly
- Medial leg wrap
- Float arms to ceiling, palms facing each other – width across chest and muscles of back
- Lengthen back of neck
- Curl HNS off floor to gaze over feet
- Use abdominals to curl torso up into long sit pose
- Arms extending over legs parallel to each other
- Can then spine stretch over legs

**SUGGESTED BREATHING:**
**INHALE** extend arms overhead reaching them long in line with body, palms facing each other
**EXHALE** float arms to ceiling – 90/90
**INHALE** curls HNS off floor to gaze over feet
Use controlled **EXHALE** to reach torso up and over legs into seated position

**GAZE:** Following horizon, arching up and over with move
Gaze travels across floor and up to horizon

**VERBAL CUES:**
- Glue feet to mat, connectivity between ankles
- Feed legs through body
- Medial leg wrap and overall adduction through lengthened legs
- As curl up start from the tailbone and work up the spine to come forward
- Find length in ribcage from front and length in trapezius from back
- Rise up and over ribcage rotating the pelvis forward
- Integrate rib to hips
- Focus on a smooth jerk free move
- Reach arms over legs – parallel to ceiling and extend fingers to opposite wall
- Firstly to stacked spine seated position
- Shoulders reaching into back pockets
- Progressing to spine stretch reaching arms and extending over legs, head in line with neck – gaze down to knees

**TACTILE CUES:**
- Base of back is a wall and you are stacking bricks back against my hand (rolling back up to seated posture)
· Fold up and over legs – keeping torso lengthened

**IMAGERY CUES:**
· Barbie arms – soft at elbow
· Sleeping bag zip through centre of body
· Rebuild and restack spine back
· Arms sleepwalking out in front/zombie arms
· Like a wave rolling over

**PROGRESSIONS:**
· Take into spine stretch

**REGRESSIONS:**
· Assisted Roll Up
· Chi Ball in between ankles/back of knees
· Partner to anchor legs to floor
· Legs resting at 90/90 on swiss ball
· Bent knees

**REPETITION GUIDELINES:** 6-8 times

**COMMON MOVEMENT FAULTS/WATCH FOR:**
· Legs leaving floor
· Hunching through shoulders
· Chin poking
· Jerkiness – poor segmental movement
· Poor abdominal control
· Rectus bulge - lower abdominals
· Protruding ribcage
· Overuse of hip flexors

**EXERCISE BENEFITS/REHAB APPLICATIONS:**
· Spine mobility

**PRECAUTIONS/SAFETY CONCERNS:**

**RELATED EXERCISES:** Neck Pull, Assisted Roll Up, Chest Lift – all supine abdominals

**FITNESS TEST:** Long sit

- Inhale float both arms to the ceiling
- Exhale drop the shoulders
- Inhale and roll the head neck and shoulders up off the floor, exhale to come into a seated position
- Sit up tall
- Peel back down, lengthening and peeling, lengthening and peeling

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**25. Roll Over**

**EXERCISE EMPHASIS:**
· Articulation into flexion but other way around – spinal flexibility
· Deep control/contraction of abdominals and back muscles
· Concentric/eccentric insertion
· TA
· Obliques
· Rectus
· Hamstring stretch

MUSCLE FOCUS:
· Iliopsoas
· Rectus Abdominis
· Obliques
· Shoulder flexors
· Shoulder extensors

MAIN PRINCIPLE: Spine Articulation

SET UP BODY POSITION:
· Lying in supine
· Arms out at 45 degrees – palms toward floor (palms up if tight in shoulders)
· Legs in table top / 90/90
· Spine in neutral/slight imprint

MOVEMENT:
· Extend lengthened legs to ceiling – legs together and parallel
· Press arms and hands to floor as pike hips up
· Taking legs over head
· Backs of legs parallel to ceiling
· Lift up through torso
· Open legs to shoulder width
· Roll spine back down to mat
· Circle legs at 45 degrees – back up and over head

SUGGESTED BREATHING:
INHALE extend legs towards ceiling
EXHALE aim toes to wall behind, taking backs of legs so parallel to ceiling

GAZE: On horizon – up at ceiling at all times

VERBAL CUES:
· Extend legs to ceiling, legs together parallel
· Exhale to extend toes to where wall meets ceiling behind you
· Take legs over torso further travelling legs along wall behind to where backs of legs become parallel to ceiling
· Find length/height through torso so not compressing onto throat
· Gaze at kneecaps
· With legs apart at hip distance roll back down through spine
· When tailbone touches mat extend legs away to 45 degrees
· Circle legs back towards you and take back up and over head – legs become parallel again
· With legs together curl spine back to floor with control
Circle legs away at 45 degrees and repeat sequence 3-5 times
Legs on horizon at all times
Clean and sharp fluid movement

**TACTILE CUES:**
- At foot end of client take hold of ankles and guide legs up and over torso, circle around
- Emphasise lift through torso, engaging abdominals
- HNS/O – especially shoulders

**IMAGERY CUES:**
- When legs together think of a zip from big toes to pubic bone to adduct
- Imagine you are resting your back up against a wall when extending legs overhead
- As take legs up and over bloom bottom to back wall

**PROGRESSIONS:**
- Arms reaching up over head – backs of hands to floor
- Dorsi flex foot as roll back down for neural stretch

**REGRESSIONS:**
- Hip Ups, Bridge, Shoulder Bridge, Rest bottom against wall
- If popping/clicking in hip – reduce lever by soft bend in leg and smaller circles

**REPETITION GUIDELINES:** 3-5 times

**COMMON MOVEMENT FAULTS/WATCH FOR:**
- Head lifting up and off floor
- Shoulder hunching
- Collapsing into sternum and throat
- Leg positioning – below 45 degrees or more than
- Rectus Pouffus
- Weight bearing on to head

**EXERCISE BENEFITS/REHAB APPLICATIONS:**
- Eccentric and concentric abdominal work
- Neural stretch
- Hamstring stretch
- HNS/O discipline
- Core control

**PRECAUTIONS/SAFETY CONCERNS:**
- Inversion
- Osteo
- Disc pathology
- Thoracic issues
- Supine precautions

**RELATED EXERCISES:** Control Balance, Bridging, Shoulder Bridge
*Draw up thru the abdomen wall*
*Hands down by your sides*
Float left leg into table top
Float right leg into table top
Magnatise the hips to the floor
Open your collar bones - Draw shoulder blades down, curl the shoulders back
Exhale extend the knees
lift the tail bone up and over, toes over nose (Can push thro the hands)
Like someone is pulling your toes to the ceiling
Create space between your vertebra
Lengthen from the throat down to the pelvis
Curl back down 1 vertebrae at a time
Once the sacrum reaches the floor open the legs
Imagine someone is pulling your heels to the wall as you lower down
Circle down and around and go back up with legs together

26. Single Leg Stretch

EXERCISE EMPHASIS:
· Chest to knee
· Tracking of legs in saggital plane
· Opening through hip flexor
· HNS/O

MUSCLE FOCUS:
· Abdominals – oblique sling focus
· Back extensors
· Hip flexors

MAIN PRINCIPLE: AE/CC, HNS/O

SET UP BODY POSITION:
· In supine
· Legs bent in air in head neck shoulders curled up off the mat
· Right knee pulled up to chest
· Right hand on ankle, left hand on knee
· Maintain shins parallel to floor

MOVEMENT:
· Extend left leg long to 45 degrees/to hover off floor
· Pelvis in soft imprint
· Inhale as legs pass through centre to switch hands to left leg and extend right leg away
· Inside hand to knee, opposite hand to ankle
· Hands remain with bent leg as switch from left to right
· Shins remain parallel to floor
· Maintain height through torso
· Percussive breath

SUGGESTED BREATHING:
INHALE to prepare
As EXHALE extend left leg to hover off floor
INHALE to pass through centre
EXHALE as right legs reaches away
GAZE: Travels across pubic bone and out to end of mat OR at patella

VERBAL CUES:
· Base of pelvis quiet
- Bring knee in towards body
- Outside hand inside ankle emphasis
- Adopt percussive breath - activate as pass through centre of body
- Push hand to inside of knee, and press ankle to create oppositional stretch/dynamically align leg
- Toe points to midline to encourage correct gait
- Maintain lift in thoracic spine
- Tips of shoulder blades kissing the mat
- Gaze along centre and out to floor

**TACTILE CUES:**
- HNS/O – find lift – stroke up trapezius

**IMAGERY CUES:**
- Press legs through sticky toffee

**PROGRESSIONS:**
- Single straight leg stretch – reach up to ankle extend both legs and scissor

**REGRESSIONS:**
- Chi ball in thoracic to support in HNS/O lift
- Can place hands behind head to cradle as long as good HNS/O
- Bend in knees
- Leg towards ceiling to reduce load

**REPETITION GUIDELINES:** 10-12 times each side

**COMMON MOVEMENT FAULTS/WATCH FOR:**
- Anterior pelvic tilt
- Poor leg placement/angle
- Chin poking
- Chest to knee not knee to chest

**EXERCISE BENEFITS/REHAB APPLICATIONS:**
- Deep abdominal strengthening
- Myofascial stretch across back muscles
- Postural/gait discipline
- Hip flexor lengthening
- Deep cervical spine lengthening
- Hamstring stretch

**PRECAUTIONS/SAFETY CONCERNS:**
- Neck pathologies – unstable neck
- Osteo

**RELATED EXERCISES:** Single Straight Leg Stretch, Hundred, Chest Lift, Double Leg Stretch, Criss Cross, Assisted Roll Up.

