

## *Mini Ball*

### *One Leg Stretch*

Place the ball behind the shoulder blades to bring the spine into flexion. Hands behind the head.

### *Double Leg Stretch*

Place the ball behind the shoulder blades to bring the spine into flexion. Hands behind the head.

### *Spine Stretch*

Ball in between legs, hands on the ball

## *Mini Ball*

### *Rocker with Open Legs*

Place the ball in between the ankles

### *Corkscrew*

Place the ball between the ankles

### *Saw*

Place the ball on the outside of one leg. Perform 4 on each side

## *Foam Roller*

### *Swan Dive*

Place hands on the roller

### *One leg Kick*

Drawing roller in lifting into extension, hold and then kick.

### *Double Leg Kick*

Place roller under thighs to aid hip extension

## *Foam Roller*

### *Neck Pull*

Hold roller overhead

### *Scissors*

Roller under the sacrum

### *Bicycle*

Roller under the sacrum

## *Weighted Balls*

### *Shoulder Bridge*

Hold balls in hands up to ceiling. As lift into bridge open out wide and extend the thoracic spine

### *Spine Twist*

Hold balls out

### *Jackknife*

Hold one ball between the ankles

## *Weighted Balls*

### *Side Kick*

Hold one ball up and as kick forwards lower in front and lift as kick back

### *Teaser*

Hold both balls at top of Teaser add 1 arm circle

### *Hip Twist*

Knees bent, one ball between knees

## *Band*

### *Swimming*

Band around ankles clipped

### *Leg Pull Front*

Band around ankles clipped

### *Leg Pull*

Band around ankles clipped

## *Band*

### *Side Kick Kneeling*

Kneeling on band, holding other end, press leg out.

### *Side Bend*

Hold one end, foot on other



*No Equipment*

*Boomerang*

*Seal*

*Crab*

*Rocking*

*Control Balance*

*Push-Up*

## *Barre Intervals*

Interval 1-2nd position

Plies

Plie pulses

Lift one heel, hands behind head- twist to that side

Twist pulses x 3 and return

Interval 2. Facing a wall

Parallel plies

Into L-shape

Leg lifts behind

Knee bend in and leg lift behind

Repeat on toes

Push up against wall

Interval 3. 4th position- free standing

Plies

Releve

In releve plie

Front leg lift, circle

Back leg lifts and circle

