

Main Phase Bundle- Plan for Crab Success

Exercise	Instruction	Notes
100	Lift into upper body only into flexed shape. Keep legs long. Perform 100	
Full body stretch		
One leg Stretch	Lying in flexed position, focus on keeping tailbone lifted. Switch legs making sure they do not drop too low and pull you out of the C Curve	
Roll Up	Seated with soles of feet together, knees apart. Articulate through the spine.	
Double Leg Stretch	Lift into flexed shape. Keep legs at a height where the spine can really keep the C curve. Extend arms and legs.	

Exercise	Instruction	Notes
Spine Stretch	Seated tall, legs extended, arms reaching forwards. Allow pelvis to tilt back slightly as arms reach forwards. Focus on space	
Leg Pull	Seated with arms behind supporting, legs extended. Extend through the hips focusing on lengthening the front line	
Saw	Seated tall, arms out, feet flexed. Exhale to rotate and flex forwards, inhale to return	
Mermaid release into hip extension	Seated in mermaid position, side bend each side, then press into hip extension.	
Teaser Prep	Seated back of sit bones, lift knees in towards chest, balancing. Perform small ROM of teaser.	

Exercise	Instruction	Notes
Rolling Back	In tight ball shape, roll back onto shoulders and balance for 2 seconds, then return	
Crab	Perform the Crab! Ta daaaa!	