Length between sit bones and crown of head
Breath in to change
Push the femur out of the hip socket
Bent leg over hip
Knee doesn’t come behind hip
Reach out through the toe to the centre of a dart board
27. Rolling Like a Ball

EXERCISE EMPHASIS:
· Round spine

MUSCLE FOCUS:
·

MAIN PRINCIPLE: Spine Articulation

SET UP BODY POSITION:
· Seated, balanced behind sit bones
· Arms wrapped around legs with shoulders pulled down
· Hands, one clasping the other
· Feet are platarflexed, off the mat with knees flexed into chest
Head/neck slightly flexed

MOVEMENT:
· Inhale to roll pelvis up towards ceiling, initiating spine flexion with pelvis;
· Head and neck should not touch the mat
· Exhale to return to sitting position, feet should not touch the mat
· Repeat 10-12 times

GAZE: to pubic bone

VERBAL CUES:
· Imagine your inside a fit ball
Pull belly away from your thighs
Gaze to pubic bone
Sit bones to ceiling
Pelvic floor on

TACTILE CUES:
·

IMAGERY CUES:

PROGRESSIONS:

REGRESSIONS:
· Chee ball on belly or behind knees

REPETITION GUIDELINES: 3-5 times

COMMON MOVEMENT FAULTS/WATCH FOR:
· Pressure on head and neck
· Head leading the movement back instead of the pelvis
· Heels coming away from hips (Using hamstrings to assist the roll up)
· Slapping floor with back, not articulating
EXERCISE BENEFITS/REHAB APPLICATIONS:
· Pelvic floor

PRECAUTIONS/SAFETY CONCERNS:
· Whiplash
· Rib problems
· Pain in coxics

RELATED EXERCISES: Seal, open leg rocker
Draw heals to buttocks
Shoulders back and down
Create a C shape with your back
Tilt back just past your tail bone
Inhale to roll back in a nice straight line
Exhale come back again to seated
Pelvis becomes heavy to roll back up
Feel the air in the back of the ribcage, like a sail drawing you back up

28. Seal
EXERCISE EMPHASIS:
· Stop Momentum
Lumber spine in Flexion
Curl back, round spine
Lumber flex with thoracic in neutral

MUSCLE FOCUS:
·

MAIN PRINCIPLE:

SET UP BODY POSITION:
· Pelvis in posterior tilt, spine flexed
· Seated, balanced behind sit bones
· Hands grasping heals or ankles, elbows inside knees, soles together or feet pointed, toes touching with knees flexed, open to sides
· Hips are externally rotated
Pelvis in slight posterior tilt

MOVEMENT:
· Inhale roll to stand between shoulders, clap feet together 3 times. Head and neck should not touch the mat
· Exhale, initiating spine flexion with the pelvis.
· Inhale, roll up to starting position, clap feet together 3 times, feet should not touch the mat.
· Repeat 10-12 times

GAZE: looking up stops momentum

VERBAL CUES:
Movement of the pelvis in flexion
Contraction of deep abdominals
Clapping stops the momentum

**TACTILE CUES:**

**IMAGERY CUES:**

**PROGRESSIONS:**

**REGRESSIONS:**

**REPETITION GUIDELINES:** 10 - 12 times

**COMMON MOVEMENT FAULTS/WATCH FOR:**
- Pressure on head and neck in shoulder stand
- Head leading the movement back instead of the pelvis

**EXERCISE BENEFITS/REHAB APPLICATIONS:**
- Abdominals

**PRECAUTIONS/SAFETY CONCERNS:**
- Whiplash
- Rib problems
- Pain in coxics

**RELATED EXERCISES:** Roll like a ball, open leg rocker

### 29. Swan 1

**EXERCISE EMPHASIS:**
- Thurasic moves before using the arms
- Articulation through the Spine

**MUSCLE FOCUS:**

**MAIN PRINCIPLE:** Curve in lumbar spine to be the same as the curve in the thoracic spine

**SET UP BODY POSITION:**
- Prone, shoulders extended, elbows flexed, allowing palms of hands to rest on floor beside chest
- Head may be turned to the side

**MOVEMENT:**
- Inhale to prepare
· Exhale, peeling front of body off the floor and bringing the spine and hips into extension, lower abdominals engaged, when you can’t get any further, press up with the arms
· Inhale at the top
Exhale and maintaining axial elongation, return to floor, rolling forward across front of thighs, hips, and abdomen to chest, allowing arms to bend, keeping palms on floor beside chest, returning to starting position.
· Repeat 4-6 times

GAZE: to skirting board

CUES:
· Axial elongation
· Scapular depression
· Integration of ribs with pelvis
· Contraction of deep abdominals
· Width of chest and upper back

TACTILE, VERBAL IMAGERY CUES:
· Keep tummy on
· When you cant move any more, use your arms
· Spine on Belly, one vertebra at a time
· Resist gravity as you go down
· Lift through sternum not the head

PROGRESSIONS:

REGRESSIONS:

REPETITION GUIDELINES: 3-5 times

COMMON MOVEMENT FAULTS/WATCH FOR:
· Loss of support from core musculature
· Hyperextension of cervical or lumbar spine
· Poor head and neck alignment

Peel up off the ground like a band aid
Lengthen out thro the crown of your head
Crickets legs elbows, squeeze elbows back to your waist
Hands either side of chest
Open your collar bone Draw shoulder blades down, curl the shoulders back
Slide breast bones to the wall
Front of thighs pressing down
Toes pressing down
Slide nose to front of mat
Press the floor away
30. Swan Dive 2

EXERCISE EMPHASIS:
· Thurasic moves before using the arms
  Articulation through the Spine

MUSCLE FOCUS:
·

MAIN PRINCIPLE: Curve in lumbar spine to be the same as the curve in the thoracic spine

SET UP BODY POSITION:
· Swan 1 position, full extension

MOVEMENT:
· Exhale, maintain spine and hip extension, roll forward across legs to chest, allow elbows to bend and hands to slightly lift off the floor, legs lift off the floor.
· Inhale to push back up to previous position
· Repeat 4-6 times

GAZE: to skirting board

CUES:
· Axial elongation
  Scapular depression
  Integration of ribs with pelvis
  Contraction of deep abdominals
  Width of chest and upper back

TACTILE, VERBAL IMAGERY CUES:
· Keep tummy on
  When you cant move any more, use your arms
  Spine on Belly, one vertebra at a time
  Resist gravity as you go down
  Lift through sternum not the head

PROGRESSIONS:

REGRESSIONS:

REPETITION GUIDELINES: 3-5 times

COMMON MOVEMENT FAULTS/WATCH FOR:
· Loss of support from core musculature
· Hyperextension of cervical or lumbar spine
· Poor head and neck alignment

EXERCISE BENEFITS/REHAB APPLICATIONS:
PRECAUTIONS/SAFETY CONCERNS:
Pregnant
Big boobs
Testicles out of the way

Soften elbows to roll forwards across the body
Legs stay together in the exhale rock
Glutes switched on
Gaze forward to skirting

31. Single Leg Kick
EXERCISE EMPHASIS:
· Tummy on

MUSCLE FOCUS:
·

MAIN PRINCIPLE:

SET UP BODY POSITION:
· Prone, forearms on mat, descending diagonal from shoulders to thighs
Pubic bone in contact with the mat
Shoulders depressed and abducted
Knees and hips extended
Head/neck in neutral
Pelvis in slight posterior tilt

MOVEMENT:
· Press forearms into the mat and pull the elbows toward the body
Inhale, flex one knee, draw heel to hip/pulse twice.
Exhale, extend the leg so that it hovers above the ground, then lower to ground
· Repeat 10-12 times

GAZE: 300 in front of mat

CUES:
· Axial elongation
Width of chest and upper back
Lower extremity alignment
Integration of the ribs and pelvis

TACTILE, VERBAL IMAGERY CUES:

PROGRESSIONS:

REGRESSIONS:

COMMON MOVEMENT FAULTS/WATCH FOR:
· Loss of support from core musculature
Hips sagging into hyperextension
Sagging between scapulae
Sloppy leg work
Loss of axial length

EXERCISE BENEFITS/REHAB APPLICATIONS:

PRECAUTIONS/SAFETY CONCERNS:
Acute SIJ / knee issues
Lumber extension issues (score of 1 on prone knee bend)
Hands placed under head
Rest on elbows
Belly drawn up off the mat
Pubic bone pushing down
Open up the chest
Inhale, inhale, point and release float thigh, lengthen back and down
Flex, flex.
Pubic bone heavy to the floor

32. Leg Circles 1
EXERCISE EMPHASIS:
· Mobile hip
Stable Pelvis
Straight legs

MUSCLE FOCUS:
·

MAIN PRINCIPLE:

SET UP BODY POSITION:
· Supine
Hands with palms down, arms at sides
One leg extended on mat, other leg reaching toward the ceiling
Knees extended or partially flexed
Torso in neutral

MOVEMENT:
· Inhale to circle the raised leg inward towards the body, crossing the leg over the torso, then exhale to complete the circle.
Perform 4 – 6 circles in this direction and then reverse direction of circle for 4 – 6 more repartitions
Repeat second side
Hips and spine remain neutral throughout the leg circle.
Keep both PSIS and Scapulae on the mat throughout the movement
· Repeat 6-8 times

GAZE: to ceiling
CUES:
· Axial elongation
Lower extremity alignment
Width across the chest and upper back
Guide the lower ribs toward the pelvis
Place hands on hips to monitor movement of pelvis

TACTILE, VERBAL IMAGERY CUES:
· Breathe in to drop down
Breathe out to lift up
Press heal into the ground

PROGRESSIONS:
Cross hands over chest (uses more abdominals)

REGRESSIONS:
Smaller circle
Bend bottom leg (ensures you cant make large circles)

REPETITION GUIDELINES: 6-8 times

COMMON MOVEMENT FAULTS/WATCH FOR:
· Either PSIS lifting off the floor
· Losing neutral spine/pelvis
Start legs at 45°
Float Right leg to ceiling
Reach long
Connect the back of the body to the floor
Back of hips stays down
Feel the Triceps switch on
Hands on the mat palms up
Lengthen behind the neck
Press left leg into the ground as the right leg reaches to the ceiling
Inhale as you move across your body
Left hip and left glute off the floor
Exhale to bring out and around
Reach the bone out of the socket

33. Leg Circles 2
EXERCISE EMPHASIS:
· Mobile hip
Stable Pelvis
Straight legs

MUSCLE FOCUS:
·

MAIN PRINCIPLE:

SET UP BODY POSITION:
· Supine
Hands with palms down, arms at sides
One leg extended on mat, other leg reaching toward the ceiling
Knees extended or partially flexed
Torso in neutral

