

One Leg Kick- A Plan for Success



Exercise	Instruction	Notes
Mermaid	Seated in mermaid position, with right leg in front, right hand on floor with elbow slightly bent. Inhale to take left arm up and exhale to side bend over. Inhale into the left side of the ribcage and exhale to return. Inhale to take right arm up and side bend to the left.	
Without putting hands down change legs around and repeat on the other side		
Chest Opener	Lying on side, head supported if needed. Make sure the knees are bent up at least to 90 degrees. Lift arm up and rotate open. Return.	
Shoulder Bridge-spinal flexion and extension focus	Lying supine, exhale to flex up through the spine. At the top of the bridge, inhale to extend the thoracic spine. Keeping that extended shape lower to the mat. Reverse the movement	

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Spine Stretch with Twist	Seated with legs extended but slight knee bend if needed, or crossed legs. Hands behind the head. Exhale to articulate through the spine and flex into the spine. Inhale return. Exhale to rotate and inhale to centre. Perform in a lean, flatback position	
Side Bend	Side seated with hips, knees and ankles stacked. One hand behind head. Exhale to side bend over, lifting hips. Inhale to extend arm behind head and deepen side bend. Exhale to return hand behind head and inhale to return hips to mat.	
Hip flexor release	In lunge position, slightly tilt pelvis under to find the stretch through the front of the hip. Add side bend and rotation	

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Swan Dive	Lying prone, hands under shoulders, elbows up. Legs together. Hover head off floor and then inhale to extend the spine by imagining pressure on the elbows pressing them down and back towards the waist. Exhale to lower.	
Swan Dive with Twist	As above but take one hand forwards. Extend into the mid back. Exhale then as you inhale press down to straighten bent arm and rotate through the spine.	
Rest position		
Side Kick	Resting on elbow, palm flat in side kick position with legs angled forwards slightly, top hand behind head. Lift top leg and bend knee at 90 degrees. Draw thigh bone forwards and extend back. Hold back in extension and rotate upper body down and up. Combine with knee forwards and back	

Exercise	Instruction	Notes
On all fours- hip extension	On all fours but resting on elbows. Find lengthened spine, lift one leg, bending knee, foot flat parallel to ceiling. Exhale to extend the hip and press the heel up. Inhale to lower.	
Swimming	Lying prone with arms out front. Press into hands to lift into mid back extension. Externally rotate legs at the hip and sweep out, internally rotate and sweep back in.	
Rolling Back	Seated in C curve, holding ankles, focus on drawing the elbows apart. Inhale to roll back, exhale to return	

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One Leg Kick Prep	<p>Lying prone, forehead on hands, legs together, toes curled under. Pressing away into toes straighten one knee without changing pelvis.</p> <p>Add in toe stretch</p> <p>Add in knee bend as far as you can keep pelvis quiet.</p>	
One Leg Kick	<p>Lying prone on elbows but take them as far forwards as needed to bring the work into the mid-back rather than the low back. Imagine drawing chest through the arms to keep the upper body active. Lengthen one leg and kick it in, switch.</p> <p>Kick faster, switching as the knees are bent</p>	
Cat Stretch	<p>On all fours, articulate through the spine to finish.</p>	