

## Abdominal Preparation

Starting position: Rest position. Centre engaged.

### Action

- INHALE and lengthen the back of your neck
  - EXHALE, slide your ribcage downwards towards your waist to lift your head, neck and shoulders off the mat. Simultaneously, slide your shoulder blades downwards and reach forwards through your fingertips to hover your arms above the mat
  - INHALE to hold
  - EXHALE and lower to the mat
- Sets: 2    Reps: 10



### Tips

- Think of lifting and lowering your body from the ribcage and not the head or neck
- Maintain the neutral spine position
- Do not allow your lower abdominals to dome
- If you experience neck ache, place your hands behind your head for support

## Oblique preparation

Starting position: Rest position. Palm of your right hand at the back of your head. Left arm resting long beside the body.

### Action

- EXHALE, lift your right shoulder blade diagonally across your chest towards your left hip. Allow your neck and head to lift and follow the diagonal movement. Simultaneously, slide your shoulder blades downwards and reach forwards through your left arm to hover this arm off the mat
  - INHALE and lower your upper body to the mat in the midline
- Sets: 2    Reps: 10



### Tips

- Do not allow your hips to hitch upwards or rock sideways
- Keep the waist long on both sides of the body
- Maintain neutral alignment of the low back
- Do not allow the abdominal wall to bulge or dome forwards
- If you experience neck ache, place the hands behind the head for head and neck support

