

Pathway to Teaser



What do you need for an epic Teaser?

- Strong legs
- C Curve
- Articulation of spine & hips
- Hip strength & mobility
- Powerhouse

Exercise	Focus	Notes
Kneeling Down to Kneeling Up Hands behind head Add twist	Open and fold at hips Toes curled under, push through big toe	
Windmill arms to extension	Press hips forwards and ribs back	
Hip flexor connection	Press knee into hands Tailbone lengthening away from crown of head	

Exercise	Focus	Notes
100	Legs long, together, heels squeezing together & down Lower rib C Curve	
Roll Up	Keep elongated C Curve Head position Articulate through the hips	
Flat Corkscrew	Lift under opposite hip Keep low back slightly flexed	
Rolling Back	Hands to front of forehead. Press head forwards as roll up	
Shoulder Bridge	Hip extension Arm & shoulder strength and alignment	

Exercise	Focus	Notes
Spine Stretch	Bottom rib back Hot mat	
Side Kick	Allow spine to flex and extend Elongate through neck	
Hip Twist	Knees bent Ribs quiet	
Open Leg Rocker	Ribs back, head forwards Strong legs	

Exercise	Focus	Notes
Teaser	<ol style="list-style-type: none">1. Bent knees2. One leg lift3. Legs extended	
Seal to stating	Open hips	