MOVEMENT:
· Circumduct the raised leg
Inhale with the leg close to the body, Exhale with the leg away from the body
When the leg crosses the body, let the hip lift off the mat so that the pelvis and lower torso move into spine rotation
When the leg moves close to the floor, the pelvis returns to neutral and remains there for the remainder of the circle
Reverse
· Repeat 6-8 times each direction, each side

GAZE: to ceiling

CUES:
Aim the raised toes toward the opposite shoulder to facilitate rotation of the pelvis and lumbar and lower thoracic spine
Aim ischium of raised leg toward opposite medial malleolus
Lower extremity alignment
Width across the chest and upper back
Guide the lower ribs toward the pelvis
Place hands on hips to monitor movement of pelvis

TACTILE, VERBAL IMAGERY CUES:

PROGRESSIONS:
Increase the size of the circles

REGRESSIONS:
Decrease the size of the circles
Flex the raised knee
Flex the lower knee

REPETITION GUIDELINES: 6-8 times

COMMON MOVEMENT FAULTS/WATCH FOR:
Trunk rotation when the leg is abducted
Either shoulder blade lifting from the floor
Start legs at 45°
Float Right leg to ceiling
Reach long
Connect the back of the body to the floor
Back of hips stays down
Feel the Triceps switch on
Hands on the mat palms up
Lengthen behind the neck
Press left leg into the ground as the right leg reaches to the ceiling
Inhale as you move across your body
Left hip and left glute off the floor
Exhale to bring out and around
Reach the bone out of the socket

34. Sidekick Series

EXERCISE EMPHASIS:
Find lateral balance, don’t wobble
Don’t move pelvis so don’t lift your leg too high

MUSCLE FOCUS:
.

MAIN PRINCIPLE:
If back starts to move Cue the tummy

SET UP BODY POSITION:
Side lying on mat, head resting on hand, or propped up on elbow with elbow directly below shoulder.
Hand of upper arm on floor in front of rib cage.
The top hip should be directly over the bottom hip, waist lifted from the floor, spine in neutral
Legs outstretched on floor with hips slightly flexed
Top leg lifted until parallel with floor

MOVEMENT:
Up and Down:
Inhale; abduct the top leg without allowing pelvis to shift. Exhale and adduct top leg

Front to Back
Inhale, move the top leg forward into hip flexion, foot dorsi-flexed, maintain neutral pelvis position.
Exhale, move the leg into hip extension, foot plantar flexed, maintain neutral pelvis position.
Continue alternating between hip flexion and extension, minimising trunk rotation

Small circles
From the hip, make small circles, reaching the toes toward the opposite wall. Keep circles about the size of your head. Repeat other direction

Developpe-Posse
With leg externally rotated, inhale and flex knee, sliding toe against inner thigh. Exhale to extend leg out and up and then adduct back to starting position

Repeat selected variations 6 – 8 times each side. Only teach a maximum of 3 variations, never 5

GAZE: forward

CUES:
Axial elongation
Hip disassociation
Integration of ribs with pelvis
TACTILE, VERBAL IMAGERY CUES:

PROGRESSIONS:
Arm position, Straight arm, resting head and on your elbows

REGRESSIONS:

COMMON MOVEMENT FAULTS/WATCH FOR:
Tilting of pelvis
Flexing/extending of the lumbar spine
Side bending of thoracic spine
Over-recruitment of hip flexors/extensors to aid in stabilisation

EXERCISE BENEFITS/REHAB APPLICATIONS:

PRECAUTIONS/SAFETY CONCERNS:

RELATED EXERCISES:
Reach away from hips
Send top hip away from your ribs

35. Mermaid

Exercise Emphasis:
• Not leaning over, movement from lumber spine and up and over
• Shoulders not as earrings
• Staying in the Lateral (Coronal) plane.
• Rotation = Transverse plane + Lateral plane

Common Faults:
• Lean over instead of up and over
• Shoulders hunched
• Back slumped or curved
• Flaring ribs
• Faulty alignment of head
• Movement of pelvis (Ischium) lifting off the floor

Cueing:
• Sit bones on the floor
• Shoulders square (Coat-hanger)
• Arm like a bike stand, work arm up and over
• Neck like a fruit box up and over

Clients Benefits:
• Stretch of sides/hip joint

Precautions:
• Hips and knees
• Facet joint disease
Safety concerns:

**Setup Body Position**
- Side sitting, knees bent to one side
- One or both ischium (sit bone) on mat
- Hands to side

**Movement/Suggested Breathing**
- Inhale to prepare.
- Exhale, keeping the pelvis still, move the spine into lateral flexion away from the legs.
- Press one hand into the mat and arc the other arm overhead
- Reach the top ribs up to the ceiling with an inhalation maintaining length at both sides of the waist
- Exhale to return to sitting position
- Stretch toward the legs placing hand on mat or wrapping around knee or ankle

**Variations**
- Add spine rotation
- Sit on bolster if knee or hip discomfort

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**36. Spine Stretch**

**EXERCISE EMPHASIS:**
Flexion of thoracic spine only

**MUSCLE FOCUS:**

**MAIN PRINCIPLE:**

**SET UP BODY POSITION:**
Seated in neutral spine and pelvis
Legs extended
Arms reaching out in front, parallel to the floor

**MOVEMENT:**
Inhale to prepare
Exhale, lengthen the spine up and over as you flex forward one vertebrae at a time, Keep pelvis stable.
Exhale, initiate roll up to starting position by drawing the abdominals in, stacking the vertebrae up one by one until in the starting position.
- Repeat 6-8 times

**GAZE:** follows head movement

**CUES:**
Axial elongation
Core control
Maintain shoulder organisation

**TACTILE, VERBAL IMAGERY CUES:**
Pick the bottom ribs off your tummy
Giraffe – long neck
PROGRESSIONS: 

REGRESSIONS: 
Only attempt if you score at least a 2 in the long sit fitness test 

REPETITION GUIDELINES: 6-8 times 

COMMON MOVEMENT FAULTS/WATCH FOR: 
Hip flexion instead of spine flexion
Inability to sit in long-sit position

EXERCISE BENEFITS/REHAB APPLICATIONS: 

PRECAUTIONS/SAFETY CONCERNS: 

RELATED EXERCISES: 
This position is the end movement of Roll up 

37. Spine Twist 
EXERCISE EMPHASIS: 

MUSCLE FOCUS: 
·
MAIN PRINCIPLE: 

SET UP BODY POSITION: 
Long sit position
Seated in neutral head, spine and pelvis
Arms outstretched away from the body

MOVEMENT: 
Inhale to prepare
Exhale as you rotate the torso (ribs, shoulders, head, neck and eyes) to the right. Pull the abdominals and pelvic floor in and up, pull the left ribs around to the right hip and reach the top of the head to the ceiling.
Inhale as you return to the front.
Exhale and rotate to the other side
Maintain equal weight on both ischium throughout this movement
· Repeat 6-8 times each side

GAZE: follows head movement

CUES: 
Axial elongation
Thoracic mobility
Integration of ribs with pelvis
TACTILE, VERBAL IMAGERY CUES:
Imagine you are in a bed of cement up to your hips
Imagine your chest is a light house
Imagine you’re a whirly clothes line
Bottle cap opening
Pivot about your head (finger on head)

PROGRESSIONS:

REGRESSIONS:
Only attempt if you score at least a 2 in the long sit fitness test
Feet against a wall prevents hip movement

REPETITION GUIDELINES: 6-8 times

COMMON MOVEMENT FAULTS/WATCH FOR:
Hip flexion instead of spine flexion
Inability to sit in long-sit position

EXERCISE BENEFITS/REHAB APPLICATIONS:

PRECAUTIONS/SAFETY CONCERNS:

RELATED EXERCISES:
This position is the end movement of Roll up
Anchor down thro the sit bones
Air bubble between each vertabrea as you inhale it fills and lengthens the spine
As you exhale twist
Sit bones anchored to mat
Spiral to the right, pause
Grow taller and go back to centre
Imagine the sun is behind you and your opening up your vertebra to warm them up

38. Standing Single Leg Balance 1

EXERCISE EMPHASIS:
Balance and alignment, control, coordination
Hip disassociation
Abdominal strength

MUSCLE FOCUS:
· Abdominals, quads

MAIN PRINCIPLE:

SET UP BODY POSITION:
Standing, legs parallel, hip width apart

**MOVEMENT:**
Inhale bring the right knee toward chest to about 90 degree of the hip, hold behind thigh.
Exhale, hold behind the thigh and extend the leg directly in front of the body. Keep chest lifted and the hips parallel to the front.
Hold the stretch for 4 breath cycles.
Change to other leg
· Repeat 6-8 times each side

**GAZE:** forward

**CUES:**
Axial elongation
Lower limb alignment
Integration of ribs with pelvis

**TACTILE, VERBAL IMAGERY CUES:**

**PROGRESSIONS:**
Wobble board or on a mat
Rotation disk

**REGRESSIONS:**
Near a wall so you can finger touch

**REPETITION GUIDELINES:** 6-8 times each side

**COMMON MOVEMENT FAULTS/WATCH FOR:**
Pronation or supination of the standing foot
Faulty lower extremity alignment
Hip hiking
Faulty trunk alignment

**EXERCISE BENEFITS/REHAB APPLICATIONS:**
Gluts, inside thigh, ankles, calves

**PRECAUTIONS/SAFETY CONCERNS:**
Ankle or knee injury
Vertigo or balance disorders

**RELATED EXERCISES:**
Single leg balance 2
Switch weight to right foot
Feel where the weight goes
Anchor your big toe knuckle to the floor
Float your left leg up off the floor
Head ribs and pelvis are stacked
Heel bones under sit bones
Unlock knees slightly
Check your symmetrical and lined up
Activate your pelvic floor
Inhale into your back, flood the ribs extending them sideways
Lengthen up thro the head
Shift your weight to the right
Float up the left leg; Inhale to lift, exhale to lower
Lift and point for 4 breaths
Pull up thro the head and arms
Do you feel your glute working? Use it for support and to hold up the hips

