

Swimming

Starting position: Lie on your front. Forehead resting on the back of the hands. Neck long. Glide your shoulder blades down towards your waist. Neutral spine position. Legs in parallel alignment.



Level 1

- INHALE to prepare
 - EXHALE, reach your left leg backwards and away from the floor allowing it to hover one inch off the mat
 - INHALE and lower this leg to the mat
 - Repeat alternating legs
- Sets: 2 Reps: 10



Level 2

- Rest your forehead on a folded up towel or small cushion. Place your arms overhead, slightly wider than shoulder width apart, palms facing downwards.
 - INHALE to prepare
 - EXHALE, reach your left arm forwards and allowing it to hover one inch off the mat
 - INHALE and lower this arm to the mat
 - Repeat alternating arms
- Sets: 2 Reps: 10



Level 3

- INHALE to prepare
 - EXHALE, reach your left arm and right leg away from your body, allowing them to hover one inch off the mat
 - INHALE and lower this arm and leg to the mat
 - Repeat alternating the opposite arm with leg
- Sets: 2 Reps: 10



Level 4

Starting position: Kneel on your hands and knees. Knees directly under hips and hands slightly forwards of your shoulders. Elbow joints soft. Head and neck lifted in alignment with your spine. Spine long in a 'tabletop' position.

Action

- INHALE to prepare
 - EXHALE, reach your left arm forwards off the mat. Simultaneously slide the opposite foot along the floor away from the body, continue to reach the leg lifting it off the mat
 - INHALE and lower this arm and leg
 - Repeat alternating arms and legs
- Sets: 2 Reps: 10



Tips

- Imagine balancing a drinks tray on your lower back to avoid rocking sideways
- Imagine reaching through the arms and legs to reach the wall at either ends of you