

The Main Phase Bundle- Spinal Shapes



Exercise	Instruction	Notes
Shoulder Bridge	Lying supine, feet under knees Inhale to extend the lumbar spine, exhale to flex through the spine into a bridge. Inhale to extend the thoracic spine and exhale to lower	
Teaser prep	Seated in C Curve, one knee lifted, arms in line with thigh bone. Focus on rolling waist back to the mat and return. Switch legs and then do with both legs lifted. knees bent	
Crab	In C curve, legs crossed, hands wrapped over feet. Roll back onto shoulder blades, head stays lifted. Pause and switch legs. Return	
Swimming	Lying prone, legs together, arms extended. Full swimming but focus on a long extended shape	

Exercise	Instruction	Notes
Swan Dive	Lying prone, legs together, arms in w position. Articulate up into full spine and hip extension.	
Side Bend	Side seated with legs long but slightly bent. Laterally flex, focus on crown of head reaching to the floor.	
Roll Up	Seated legs long and together, reaching over legs in horse shoe shape. Focus on keeping that shape and you uncurl back. Return trying to find that shape.	
Leg Pull	Seated, supported by hands behind. Legs extended. Inhale to extend the hips and lift into the long line. Stretch through the toes to increase the sense of length	