Prep Phase

| Exercise |
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| Bean bag device exercises |
| Fingertip presses |
| Archival hand position prep for side kick kneeling |

Main Phase

| Exercise | Options | Focus | External Cue | Hands on |
|---|---|---|---|---|
| 100<br>X1 | Both legs down<br>Each finger tip press into thumb | Long line through wrist | Keep your bike revved! | |
| Shoulder bridge<br>X5 | Hands in fists.<br>At top of bridge, fold arms back, spin fists out, return | Wrist alignment<br>Chest open | Open front of your t-shirt as spin fists out | Hands to sides of shoulders |
| Dynamic back of leg stretch | | | | |
| 1 leg circle<br>X4 each way | ROM<br>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 to kneeling up | | | | |
| Side kick kneeling<br>X4 each | Long leg forwards<br>Up & down<br>Front & back | Keep pressing ear into hand | Lift ear as high as possible | Hand on elbow and press up |
| Kneeling up- double arm circles fingers spread as wide a possible. | | | | |
| Push up | On knees<br>Full position | Wrist stability & strength | Keep a puff of air under the palm of you hand | Hands to sides of shoulders |

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| Rest position | | | | |
| One leg kick<br>X 6 each side | No leg kicks<br>Fists pressing into each other | Connection from hands to upper body | Press out into sleeves of jumper | Hand hovering over top of head. |
| Rest position | | | | |
| Swan<br>X 6 | Hands under shoulders<br>Prop under hips | Hand to shoulder to back connection | Draw hands back as lift chest upwards | |
| Exercise | Options | Focus | External Cue | Hands on |
| Side bend<br>X 3 each side | Keep hips down<br>Lengthen legs | Head position<br>Should position | Pull side seam of t-shirt into arm | Hover hand over crown of head |
| One leg stretch<br>X 8 | 1 leg stays on floor | Elbows high & pull hands apart to lengthen wrists | Press out into sleeves of jumper | |
| Leg pull<br><br>X 5 | Fingers facing out or back | Open chest and push with hands | Lift front of t shirt up | Push out into my hands on the outside of shoulders. |