39. Standing Single Leg Balance 2

EXERCISE EMPHASIS:
Balance and alignment, control, coordination
Hip disassociation
Abdominal strength
Leg and pelvis alignment

MUSCLE FOCUS:
· Abdominals, quads

MAIN PRINCIPLE:

SET UP BODY POSITION:
Standing, legs parallel, hip width apart

MOVEMENT:
Inhale to prepare.
Exhale, slide the right leg back, letting the torso tip forward. Continue until the leg and the torso are level with the floor, the arms are alongside the torso, both knees are extended.
Maintain the spine in a neutral position, reaching long out of the top of the head.
Hold the stretch for 4 breath cycles.
Return to starting position
Repeat on the other side

GAZE: follows head

CUES:
Axial length
Align the hip, knee and second toe

TACTILE, VERBAL IMAGERY CUES:

PROGRESSIONS:
Wobble board or on a mat
Rotation disk

REGRESSIONS:
Near a wall so you can finger touch
REPETITION GUIDELINES: 6-8 times each side

COMMON MOVEMENT FAULTS/WATCH FOR:
Pronation or supination of the standing foot
Faulty lower extremity alignment
Hip hiking
Faulty trunk alignment

EXERCISE BENEFITS/REHAB APPLICATIONS:
Gluts, inside thigh, ankles, calves

PRECAUTIONS/SAFETY CONCERNS:
Ankle or knee injury
Vertigo or balance disorders

RELATED EXERCISES:
Single leg balance 1
Switch weight to right foot
Feel where the weight goes
Anchor your big toe knuckle to the floor
Float your left leg up off the floor
Head ribs and pelvis are stacked
Leg and body move as one
Don’t drop the shoulders

40. Criss Cross

EXERCISE EMPHASIS:
· Maintain thoracic extension
· Imprinted spine
· Pelvic stability
· leg alignment

SET UP BODY POSITION:
· Supine on mat, knees to chest
· Hands behind the head, elbows wide

MOVEMENT/ SUGGESTED BREATHING:
Roll the head neck and shoulders off the floor into Chest lift position. Upon exhalation, rotate the upper torso to the left, draw the left knee towards the chest and extend right leg out away from the body.
Aim the shoulder toward the knee
Maintain the upper torso off the mat, inhale and pass thro centre.
Repeat to the other side. Hold rotated position for two counts
Tempo is slow to moderate
Repeat 6-8 times each side.

GAZE:
· Follows chest
CUEING:
Lengthening of legs
Toes level with each other
Join diagonals on tummy together (twist)
Hands laced behind head
Thumbs down your neck – cradling the head

PROGRESSIONS:

REGRESSIONS/VARIATIONS:

COMMON MOVEMENT FAULTS/WATCH FOR:
· Shoulder comes across rather than ribs twisting
· Loose implanted spine
· Drop shoulders
· Loss of core control/axial elongation
Elbows closer together than necessary

EXERCISE BENEFITS/REHAB APPLICATIONS:
· Obliques activated
· Coordination
· Rotation of Thurasic
Pelvic stability
Core endurance

PRECAUTIONS:
· Ostio
· Flexion cautions – Lumber issues
· Cervical issues

RELATED EXERCISES
Saw
All abdominals (Single leg stretch, Double leg stretch, Double straight leg stretch)

Float up head neck and shoulders
Scapular just touching the mat
Lengthen thro the spine
Pelvis anchored to the floor
Right hand to inside of left knee
Slide the left hand down your calf
Maintain pelvic position and extend right leg out
Float left leg up then the right leg
Breath in to change
One, pause, two, pause; Pause gets everything still before moving on
Knees over hips
Lengthen and drop Right leg and rotate to the left knee
Elbows move in a straight line
Spiral the crown of your head out towards the wall
41. Single Straight Leg Stretch

EXERCISE EMPHASIS:
· Thoracic extension
· Hip disassociation with long lever

SET UP BODY POSITION:
· Supine on mat, knees to chest
· Knees and hips in 90/90
· Hands resting on shins

Go into table top, reach 1 leg up, hold the back of the leg, curl into chest lift, lower the opposite leg down.

MOVEMENT/ SUGGESTED BREATHING:
Inhale to prepare
Upon exhalation, roll head, neck and shoulders off the mat while extending right leg to ceiling and left leg out away from the body, hands on back of the right leg.
Inhale
Exhale and change legs with a scissor motion, drawing the leg toward the chest, maintaining the hips level and on the floor.
Inhale as the legs pass through the centre, renewing the abdominal contraction each time the legs switch.
Reach the torso toward the leg instead of just pulling the leg to the forehead
Repeat 8-10 times each side.

GAZE:
· Between legs

CUEING:
Elbows slightly bent
Scapular just off the mat

PROGRESSIONS:

REGRESSIONS/VARIATIONS:
Bent legs if hamstrings are short
Chi ball behind shoulders

COMMON MOVEMENT FAULTS/WATCH FOR:
· Bouncing in movement
· Leg drops to floor

EXERCISE BENEFITS/REHAB APPLICATIONS:
· Hamstring stretch
· Hip Flexor opening
· Coordination
Rectus dominos (due to the curling)

PRECAUTIONS:
· Cant tolerate supine or flexion
· SIJ problems
· Pelvic instability

RELATED EXERCISES
Scissors/Bicycle
All abdominals (Single leg stretch, Double leg stretch, Double straight leg stretch)

Curl up the head neck and shoulders
Climb the hands up the calf
Breath in to change legs
Both hands on the calf
Keep body still, not rising with the legs
Control the lowering

42. Double Leg Stretch

EXERCISE EMPHASIS:
· Alignment of arms and legs
· Arms curl around back
Lateral breathing

SET UP BODY POSITION:
· Supine on mat, knees to chest
· Knees and hips in 90/90
· Hands resting on shins

MOVEMENT/ SUGGESTED BREATHING:
Inhale to prepare
Upon exhalation, roll head, neck and shoulders off the mat
Inhale to reach the arms and legs away from the centre, maintaining the chest lift position and imprinted lumber spine, abdominals engaged strongly
Do not lower head and keep legs abducted
Exhale to circle the arms and draw the knees to the chest, palms to shins.
Repeat 6-8 times each side.

GAZE:
· Between legs

CUEING:
Arms shoot by ears and out
Palms face each other at the top
Be able to see arms in peripheral vision

PROGRESSIONS:
Start with legs on a ball
Up away and return, more load in core

REGRESSIONS/VARIATIONS:
Single arm and leg – same side
Head down, arms and legs straight up
COMMON MOVEMENT FAULTS/WATCH FOR:
- Alignment of arms and legs
- Rectus poofus – breathing into tummy
- Keep arms separate

EXERCISE BENEFITS/REHAB APPLICATIONS:
- Abdominals
- Core control
- Hip flexors strengthen
- Endurance
- Shoulder mobility

PRECAUTIONS:
- Cant tolerate supine or flexion
- Lumber disc
- Pregnancy
- Shoulder injuries

RELATED EXERCISES
Teaser
All abdominals (Single leg stretch, Double leg stretch, Double straight leg stretch)

Breathe in to lengthen away
Exhale to round arms and come back

43. Double Straight Leg Stretch

EXERCISE EMPHASIS:
- Endurance of extension of thoracic spine
- Core control
- Imprinted spine

SET UP BODY POSITION:
- Supine on mat, knees to chest
- Knees and hips in 90/90
- Hands interlocked behind head

MOVEMENT/ SUGGESTED BREATHING:
Inhale to prepare
Upon exhalation, roll head, neck and shoulders off the mat into a chest lift position
Inhale to extend the legs to the ceiling, while imprinting lumbar spine into the mat
Exhale to lower the legs slowly to the floor, going only as far as you can while maintaining an imprinted spine
Inhale to bring legs back towards ceiling
Repeat 6-8 times each side.

GAZE:
- Between legs

CUEING:
Slide ribcage down to your pelvis (for curl up)

**PROGRESSIONS:**

**REGRESSIONS/VARIATIONS:**
- Double bent legs
- Single leg

**COMMON MOVEMENT FAULTS/WATCH FOR:**
- Spine lifting off the mat

**EXERCISE BENEFITS/REHAB APPLICATIONS:**
- Abdominals
- Core control
- Hip extension
- Hip flex and lengthen

**PRECAUTIONS:**
- Cant tolerate supine or flexion
- Lumber disc
- Pregnancy
- Shoulder injuries

**RELATED EXERCISES**
- Teaser
- All abdominals (Single leg stretch, Double leg stretch, Double straight leg stretch)
- Lift both feet, heels together
- Toes out Charlie Chaplin
- Exhale; narrow the waist and lower the legs
- Squeeze toothpaste

**44. Saw**

**EXERCISE EMPHASIS:**
- Spine stretch
- Spine twist
- Steady pelvis
- Need at least a 2 on long sit

**SET UP BODY POSITION:**
- Sitting
- Legs extended forward, abducted to approx. mat width apart
- Hands resting to the sides

**MOVEMENT/ SUGGESTED BREATHING:**
- Inhale to prepare
- Reach the fingers and arms out to the sides, widening across the chest and between the scapulae.
- Exhale rotate the torso and begin to flex forward at the waist as the front hand reaches to the outside of the opposite foot. The back arm reaches long, palm down.
- Look at the back hand and bring the ear closer to the hip joint.
The focus should be on spine flexion and rotation, **NOT** hamstring stretching. Maintain equal weight on each ischium. Inhale return to starting position with arms extended to the sides. Repeat 4-6 times each side.

