

Leg Pull in prone

Starting position: Lie on your front in the 'sphinx' position. Lift your waist, lower ribcage and breastbone away from the mat. Slide your shoulder blades downwards and lengthen the back of your neck. Legs parallel, hip distance apart.

Level 1

- INHALE to prepare
 - EXHALE lift your pelvis off the mat bringing your head, neck, trunk and pelvis into a modified horizontal 'plank' position. Roll your pelvis backwards to prevent arching your back.
 - INHALE and hold your modified plank position
 - EXHALE, lower to resume the sphinx position
- Sets: 2 Reps: 10



Level 2

- INHALE to prepare
 - EXHALE, lift your pelvis into the modified plank position
 - INHALE and hold the plank position
 - EXHALE, lengthen your left leg away from your body, allowing it to lift off the mat into alignment with the trunk.
 - INHALE and replace your left leg to resume your modified plank position
 - Repeat alternating legs
- Sets: 2 Reps: 10

Tips

- Imagine a harness suspended from above supporting your pelvis
- Imagine that the trunk is buoyant and is lifting upwards out of the shoulder joints to avoid sinking into the ribcage or shoulders