

**Class Plan 1**  
**Fantastic Flexion-Lumbar Mobility Focus**



Exercise	Instruction	Teaching Points	Adaptations
Breathing focus	Lying supine, mini ball under sacrum. Focus on allowing spine to release down into mat	Focus on allowing spine to release and melt towards mat passively stretching low back	
Nose Circles	Small nose circles	Imagine circling round a Polo Mint	Head nods, larger ROM
Shoulder mobility	Take arms above chest, back of palms together, reaching towards ceiling. Take arms overhead Circles	Allow spine some small movement- do not fix!!	Change hand position to palms together, or cross hands palm to palm
Pelvic Tilts	Arms by sides- Tilt pelvis anterior, posterior Tilt left to right Place left hand on left hip socket, right on right ASIS and tilt diagonally	Keep movement unforced- don't press	Lift one knee up
Double knee Circles	Lift knees up above hips and place hands on with slight downward pressure. Circles knees away and in, reverse	Allow knees to come closer than table top to decrease hip flexor gripping	ROM
Hip Flexor Release	Lengthen right leg away resting on floor and draw other knee in. Rotate right leg to challenge stretch	Maintain lumbar flexion- Don't allow low back to arch	
One Leg Circle	Keeping one leg lengthen lift other up to ceiling and circle across body and round	Allow small spinal movement	Circling leg- knee bent Lift into thoracic flexion
Roll Over	Bring legs up to 45 degrees and take up and overhead, inhale to open to shoulder width return til sacrum rests on ball and small circle to close.		Add in foot options eg flex foot to return

Shoulder Bridge with lateral flexion	Articulate up into bridge and return x3 Hold in bridge and take right arm up and overhead til resting on floor. Laterally flex to the left. Roll through bridge keeping to the midline, feeling stretch down right side.	Reach right knee away to help keep movement along mid line.	
Roll Up	Seated, place mini ball behind low back, hands behind head. Articulate onto mini ball and return	If hip flexors are gripping place a tennis ball between knees and slightly squeeze. Focus on lumbar flexion	Add in small ab preps
Saw prep	Draw right foot into left thigh and rotate to right knee holding mini ball in right hand. Lift right arm up and laterally flex over left leg. Rotate down to leg, reaching out wards with ball. Rotate back out and return.	Be aware of rib cage placement on lateral flexion	Full Saw
Roll Up with Extension	Seated, place mini ball behind low back, hands behind head. Articulate onto mini ball and return lifting into thoracic extension x4. Hold extension and rotate to left, flex back on diagonal and return into extension. Repeat other side	Focus on extending into thoracic spine	Extend legs Add in small ab preps
Saw prep	Draw left foot into right thigh and rotate to left knee holding mini ball in left hand. Lift left arm up and laterally flex over right leg. Rotate down to leg, reaching out wards with ball. Rotate back out and return.	Be aware of rib cage placement on lateral flexion	Full Saw
Single Leg Stretch	Place mini ball higher up around the lumbar/ thoracic junction so when lying on ball it creates a C Curve. Lift knees up and lengthen one leg away into single leg stretch with arm movement	Bring knees in closer to reduce hip flexor tension. Maintain lumbar flexion.	One foot resting on floor

Criss Cross	Place mini ball higher up around the lumbar/ thoracic junction so when lying on ball it creates a C Curve, hands behind head. Lift knees and begin Criss cross	Bring knees in closer to reduce hip flexor tension. Maintain lumbar flexion.	One foot resting on floor
Side Legs- Bicycle & Arc	Side lying with head resting in hand, legs at 45 degree angle. Lengthen top leg away in parallel with body. Kick leg forwards, bend knee, extend at hip and lengthen leg behind. Arc- kick leg forwards then arc up and lower	Allow small spinal movement in connection with leg but maintain rib cage connection	Lie with head down Bottom knee bent
Leg Pull Prone with Knee Pulls	Into leg pull prone (straight arms) lengthen away one leg exhale to draw knee in and allow spine to flex. Lengthen out x3 and repeat other side	Do not allow any extension in low back. Keep leg low.	Perform on knees Perform with knees hovering Perform on elbows
Gradual Swan Dive	Lying prone arms in W position. Inhale to extend just to C5, circle head and return. Repeat gradually extending higher through spine.	Focus on thoracic extension and articulation. No hinging in low back.	Cushion under pelvis to ensure length in low back
Side Leg other side	Repeat Bicycle & Arc		
Leg Pull Supine	Seated with hands behind, fingertips facing toes. Hip hinge to lift into neutral and fold back.	Do not allow spinal flexion.	Knees bent On elbows
Deep Thoracic Rotation	Side lying with top knee bent and resting on mini ball, arms stretched front. Inhale to rotate open keeping pressure on mini ball.	Focus on rotation through the ribcage not the arm movement.	Reduce ROM