**GAZE:**
- follows chest, to back corner of mat on twist

**CUEING:**
Pelvis cemented to floor
Spine stays long
Ribs wrap around
Sawing off little toe
Uncoil back to start position
Palms face the ground
Rotate, scoop up and over

**PROGRESSIONS:**
**REGRESSIONS/VARIATIONS:**
Two people feet together
Bent knees

**COMMON MOVEMENT FAULTS/WATCH FOR:**
- Loss of hand neck and shoulder stability
Foot movement
- Either ischium lifting
Loosing trunk flexion
Shoulder elevation

**EXERCISE BENEFITS/REHAB APPLICATIONS:**
- Obliques
- Thoracic rotation and flexion
- Postural benefits

**PRECAUTIONS:**
- Cant tolerate supine or flexion
- Lumber disc
- Pregnancy
Shoulder injuries

Spine twist
Legs as wide as comfortable
Sit strong
Lengthen the spine
Air bubble between each vertabrea as you inhale it fills and lengthens the spine
As you exhale twist
Sit bones anchored to mat
Flex forward
Chest as open as possible
Get the twist from the back of the body
Soften knees
Keep head on top of Sacrum
Reach out through your foot as you turn

45. Swan dive III

EXERCISE EMPHASIS:
· Core control
· Spine stays in extension

SET UP BODY POSITION:
· Prone on the floor
· Arms by sides with elbows aimed to ceiling

MOVEMENT/ SUGGESTED BREATHING:
Inhale to slowly press up into Swan I position
Exhale, maintain spine and hip extension, roll forward across legs to chest, allow elbows to bend and hands to slightly lift off the floor, legs lift off the floor.
During rocking motion, lift palms from the floor and hold arms extended overhead in a V.
Inhale as upper body lifts.
Exhale as lower body lifts
Add external rotation of the arms when the torso lifts, internal rotation of the arms when the legs lift
Repeat 4-6 times.

GAZE:
· Eyes follow head

CUEING:
Thumbs up as you go up
Thumbs down as you go down

PROGRESSIONS:
REGRESSIONS/VARIATIONS:

COMMON MOVEMENT FAULTS/WATCH FOR:
· Veer off the mat. (Stronger on one side)
Head doesn’t move
· Conductors arms

EXERCISE BENEFITS/REHAB APPLICATIONS:
· Full body
· Endurance & Coordination
· Breathing controls the movement

PRECAUTIONS:
Shoulder injuries

RELATED EXERCISES
46. Double Leg Kick

**EXERCISE EMPHASIS:**
- Pelvis stays still
- Hip extension
- Thoracic extension

**SET UP BODY POSITION:**
- Prone
  One hand clasping the other, resting at the low back, elbows aimed towards the floor
  Knees and hips extended
  Head/neck turned to one side, resting on floor
- Pelvis in Neutral

**MOVEMENT/ SUGGESTED BREATHING:**
Inhale flex the knees, draw the heels to the hips and pulse 3x, body and head rest on floor.
Exhale draw the abdominals in and up, extend the legs and the spine, reach the hands towards the heels, gaze toward the floor.
Inhale, repeat exercise turning the head to the opposite side each time the body lowers.
Repeat 6-8 times.

**GAZE:**
- side and toward floor

**CUEING:**
3 kicks down
Lengthen out, chest and legs
Curl into extension
Length and breadth through the shoulders
Widen collar bones
Pubic bone sink into the mat to stop forward/backward movement

**PROGRESSIONS:**
**REGRESSIONS/VARIATIONS:**
Magic circle if shoulder problems
Break it down, legs and arms

**COMMON MOVEMENT FAULTS/WATCH FOR:**
- Pelvis rocking
- Forward/backward movement
- Rely on arms
- Hyperextension of neck and lumber spine
- Hip flexion with leg flexion

**EXERCISE BENEFITS/REHAB APPLICATIONS:**
- Gluts
- Hip extension (Hamstrings)
- Stretching clavicals
PRECAUTIONS:
Extension Hip and thoracic precautions
Neck mobility
Extension precautions
Lumbar
Shoulder/wrist issues

RELATED EXERCISES
Superman test
Single leg kick
Dart
Heel beats
Anchor pelvis to the floor
Never drop legs = tummy switch off
Right cheek to the floor
Float legs up knee caps off the floor
Bend knees and pulse
Lift up heel, take legs back

47. Neck Pull – (Advanced Roll up)

EXERCISE EMPHASIS:
· Articulation of the spine
· Coordination
Elbows in Peripheral vision
Flexion, then into neutral (Extension of spine)

SET UP BODY POSITION:
· Supine
Hands behind the head with elbows flexed
Knees and hips extended
Pelvis in neutral

MOVEMENT/ SUGGESTED BREATHING:
Inhale.
With exhalation, roll head, neck and shoulders up, moving gaze along the wall, floor and legs until in fully flexed position.
Inhale and extend spine on diagonal and move to sit upright.
Exhale, hinge back at the hip joints maintaining axial length, then articulate the spine to the mat, initiate the roll down at the pelvis
Repeat 4-6 times.

GAZE:
· See above

CUEING:
Interlace hands
Lean back till challenge in the core then melt
Roll up- Roll nose through the centre
Lengthen through the top of the head

PROGRESSIONS:

REGRESSIONS/VARIATIONS:
One arm points where to go

COMMON MOVEMENT FAULTS/WATCH FOR:
· Hyperflexion of neck
Relying on hip flexors instead of spine articulation
Legs come off the floor

EXERCISE BENEFITS/REHAB APPLICATIONS:
· Hip disassociation from trunk not legs

PRECAUTIONS:

RELATED EXERCISES
Roll up
Feet sit bone distance apart, curl toes towards you
Roll shoulders back
Exhale, curl up the head, neck and shoulders
Lengthen up
Hinge back, scoop tummy and roll back down

48. Shoulder Bridge

EXERCISE EMPHASIS:
· Lift pelvis up and out of hands
· Tail to back of knees
· Keep hips elevated
· Hand positioning – fingers and thumbs together hands on sides of glutes
· Elbows narrow to sides of torso

SET UP BODY POSITION:
Lying supine position to start
· Knees bent
· Feet flat to floor
· Feet in line with sit bones/ischium
· Up into bridge
· Reach tailbones to backs of knees
· Place hands under hips/sides of glutes so fingers and thumb curl around sides
· Elbows to sit under hands
· Gaze up to ceiling
· Reach sternum away from chest
· Lengthen collar bones
· Tuck chin
MOVEMENT / SUGGESTED BREATHING:
· Tweak sternum to spine
· Distribute weight slightly to one side and float opp leg up into coffee table position
· Bringing knee to chest
· Point toe and lengthen leg to ceiling
· Dorsi flex heel and lower leg to hover 2/3” off floor
· Extend lengthened leg to ceiling
· Flex heel and lower to hover off floor
· Extend leg to vertical, bend knee and take foot flat to floor
· Repeat on other side
· All the while rising up and out of pelvis
· Maintaining rib to hip connection
· Sternum away from throat

SUGGESTED BREATHING:
INHALE to prepare
EXHALE come up in to bridge
INHALE bring knee up to chest and extend to ceiling
EXHALE to lower leg into hover
INHALE to lengthen leg to ceiling
EXHALE to lower
Repeat 4-6 times.

GAZE:
· On horizon to ceiling

VERBAL CUES:
· Lower leg as far as you can control
· Subtle posterior pelvic tilt
· Lift weight out of upper limbs
· Middle toe in line with leg
· Core and tail lengthening to back of knees
· Toes and foot to be grounded into floor
· Elbows close into body
· Articulate smoothly back out of bridge to complete exercise
· Reach out of toe
· Rib to hip connection
· Wing bones flat to floor and wide
· Shoulders feeding down body – collar bones wide at front

TACTILE CUES:
· Hip positioning Hip bones to ceiling
· Shoulders
· Hand positioning
· General HNS/O
· Leg alignment
Rib and hips drawn together

IMAGERY CUES:
· Paintbrush toes: wall to ceiling, ceiling to wall
· Tulip/wine glass arm and hand positioning
**PROGRESSIONS:**
Go onto toes, harder to stabilise

**REGRESSIONS/VARIATIONS:**
- Hands clasped under body – Bond hand gun style – forefingers pointed away and backs arms anchoring to floor
- Clasp hands – long reach towards heels (5)
- Box under feet helps the lift

**COMMON MOVEMENT FAULTS/WATCH FOR:**
- Losing anterior connection as lower leg
- Alignment of legs – need to be parallel
- Rib popping
- Pelvis slumping
- Poor HNS/O
- Weight on hands can get too much

**EXERCISE BENEFITS/REHAB APPLICATIONS:**
- Articulation through spine
- Elongation from tail
- Pelvic control
- Eccentric length
- Patella tracking to glutes
- Hip flexor stretch and disassociation
- Weight bearing/Stability

**PRECAUTIONS:**
- Elbow, wrist pathologies
- Unstable core
- Inversion precautions
- Tracking of shoulder and wrists
- Pelvic instability
- Spondy

**RELATED EXERCISES**
Bridging, Sidekick Series, Dead Bugs, Femur Arcs, Sidelift, Star

Walk feet in towards the sit bones
Hands under Sacrum, up towards tail bone
Press down thro left foot, lift the right foot
Flex foot down, point toe to go up
Use abdominal wall to take pressure off hands
Soften thro the chest and come back down
49. Scissors/Bicycle

EXERCISE EMPHASIS:
- Lift up and out of hands
- Pivot point over pelvis
- Taking out of flexion comfort zone to uncomfortable position
- Lengthening and lowering bottom leg

Hip disassociation
Core control in inversion

SET UP BODY POSITION:
- In supine
- Legs at 90/90
- Arms by sides

MOVEMENT/ SUGGESTED BREATHING:
- Extend hips up towards ceiling
- Support PSIS with hands, elbows narrow to sides, in line with shoulders
- Pivot point over pelvis
- Scissor legs away from each other
- Reach legs long without moving torso; equal motion at hip joints
- To come out of move release hands nd roll back down with control

SUGGESTED BREATHING:
INHALE to prepare by extending bent legs to ceiling
EXHALE roll over on to shoulders, using hands to support hips (fingers and thumbs together)
INHALE to pass through the centre
EXHALE to extend legs, taking them away from each other
EXHALE to roll back into start position
Repeat 10-12 times each side

