

One leg Stretch

Starting position: Rest position. Centre engaged.

Level 1

- INHALE to prepare
 - EXHALE, slide your left heel forwards along the floor
 - INHALE, slide your left heel back along the floor
 - Repeat alternating legs
- Sets: 2 Reps: 10



Level 2

- INHALE to prepare
 - EXHALE, float your left leg into tabletop
 - INHALE and hold the tabletop position
 - EXHALE, reach your left leg forwards and upwards on a diagonal line
 - INHALE, fold this leg back into the tabletop position
 - EXHALE, lower your leg to the mat
 - Repeat alternating legs
- Sets: 2 Reps: 10



Level 3

- Float both legs into tabletop one at a time
 - INHALE to prepare
 - EXHALE, reach your left leg forwards and upwards on a diagonal line
 - INHALE, fold this leg back into the tabletop position
 - Repeat alternating legs
- Sets: 2 Reps: 10



Level 4

- Repeat as for level 3 and progress by reaching your arms towards your bent leg. Reach your outer hand to the outer ankle and place your inside hand at the top of your knee, fingertips facing inwards
 - INHALE for two alternating leg and arm movements
 - EXHALE for two alternating leg and arm movements
- Sets: 2 Reps: 10



Level 5

- Float both legs into tabletop one at a time
 - EXHALE, scoop your upper body into the abdo. prep. position
 - Repeat as for level 4 maintaining the abdo. prep position
 - INHALE for two alternating leg and arm movements
 - EXHALE for two alternating leg and arm movements
- Sets: 2 Reps: 10



Tips

- Imagine that the extending leg is reaching forwards to touch a button on the wall in front of the body
- Imagine that the back of your pelvis is stuck in a block of cement to prevent it swinging it sideways
- When in the abdo. prep. position, keep your eyes focused on your knees