

## ***Main Phase Bundle- Plan for Saw Success***

| Exercise        | Instruction  | Notes |
|-----------------|--|-------|
| Spine Twist     | Seated tall, legs in extended position, arms in cossack position. Focus on quality of rotation   |       |
| Roll Up         | Seated with legs extended, Reach forwards creating C Curve. Uncurl back focusing on lumbar flexion. Keep to a small ROM  |       |
| 100             | Lift into flexed position and perform the move at a level that allows full breath  |       |
| Shoulder Bridge | Lying supine, feet under knees, articulate into the bridge. At top of bridge allow one side of the pelvis to rotate, other side. Lower slightly and repeat. Repeat all the way to the mat. Add in the Wave- tilt pelvis one way, lift up through that side of the spine, at top of the bridge return pelvis to level and then rotate other way and roll down that side to the mat. |       |

| Exercise                | Instruction   | Notes |
|-------------------------|---|-------|
| Side Kick Kneeling prep | Kneeling up tall, one leg extended, hands behind head. Laterally flex. Rotate   |       |
| One Leg Kick            | Lying prone, supported on elbows. Kick one foot in and change sides   |       |
| Standing Saw            | Roll up to standing, perform Saw standing, Rotate and then reach down to opposite foot  |       |
| Wag the Tail            | On all fours, lift one foot put keep knee on the floor, turn the foot out and look back at it, turn it in and return.                             |       |
| Side Kick Series        | Side lying, up on elbow, hand behind head, bottom leg forwards on angle.<br>Leg Circles<br>As kick forwards, rotate down, as kick back rotate up. |       |

| Exercise      | Instruction  | Notes |
|---------------|--|-------|
| Spine Stretch | Seated tall, legs extended to appropriate position. Hands behind head. Focus on ribcage lifting up and over the pelvis, creating a lifted shape. |       |
| Saw           | Perform the Saw! Ta daaaa!   |       |