GAZE:
- On horizon to ceiling

VERBAL CUES:
- Stretch neck long and press base of skull into mat
- Slide sternum away from chin
- From 90/90 position extend toes to ceiling
- Support trunk with hands to back of hips, elbows in line with hands
- Maintain good control through trunk
- Reach past your bottom with your toes on one leg, maintaining straight leg
- The other toes on other leg move towards your head to maintain balance
- Swap legs and begin scissor action, smoothly with control and length through each leg
Fingertips point to ceiling in support

TACTILE CUES:
- Stand behind client and lift up from ankles (set up)
- Ribs to emphasise anterior connection
- Sides of head to guide head into lengthened position
- Shoulders to encourage ‘back and wide’ - length across collarbones
Stand in front of client ask them to stroke down your torso as they do the bicycle

IMAGERY CUES:
· Imagine you are glued to your hands
· Spear your tailbone to ceiling
· Your toes are a paintbrush

PROGRESSIONS:
· Helicopter legs- circling
· Other moves to progress into Jack Knife, Control Balance
Change direction in bicycle

REGRESSIONS/VARIATIONS:
· Roll Over
· Bending knees to shorten lever
Lay flat on back

COMMON MOVEMENT FAULTS/WATCH FOR:
· Hunching in shoulders – general poor HNS/O
· Chin poking
· Slumping into pelvis
· Rib popping
· Unstable through hips
· Jerky movement
Legs to be stretched not close to body

EXERCISE BENEFITS/REHAB APPLICATIONS:
· Enhance abdominal control
· Develop hip extensor and flexor control and flexibility
· Stabilize through shoulder and trunk

PRECAUTIONS:
· Inversion
· Flexion
· Extension
· Unstable pelvis
· Wrists
· Elbows

RELATED EXERCISES
· Rollover
· Corkscrew
· Jack Knife
· Shoulder bridge

Wine glass shape with hands
Lift pelvis out of hands
Knees together toes point away
Hips level in bridge
Draw the ribs to the pelvis, don’t flare
Reach throat to pelvic bone
50. Corkscrew

EXERCISE EMPHASIS:
· Keep open arc of spine
· NEVER compressing into joints
· Core maintains in activated state throughout
· Lengthen through spine
· Pure rotation
· No lateral flexion
· Don’t let pelvis go off centre – focus on movement in waist

MUSCLE FOCUS:
· Iliopsoas
· Rectus Abdominis
· Obliques
· QuadratusLumborum
· Hip Rotators
· TFL (tensor fascia latae)
· Gluteals
· Piriformis

SET UP BODY POSITION:
· In supine
· Legs in 90/90
· Arms by sides

MOVEMENT/ SUGGESTED BREATHING:
· Anchor spine – neck to base onto mat
· Press palms into mat to stabilise
· Connect shoulder blades down, strong through trunk
· Raise legs to ceiling, lengthening legs from hips
· Knees and ankles together throughout movement
· Circle legs leading with toes
· Hips raise off mat slightly
· Complete circle with toes overhead
· DO NOT CROSS TOES OVERHEAD – only at bottom therefore full U-shape

SUGGESTED BREATHING:
INHALE circle legs down
EXHALE as circle legs up
Repeat 4-6 times in each direction

GAZE:
· Fixed above on horizon

VERBAL CUES:
· Relax through neck
· Hide thyroid
· Lengthen crown to wall behind
· Orientate legs to RIGHT side of thoracic facet joints
· Articulate straight down (just off centre)
· Pelvis slight posterior tilt
· With legs out long roll up left side
· Roll back down and up to right side
· When at top with legs overhead (backs of legs parallel to floor) slightly open legs, flex heels and roll back down

**TACTILE CUES:**
· Stand at foot of client taking hold of their ankles and circle down and round and back up
· Shoulders back and down
· Stroke from sides of ears to encourage HNS/O
· Stroke across clavicles from kneeling position for softening of chest

**IMAGERY CUES:**
· Orange under chin
· Horseshoe shape

**PROGRESSIONS:**
Figure of 8 not a U

**REGRESSIONS/VARIATIONS:**
· Roll Over
· Bend knees to reduce strain on hip flexors and lower back

**COMMON MOVEMENT FAULTS/WATCH FOR:**
· Hunching shoulders, compressing neck
· Hyperflexion in cervical spine
· Loss axial length
· Chin poking
· Rib popping
· Losing anterior connection
· Arching lower back
· Sheering SU
· Rectus pouffus
· Lateral shift in pelvis

**EXERCISE BENEFITS/REHAB APPLICATIONS:**
· Strengthen abdominals
· Challenge trunk stability
· Stretch spine
· Stretch hamstrings
· Eccentric stretch
· Dorsi stretch
· QL stretch
· Mobilising spine into segmental rotation

**PRECAUTIONS:**
· Pathology free exercise (PFA)
· Scoliosis
· Osteoperosis
RELATED EXERCISES
· Roll Over
· Jack Knife
· Book Openings
· Twist
· Mermaid with rotation

51. The Twist

EXERCISE EMPHASIS:
· Stretch side of body (QL and obliques)
· Strengthen latissimus dorsi
· Strengthen shoulder stabilisers
· Glutes
· Abdominals
· Pelvis controls movement
· Strong for rotator cuff muscles

MAIN PRINCIPLE:
Full Body Integration also Alignment & Weight Bearing of Extremeties

SET UP BODY POSITION:
· Side sitting
· One hand to floor, lengthened away in line with hip yet spine vertical
· Legs stacked to side
· Top leg staggered over bottom leg

MOVEMENT/ SUGGESTED BREATHING:
· Begin to lift pelvis
· Raise arm and arch overhead and simultaneously straighten legs
· Rotate ribcage taking chest to face floor
· Reach through with arm under body
· Curve back around into frontal position and reach arm overhead

SUGGESTED BREATHING:
EXHALE to come up into lifted position extending arm overhead
INHALE to ‘thread arm through’ under body
EXHALE to curve back around extending arm overhead

Repeat 3-5 times

GAZE:
· Rotates

VERBAL CUES:
· Lift in the pelvis, wrap corset and lengthen crown of head to wall opposite
· Lift up and out of supporting arm to retain strong HNS/O – head on diagonal
· Take upper arm overhead and extend
· Brain into back of head and extend to ceiling
· Rotate ribcage to face mat and thread arm underneath body extending fingers away – gaze follows
· Rotate back around and extend arm overhead and repeat

**TACTILE CUES:**
· Lift waist
· Accentuate curve and curl and rotate ribcage
· Sides of head to lengthen and also rotation part
· Ribs melt back and down
· Encourage length
· Guide pelvis from PSIS
· Scapular control

**IMAGERY CUES:**
· Shoulder blades like starfish sliding the side of an aquarium
· Set up variation – elephant
· Spiral through ribs
· Fold at hips and turn in neutral pelvis ONLY – thoracic rotation back
· Working between two paper walls

**PROGRESSIONS:**
· Rotator disc under hand/feet
· Stack feet

**REGRESSIONS/VARIATIONS:**
· Lower leg bent and knee connected to floor
· Prep only – elephant – both hands on mat. Just rotation part
· Omit extension and prep star with feet ajar

**COMMON MOVEMENT FAULTS/WATCH FOR:**
· HNS/O
· Too much movement in feet
· Loss of lift in hips
· Hip twisting
· Rib popping
· Head dropping
· Lack of smooth rib rotation
· Sinking into stabilising arm
· Hyperextension of stabilising arm
· Lack of core control
· Wobble

**EXERCISE BENEFITS/REHAB APPLICATIONS:**
· Stretch side of the body (QL and obliques)
· Strengthen lattismusdorsi
· Shoulder stabilisers
· Gluts
· Abdominals

**PRECAUTIONS:**
Neck & Shoulder issues
· Wrists
· Elbows
· Core Control
· Flexion, extension issues
· Facet joint syndrome
· Osteoporosis

RELATED EXERCISES
Side lift ,
Sidebend,
Star,
Saw,
Mermaid,
Book Openings,
Side to Side
Create stability
Draw the ribs in
Inhale to prepare
Exhale to Zip up activating the inner thighs
Stack the top foot
Head of pelvis inline with rib cage
Look to top shoulder
Lower hip, arm comes up and over
Exhale arm back to centre then down again
Come up light and easy thro the arm
Wt of pelvis comes down
To lower: Unzip legs, bend the knees, drop back down to mat

52. Side Bend

EXERCISE EMPHASIS:

MAIN PRINCIPLE:

SET UP BODY POSITION:
· Side sitting with knees bent to side
· Staggered feet - top in front of lower
· Lengthened straight collar bones
· Lifted in waist
· Extra emphasis to pelvic floor
· Corset tightly fastened
· Anticipate lengthening crown of head to opposite wall as come up into side lift
· Press brain into back of skull
· Pelvis parallel to opposite wall
N.B. Same set up as The Twist

MOVEMENT:
· Lift more intensely into pelvic floor (50% rather than usual 30% as guide)
· Wrap corset
· Lift hips and extend crown to back wall
- Lift inferior ribs to ceiling
- Press brain back in line with inferior ribcage
- Lateral malleolus clear of floor
- Extend arm up and over head
- Gaze down to stabilising hand
- Reach arm – arcing over towards feet – hand rests to thigh
- Gaze rotates at same time to come in line with shoulder – on horizon
- Hips dip to floor - just to a hover
- Reach arm up and overhead
- Gaze rotates to stabilising hand
- Pelvis held square throughout move

**SUGGESTED BREATHING:**
INHALE prepare – come up into side lift and reach arm overhead
EXHALE dip hips to floor, rotate gaze and place hand to thigh
INHALE extend up into side lift and rotate gaze to stabilising hand

Repeat 3-5 times each side

**GAZE:**
- Gaze rotates to look over shoulder. Where wall meets ceiling/parallel to shoulder
N.B. Gaze follows hand

**VERBAL CUES:**
- Stack knees, hips and ankles
- Connect pelvic floor and adductors
- Wrap corset
- Press crown of head to wall behind as come up into side plank position
- Hold side plank position and breath
- Keep hips elevated to ceiling
- Reach arm overhead
- Rotate gaze to hand underneath
- Use core control to lift body up and out of supporting arm
- Connect superior and inferior serratus to encourage strong HNS/O throughout
- Lower the body slowly as take hips to hover and circle hand to thigh

