

## Level 1 - Home Sheet - Week 5

### **Printing and Breathing x 5**

Lie supine in a neutral position, parallel legs with knees bent and feet flat to the floor. Arms along the sides palms facing down.

Inhale to breathe deep into the back and through to the side of the rib cage engage Inhale to release to

Exhale to wrap ribcage around, drawing the muscles under the ribcage down towards the front of the ribs, while lifting the pelvic floor.

### **Pelvic Curl x 6**

Lying in the "hook-lie" position, (knees bent). Inhale, and as you Exhale scoop through the abdominals, pulling pubic bone to navel and start to peel the spine off the floor, gradually articulating the spine without overworking the gluts. Inhale; and as you Exhale articulate the spine back to the floor, making sure you finish in a neutral pelvis

### **Chest-lift with Single Leg Lift x 8**

Float the leg up as the upper body comes up, float the leg down as the body lowers

### **Double Leg lift x 2 (2 starting with the right leg & 2 with the left)**

Lying in the "hook-lie" position, focus on using the abdominals and not recruiting from the back.

Inhale/Exhale and float the right knee up in the air

Inhale and Exhale, float the left knee in the air to meet the right knee

Inhale/Exhale to float the right knee back down

Inhale/Exhale to float the left knee back down to the mat.

### **Supine Spine Twist x 4 each way**

Lying in neutral spine with the legs in the air and knees bent at a right angle and the arms out to the side with the palms facing the ceiling. Inhale to gently roll the pelvis onto the right hip so the left hip comes slightly off the mat and the knees and feet follow in a straight line. The shoulder blades should remain on the mat and the low abdominals should be containing the movement. Exhale to roll the pelvis and legs back to neutral.

Repeat to the other side.

### **Roll-back (hold legs for first few) x 6**

Begin by sitting with your back straight and legs together in front of you with the knees bent so you can hold your thighs. Inhale, as you exhale begin to curl the upper body backwards towards the floor whilst you hold your legs for support. Ensure the curling action comes from the pelvis. Go as low as you wish (or to the floor), then inhale as you hold that position and as you exhale curl the upper body back up, staying curled until your shoulders are above your hips and then inhale to straighten the body back up.

*Roll onto tummy, then roll onto side for the other side:*

### **Chest-Head Reach x 5**

Lying on your stomach with the pubic bone gently pressing into the mat, inhale, exhale so the tummy comes off the floor and in towards the spine slide the shoulder blades down the back at the same time you lengthen the spine from the mid back, so the head and shoulders lengthen off the floor without a shortening in the low back. Begin with the scapula slides on the exhale and allow the forehead to lengthen in the air without compression in the low back. Hold for an inhale and lower on the exhale.

### **Prone: Alternate Leg Lift with hands under hips x 4 each leg**

Lying on your stomach with the pubic bone gently pressing into the floor placing both hands underneath your pelvis to feel any pelvis movement. Inhale, then Exhale to lift and reach the right leg off the floor (feel as though you are reaching the leg out of the hip). As you Inhale lower the right leg and at the same time, reach the left leg off the floor. Inhale to scissor change the legs. Focus on keeping the pelvis still and try to feel the back of the thighs working. Repeat for the given number of repetitions

**Kneeling Quadruped Position x 5 breaths:**

Focus on having stable scapula - a neutral pelvis and be able to maintain the position as they breathe.

**Quadruped position with the scapula shrugs (retraction and protraction): x 4 each**

If a person has a wrist query then let them stand in a wall push up position.

Cue keeping the front of the ribs drawn in and scapula drawn away from the ears.

**Rest Position x 4 breaths**

Sit back onto the heels and bring the feet forwards to the hook-lying position to let the participants roll onto their backs for: **"Scoopin' Pumpkins" x 1 set**

Take 8- 10 ever growing circles to open the arms right down to the floor, and 8-10 to come back up. Keep tall circles concentric and note that the circles don't dip or tilt as they wind round.