Prep Phase

Exercise
Z- sit- rotation & side bend of spine. Internal, external rotation of back hip
Change to other side with our using hands if possible

Main Phase

Exercise	Options	Focus	External Cue	Hands on
100 X1	Both legs down One leg lifted	Inner line of legs connected strongly	Press into pane of glass with inner line of legs	Fist on inside of heel and press into.
Hip release focus- cross one foot over knee. Lift knee in & lower, bridge up & down, rotate knee across.				
Shoulder bridge X5	Lift up heel Articulate through foot to lift knee	Maintain height of pelvis & hip extension	Press into dot under big toe Pane of glass	Fist between toes.
Dynamic back of leg stretch				
1 leg circle X4 each way	ROM Knee as straight as can	Keep stabilising leg quiet	Press into pane of glass with inner line of legs	Fist on inside of heel and press into.
Using last leg to roll up and spin onto front of body				
Swan prep-upper body only X 6	Range of motion Hand position	Carry head upwards and backwards Move from hips	Grow up & out from bottom of t-shirt.	Hand hovering over top of head.
Rest position				
One leg kick X6 each side	Lower body only Add upper body	Hip extension & chest lifted Neck long	Keep lifting to ceiling Curl around a pencil	

Rest position				
Spine Twist X 5 each way	Add in presses	Lifting out of the hips	Mat is hot	Hand hovering over top of head.
Side kick kneeling X4 each	Long leg forwards Up & down Front & back	Hip staying in extension	Clock- number 6	Back heel to push into my fist
Exercise	Options	Focus	External Cue	Hands on
Swimming X10	Opposite arm & leg- lift slowly	Hip extension to equal spinal extension	Press an equal height dot on the front & back wall	
Rest position				
Leg pull front X3 each side	Brush one foot long Kick up	Hips staying open Long line	Keep back of t-shirt uncreased as kick up	
Walk hands to feet & roll up to standing. Roll down and walk hands out to long line. Walk feet to hands, roll up to standing. Roll down and bend knees to sit down				
Leg pull X 3 each side	1 foot flat, knee bent Both legs long	Hip extension not pelvic curl	Don't crease front of t-shirt as lift chest	Push out into my hands on the outside of shoulders.
Seal X5	Leg openings only Add rolling	Head position Open hips not clap feet		