**TACTILE CUES:**
- To hips – aid elevation and orientation
- Shoulders – to encourage strong HNS/O
- Stoke from ears to crown of head – for head positioning (if drops/chin juts)
- Ribs if popping – glide across/light touch towards hips

**IMAGERY CUES:**
- Imagine your hips are suspended to ceiling by a sling
- You are a puppet with strings – arm rising overhead and to side of body
- Jam sides of feet into mat like you have ice skates on
- Shoulder blades are star fish on an aquarium

**PROGRESSIONS:**
- Stabilising hand on rotator disc!
REGRESSIONS/VARIATIONS:
- Down onto forearm
- Lower leg bent and knee into mat
- Just side bend without arm
- Arm and head only
- Top foot forward

COMMON MOVEMENT FAULTS/WATCH FOR:
- Slumping
- Hunching into shoulders
- Wobbling
- Lack core control
- Flexing from hips
- Poor leg and ankle alignment
- Lower ankle on floor
- Rib popping
- Poor anterior connection
- Unstable hips/pelvis
- Hyperextended elbow – facet joints

EXERCISE BENEFITS/REHAB APPLICATIONS:
- Shoulder and scapular stability
- Stretch in under side of body - QL, TFL paravertebral muscles
- Core strengthening
- Oblique sling
- Coordination
- Spinal mobility
- Balance in coronal/frontal plane
- N.B. Inversion even though pelvis not above head

PRECAUTIONS:
- Wrists, shoulder, knees ankle instability/weakness
- Unstable pelvis
- Vestibular

RELATED EXERCISES
- Side Lift
- Star
- Sidelying
- Sidekick Series
- All upper limb weight bearing – Quadruped, Leg Pull Front, Leg Pull

53. Open Leg Rocker

EXERCISE EMPHASIS:
- Improve spinal mobility
- Improve balance
- Enhance trunk stability
- Stretch the hamstrings and spine
MAIN PRINCIPLE:
- Spine Articulation

SET UP BODY POSITION:
- In seated position, feet off floor hands clasped to ankles
- Legs to be no wider than mat working on
- Come back to sacrum – as if to roll back

MOVEMENT:
- Lengthen back of left knee, extending toe to ceiling
- Fold knee to start position
- Repeat on right leg
- Extend left leg and then right
- Roll back and forward
- Lead with pelvis

SUGGESTED BREATHING:
INHALE to prepare
EXHALE extend one leg, returning to start position
EXHALE extend other leg, returning to start position
EXHALE and extend both legs
Maintain hold of legs
INHALE to roll back – allow hips to roll up
EXHALE to return to starting point

Repeat 6-8 times each side

GAZE:
To naval when rocking

VERBAL CUES:
- From starting balance point find c-curve in lumbar to come back
- Medial leg wrap
- Control roll back and lift sternum on return
- Lengthen across collarbones
- Press legs away into hands to pull back up
- Bring sit bones together

TACTILE CUEs:
- Shoulders to encourage good HNS/O

IMAGERY CUEs:
- Feel back massage

PROGRESSIONS:

REGRESSIONS:
- Hands to backs knees/thighs

COMMON MOVEMENT FAULTS/WATCH FOR:
- Slamming
- Forward head posture
- Anterior tilt

**EXERCISE BENEFITS/REHAB APPLICATIONS:**
- Hamstring lengthening
- Spinal Massage
- Control
- Strength

**PRECAUTIONS:**
- Inversion precautions
- Neural issues – keep rolling like a ball

**RELATED EXERCISES**
- Rolling like ball
- Seal

Hold the outside of ankles
Inhale to prepare
Exhale to extend Right leg, Inhale to bring Right leg back x2
Lengthen out thro the heels
Then Left leg
Then both legs
Then roll like a ball
Curl; thighs chase your chest
Exhale and chest chases thighs
Gaze between toes

54. Teaser

**EXERCISE EMPHASIS:**
- Strengthen flexors of the body (abdominals, hip flexors and neck flexors) Enhance control of hip flexors. Develop static balance

**MAIN PRINCIPLE:**

**MUSCLE FOCUS:**
- Quads
- Adductors
- Glutes
- Hamstrings
- Back Extensors

**SET UP BODY POSITION:**
- Lying supine on mat
- Arms outstretched overhead

**MOVEMENT:**
- Arc arms forward
- Simultaneously curl head neck & shoulders off floor
- Continue to roll up as take legs up diagonally – into a ‘V’
- Extend hands so parallel to extended legs
- Smoothly articulate spine back to mat as lower legs back down
- Abdominal control and axial elongation throughout

**SUGGESTED BREATHING:**

INHALE to prepare

EXHALE to raise chest up into ‘V’ reach arms forward

INHALE at top

EXHALE curl back to mat & while lowering legs with control

GAZE: curls with move – look straight ahead

Repeat 6-8 times each side

**GAZE:**

To naval when rocking

**VERBAL CUES:**

- Extend arms to ceiling and curl up HNS
- Continue rolling up as you lift the legs and come up into ‘V’ position
- Reach the hands to feet
- S-L-O-W-L-Y

**TACTILE CUES:**

- Supporting back from behind if in difficulty maintaining core control
- Arm positioning (parallel to legs in ‘V’)
- Lengthen head from ears to place in optimum head pose

**IMAGERY CUES:**

- Hold paint tins in your hands as you reach palms up towards ceiling
- Pelvic floor to control you
- Imagine a large elastic band between the ankles and wrists as you slowly lower to the floor
- Heavy pile of laundry in hands

**PROGRESSIONS:**

- Open leg rocker to teaser back and forth is good for an advanced class

**REGRESSIONS:**

- Circle arms around to come up into teaser
- One foot to floor and work one side
- Bent knees – come up and touch backs of hamstrings

**COMMON MOVEMENT FAULTS/WATCH FOR:**

- Shoulder hunching
- Rectus Pouffus
- Forward head posture

**EXERCISE BENEFITS/REHAB APPLICATIONS:**
· Develop static balance
· Lengthen flexors of the body (abs, hip flexors and neck flexors)
· Enhance control of hip flexors
· Strong core builder
· Back extensor builder

PRECAUTIONS:
· Flexion
· Shoulder
· Core control
· Overactive hip flexors

RELATED EXERCISES
Boomerang,
Supine Abs,
Chest Lift,
Criss Cross,
Rolling like Ball,
Seal,
Open Leg Rocker

High legs, high chest
Lift arms, lift head

55. Kneeling Side Kick

EXERCISE EMPHASIS:
· FBI exercise
· Glute med and min

MAIN PRINCIPLE:
Full Body Integration

MUSCLE FOCUS:
· Hip abductors
· Hip adductors
· Shoulder stabilisers
· Abdominals

SET UP BODY POSITION:
· High Kneeling position, knees under hips
· Hands behind head – arms reaching out wide
· Tip over to one side as raise leg and take hand to floor to support torso
· Leg raised to hip height
· Press brain into back of head
· Melt ribcage to hips
· Lengthen crown to wall behind
· Direct elbow towards ceiling, keeping good HNSO

MOVEMENT:
· With leg parallel/at least 60% hip abduction
· Flex heel and flex hip to take leg forward
· Extend hip as point toe and take behind as long as can maintain pelvic stability

**SUGGESTED BREATHING:**

INHALE prepare
EXHALE raise leg in line with torso
INHALE flex hip to point toe and take leg forward
EXHALE extend hip to reach leg back, toe pointed
Repeat 6-8 times each side

**GAZE:**
Horizontal at opposite wall

**VERBAL CUES:**

**TACTILE CUES:**
· Lengthen head away – hands stroking up sides of head from ears
· Don’t confuse with Sidebend
· Come into from Quadruped – good transition
· Concentric to eccentric load
· Use core control to stop from flopping ‘Xanadu’

**IMAGERY CUES:**
· Tip over from high kneeling position – keep length of top leg like an anchor going over the side of a boat
· Imagine a sling around your waist holding your hips up
· Keep head in line with the spine – tailbone to tip cervical spine ‘pouring sand out of ear’
· Working between paper walls OR two panes of glass

**PROGRESSIONS:**
· Opposite arm opp leg variation. Arm/leg forward back motion
· Circles (within steering wheel)
· Figure of eights
· With ankle weights

**REGRESSIONS:**
· Working leg bent (shorter lever)

**COMMON MOVEMENT FAULTS/WATCH FOR:**
· Forward head posture
· Hunching in shoulder
· Twisting in hip
· Rib poking out
· Lack of lift in hip
· Alignment of head to spine
· Leg lower than 60% abduction
· Shoulder impingement – i.e. Bursitis
· Weakness hips, knees
EXERCISE BENEFITS/REHAB APPLICATIONS:
· Develop trunk stability
· Enhance control of hip flexors and hip extensors

PRECAUTIONS:
· Hyper extended elbows

RELATED EXERCISES
Sidekick Series,
Sidebend,
Star

56. Swimming

EXERCISE EMPHASIS:
· Breathing in for 4, out for 4 or percussive Hahahaha
Thoracic extension
Shoulder flexion
Hip extension
Spine extension

SET UP BODY POSITION:
· Torso in Neutral
· Prone on mat, legs and arms outstretched

MOVEMENT:
Upon exhalation allow the arms and legs to reach away from centre to hover just above the mat as the spine lifts into slight extension.
Alternate arms and legs up and down in a swimming motion maintaining abdominal control and axial length.
Inhale and exhale as comfortable.
Finish reaching limbs away from centre and lower to the mat

GAZE:
Towards the edge of the mat

VERBAL CUES:
Thoracic matches movement of arms
Imagine there is only 1 bone in your arm
Touch op hand and op leg down to the mat at the start to tell the brain where to go.

