

# Beginner but Experienced Exerciser Class Plan



Exercise	Instruction	Teaching Points	Notes
Spinal flexion and extension	Seated in lean back position, knees bent, arms extended behind. Inhale to extend through spine Exhale to flex through spine	Keep elbows soft Maintain lengthen through spine Ribcage to pelvis connection	
Leg slides	In lean back position, exhale to slide on leg away Inhale to return	Keep elbows soft Maintain lengthen through spine Ribcage to pelvis connection	
Knee drops	In lean back position, exhale to allow knee to drop out to side Inhale to return	Focus awareness on contra-pull Keep elbows soft Maintain lengthen through spine Ribcage to pelvis connection	
Single arm circles	In lean back position, inhale to start to circle one arm forwards Exhale to complete.	Focus awareness on keeping weight centred Keep elbows soft Maintain lengthen through spine Ribcage to pelvis connection	
Leg Pull Supine prep	In lean back position, exhale to press hips up, inhale to lower. Repeat x 5	Hinge at hip Press into heels Keep elbows soft Maintain lengthen through spine Ribcage to pelvis connection	Add in knee lifts
Spine Twist (Arrow)	Seated, knees slightly bent. Arms extended forwards. Inhale to rotate and draw elbow back, looking towards elbow Exhale to return	Lift out of hips. Easy shoulders	

Exercise	Instruction	Teaching Points	Notes
Double Leg Stretch	Lying supine, bring knees slightly closer than above hips. Exhale to flex up into position. Inhale to circle arms up and back Exhale to circle round.	Lift from back of shoulders. Keep arms in periphery vision Maintain flexed height.	Keep feet on floor if needed.
Shoulder Bridge	Lying supine, heels under knees. Exhale to articulate into bridge Inhale to lift heels pressing higher with hips Exhale to replace Inhale to hold Exhale to return to mat	Keep neck and shoulders relaxed Press into heels on articulation Segmental movement	
One Leg Circle	Lying supine, one leg extended along floor, foot flexed. Other knee above hip. Inhale to cross knee over body and start circle, exhale to complete	Focus on hip movement, really explore range Allow pelvis to move as knee moves across and stabilise as knee comes in.	
Side Kick Kneeling	Kneeling up, find optimal position. Extend leg and lower opposite arm into position. Exhale to lift leg Inhale to lower	Ensure hip stays open Maintain ribcage to pelvis alignment	
Other side			
Swimming	Lying prone, forehead resting on hands, legs extended but parallel. Exhale to lift leg away Inhale to lower	Focus on lifting from hip and space under thigh bone Keep openness at low back	
Leg Pull Prone Prep	On all fours, knees together, toes curled under Exhale to hover knees and hold	Keep ribcage to pelvis alignment Lengthen through neck Press into palms	

Exercise	Instruction	Teaching Points	Notes
Double Leg Kick Prep	Lying prone, hands clasped resting on low back, resting head on right check Inhale to lift chest, reaching arms back bringing head to centre Exhale to lower to resting on left check	Keep opens in low back Keep hands clasped Relax through chest	
Crab prep	Seated in balance, hands on ankles Inhale to roll back and pause in balance on shoulder blades Exhale to return and balance.	The balance is for a split second but using the abs intensely. Do not roll onto head	
Saw Prep	Seated with one leg extended other bent into opposite inner thigh. Turn to face the bent knee. Inhale to laterally flex over straight leg Exhale to rotate and saw past little toe Inhale to rotate back Exhale to return	Keep weight through both sit bones Keep arms strong	