

## The Preps- Kneeling Up

Exercise	Instruction	Notes
Kneeling up toe stretch	Kneeling up, toes curled under, kneel back. Kneel up, toes flat, kneel back. Add in spinal rotation	
On all fours-press up	On all fours, equal weight through four points. Press up, focusing on elbows brushing waist	
Rest position-shoulder stretch	Holding natural spine, sit hips back, focusing on dropping the chest through the shoulders, taking hands further forwards if needed.	
On all fours-thread the needle	On all fours, equal weight through four points. Bend left elbow to thread right arm through keeping it close to left hand, keeping weight forwards. Unwind and lift to the ceiling, focusing on the rib movement. Pushing down into the left hand to go up.	

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Rest position into Cat stretch	Sit hips back into rest position. Articulating from the tailbone, flex the spine up into the cat stretch. Extend through the spine and sit back.	
Kneeling up lateral flexion	Kneeling back, hands behind head. Press up through the hips into kneeling up position. Side bend over. Add in arm stretch	
On all fours-wrist focus	On all fours, rock forwards and back mobilising the wrists. Turn hands to face outwards and rock side to side Turn hands back and slightly rock Turn hands over so back of hands is resting and gently rock.	
Kneeling up-chest opener	Kneeling up, hands clasped behind back. Press elbows back, release add in arm straightening Add in spinal extension.	