PROGRESSIONS:

REGRESSIONS:
Just lift arms or legs up
Do whilst laid on a box allowing movement if shoulder doesn’t
Pillow under hips protect lumber spine
COMMON MOVEMENT FAULTS/WATCH FOR:
Wobbly in spine
Bend in elbows
Rocking (due to not enough Thoracic spine
Cervical or lumber hyperextension

EXERCISE BENEFITS/REHAB APPLICATIONS:
Glutes
Posterior Oblique sling
Thoracic extension

PRECAUTIONS:
Shoulder issues
Lumber spine
Hip

RELATED EXERCISES
Arms in front, shoulder distance apart
Inhale to prepare
Exhale to float head neck and shoulders, both arms and legs off the floor, find the corners of the mat
Curl up then extend arms and legs up
Inhale to prepare
Draw arms into the body and shoulders down
Exhale reach crown of head forward Roll femurs in hip sockets to lift the legs
Float Left arm and right leg up and down
Pelvis and torso not to wobble

57. Leg Pull

EXERCISE EMPHASIS:
Upper body weight distribution
Organisation of head, neck and shoulders

SET UP BODY POSITION:
Long sit position, shoulders and elbows extended, shoulders over hands
Legs extended
Lift pelvis, reaching soles of feet toward floor until trunk supported with only hands and feet in contact with the floor
Neck in comfortable position

MOVEMENT:
Inhale, reaching one leg out and lifting it towards ceiling by flexing hip, maintaining neutral trunk position
Exhale lowering leg
Repeat other side

GAZE:
To where the wall and ceiling join

VERBAL CUES:
Roll shoulders back
Equal weight on heels

**PROGRESSIONS:**
Alternate legs LRLR
Turn hands out to sides
Heels on foam roller

**REGRESSIONS:**
Knees bent at table top

**COMMON MOVEMENT FAULTS/WATCH FOR:**
Shoulders come forward
Neck alignment
Loss of support from core musculature
Ribs sag to floor
Collapse of upper chest

**EXERCISE BENEFITS/REHAB APPLICATIONS:**
Hip disassociation
Hamstring length
Awareness of hip flexion
Strength in upper body and shoulders

**PRECAUTIONS:**
Wrist
Ankle
Shoulder
Hips
*Open your collar bones Draw shoulder blades down, curl the shoulders back*
*Open your shoulders and drop them back*

58. Leg Pull Front

**EXERCISE EMPHASIS:**
Pelvic stability
Weight bearing
Hip disassociation
Posterior sling/core control
Axial elongation

**SET UP BODY POSITION:**
Quadruped, shoulders over hands
Push up into plank position
Head and spine in neutral, pelvis in slight posterior tilt, scapulae depressed, axial elongation
Trunk supported with only hands and feet on floor

**MOVEMENT:**
Inhale to prepare
Exhale, reaching one leg out and lifting it towards ceiling by extending hip, maintain neutral trunk position with slight posterior tilt of pelvis
Inhale lowering leg

GAZE:

VERBAL CUES:
Width across the mat
Stretch tail bone down to heels
Create length through the hip

PROGRESSIONS:

REGRESSIONS:

COMMON MOVEMENT FAULTS/EWATCH FOR:
Drop of pelvis
Losing core control

EXERCISE BENEFITS/REHAB APPLICATIONS:
Strength in upper body and shoulders

PRECAUTIONS:
Wrist
Ankle
Shoulder

Press the floor away
Pull the belly button towards your spine
Point toe away

59. Jack-knife

EXERCISE EMPHASIS:
Maintain position of spine in neutral with legs over back of head

SET UP BODY POSITION:
Supine
Legs in 90/90
Arms by sides

MOVEMENT:
Inhale to extend the legs towards the ceiling.
Exhale, begin rolling over onto the shoulders and upper back until the legs are at 45° to the ceiling.
Inhale to extend the hips and roll higher onto the shoulders reaching the feet to the ceiling.
Avoid using momentum to achieve the shoulder stand
Without dropping, exhale to lower the legs back to 45° and roll down with control.
Repeat 3 – 5 times
GAZE:

VERBAL CUES:
Hands wide to connect the shoulders to the floor
Lumber spine lengthens out

PROGRESSIONS:
Keep legs to the ceiling whilst rolling down

REGRESSIONS:
Roll over only

COMMON MOVEMENT FAULTS/WATCH FOR:
Use momentum to do the work
Roll too high on neck and head
Loss of axial length

EXERCISE BENEFITS/REHAB APPLICATIONS:
Strength in upper body and shoulders
Blood flow
Glutes working
Spine articulation into flexion

PRECAUTIONS:

RELATED EXERCISES
Roll over

60. Control Balance

EXERCISE EMPHASIS:
Inverted
Pelvic Stability with Hip disassociation
Weight bearing upper thoracic and back of head

SET UP BODY POSITION:
Supine
Legs in 90/90
Arms by sides

MOVEMENT:
Inhale to extend the legs towards the ceiling.
Exhale; begin rolling over onto the shoulders and upper back until in rollover position.
Allow the legs to separate, one closer to the torso, one reaching to the ceiling.
Lightly grasp the back of the leg.
Carefully change legs in a scissor motion without losing balance, very little weight resting on the back of the head.
Inhale to release the leg, exhale to draw the second leg toward the floor.
Reach the Ischium to the ceiling to aid in balance.
Return to shoulder stand with legs together and roll down to starting position with hands on the mat or arms overhead.
Repeat 6 – 8 times each side

**GAZE:**

**VERBAL CUES:**
Lengthen the hips to the ceiling

**PROGRESSIONS:**

**REGRESSIONS:**
Toes to rest on a fit ball in inversion

**COMMON MOVEMENT FAULTS/WATCH FOR:**
Hyper flexion of neck
Too much weight resting on back of head

**EXERCISE BENEFITS/REHAB APPLICATIONS:**
Hip disassociation
Pelvic control
Core control

**PRECAUTIONS:**

**RELATED EXERCISES**

61. Boomerang

**EXERCISE EMPHASIS:**
Whole body integration

**SET UP BODY POSITION:**
Seated, legs extended in front, one leg crossed over the other
Hands resting on the feet
Torso curled forward over legs

**MOVEMENT:**
Exhale and roll down the mat, lengthening the legs and carrying the legs over the head until in rollover position. Once there inhale and switch the legs.
Exhale and curl up the head and shoulders allowing the spine to roll down and pause briefly in a ‘Teaser’ position sweeping the hands to the back.
As the legs lower to the mat, stretch the torso forward and allow the arms to circle over the head resting on the feet. Repeat 6 – 8 times each side

**GAZE:**
To Toes/feet

**VERBAL CUES:**
Head chases the tail into Teaser
Keep the length when inverted
Crossed leg gives inner thigh connection
PROGRESSIONS:
REGRESSIONS:

COMMON MOVEMENT FAULTS/WATCH FOR:
Leave arms down
Neck in Teaser
Large arm circles
Loss of core control
Lumber extension
Cervical hyper flexion

EXERCISE BENEFITS/REHAB APPLICATIONS:
Full body workout
Coordination
Float left leg over right
Open up the chest and press shoulders down
Widen the shoulders
Hands to just over the width of the mat
Inhale send the legs away
Exhale and bring them back

62. Star

EXERCISE EMPHASIS:
Weight bearing exercise for upper body
Scapular stability
Balance
Ankle stability

SET UP BODY POSITION:
Side Plank position
Torso in Neutral
Top foot stacked on top of bottom foot

MOVEMENT:
Inhale to prepare.
Exhale to lift top arm and leg towards the ceiling.
Inhale to lower
Keep pelvis lifted throughout the movement
Repeat 6 – 8 times each side

GAZE:

VERBAL CUES:
Roll into start position from the plank
Maintain length through the body
Reach out of the sockets
Ruler can be swept under the ankle.
PROGRESSIONS:
REGRESSIONS:
Kneeling

COMMON MOVEMENT FAULTS/WATCH FOR:
Poor shoulder organisation
Loss of core control
Bottom ankle collapsing

EXERCISE BENEFITS/REHAB APPLICATIONS:
Stabiliser
Abductors of hip and shoulders
Get into position with feet stacked
Knees almost straight
Hand under shoulder
Inhale, exhale and launch up
Inhale lift arm and leg
Exhale lower back down
Weight forward to head to stop feet slipping
Practice with feet against a wall

63. Rocking

EXERCISE EMPHASIS:
Hip Flexor extensions

SET UP BODY POSITION:
Prone
Knees bent
Hands grasping ankles on outside of feet

MOVEMENT:
Inhale to bring the spine into extension, lifting head and chest off the mat..
Push tops of feet into hands
Exhale to rock forward, bringing heels back toward sit bones.
Inhale into the anterior chest to rock back up, pushing the feet into the hands
Exhale to rock forward again
Repeat 4 – 6 times each side

GAZE:

VERBAL CUEs:
Leg alignment parallel
Lift 1 leg at a time.
Raise legs to lift chest

PROGRESSIONS:
REGRESSIONS:
COMMON MOVEMENT FAULTS/WATCH FOR:
- Hyperextension of lumbar spine
- Excessive movement of the head and neck
- Loss of abdominal support

EXERCISE BENEFITS/REHAB APPLICATIONS:

PRECAUTIONS:

RELATED EXERCISES

64. Push up

EXERCISE EMPHASIS:
- Strength in upper body
- Shoulder control
- Core control

SET UP BODY POSITION:
- Standing
- Legs parallel, hip width apart or touching

MOVEMENT:
Exhale to roll forward, pulling the abdomen in and up until the hands come to the floor or the fronts of the legs. Avoid letting the weight shift over the heels on the way down.
Walk the hands out on the floor 3.5x until in a push-up position
With good shoulder organisation
Inhale to lower the torso to the floor without sagging.
Exhale to push back up and walk the hands towards the feet.
Pause and inhale.
Exhale to roll up segmentally, stacking the vertebrae and maintaining lift in the torso.
Repeat 4 – 6 times

VERBAL CUEs:
- Elbow eyes front
- Walk out on heel of hand
- Bend into your elbows
- Push through arms to extend the elbows
- Crickets legs

PROGRESSIONS:

REGRESSIONS:
- Lower to knees then press up
- Magic circle around hips – stops swaying
- Magic circle under sternum

COMMON MOVEMENT FAULTS/WATCH FOR:
- Loss of core control
- Rocking in the torso
- Loss of scapular stability