

## The Main Phase Bundle- Upper Body Strength



Exercise	Instruction	Notes
Spine Twist	Seated tall, arms out to sides, thumbs to ceiling. Rotate to each side	
Rolling Back	Seated in C Curve, hands on ankles, elbows pulled wide. Rolling back	
One Leg Stretch	In flexed position with hands on top of one knee, other leg extended. Switch and push up into hands	
Chest Opener Release	Lie long with arms outstretched, palms up. Inhale to lift chest upwards, pressing back of hands to floor. Release	

Exercise	Instruction	Notes
Double Leg Stretch	In flexed position, knees in of hips. Inhale to extend arms only back, exhale to return	
Cat Stretch	On all fours, Press down into hands and knees to create cat stretch, release to extend.	
Swimming	Lying prone, arms extended, inhale to lift one arm and extend the spine, press down with the supporting arm.	
Rest Posiiton		
Swan Dive	Lying prone, hands under shoulders, extend through the spine and hips	

Exercise	Instruction	Notes
Rest position		
Leg Pull Front	On all fours, hover knees, extend each leg to long line	
Side Bend	Side seated with knees bent, Side bend over. Add in elbow bends	
Mermaid stretch to other side		
Saw	Seated tall with legs extended, arms outstretched. Exhale to rotate and flex. Focus on length through the arms, reaching back and forwards. Inhale to return	
Leg Pull	Seated arms back, legs extended or bent. Extend through the hips to lift. Focus on opening the chest.	

Push Up	From standing roll down and walk hands out. Come onto knees keeping long line from shoulder to hips. Perform narrow push up, keeping elbows back x5 then return.	
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