

Leg pull in prone prep

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



Level 1

- INHALE to prepare
 - EXHALE, hover your knees one inch off the mat, keeping neutral alignment throughout the spine
 - INHALE and hold this position
 - EXHALE, lower your knees to the mat
- Sets: 2 Reps: 10



Level 2

Starting position: Kneel on your hands and knees. Place your hands further forwards on the mat, keeping the knees directly under the hips. Curl your toes under to rest on the balls of your feet. Elbow joints soft. Head and neck lifted in alignment with your spine.



Action

- INHALE to prepare
 - EXHALE, hover your knees one inch off the mat. Then glide your body forwards and lower your pelvis to form a long plank position
 - INHALE and hold the plank position
 - EXHALE, glide your body backwards bringing your hips over your knees. Then lower your knees to the mat.
- Sets: 2 Reps: 10



Tips

- Imagine a candle sitting under your chest to ensure that your chest does not sink towards the floor
- Imagine balancing a tray of drinks across the lower to avoid rocking the pelvis sideways
- Do not allow the abdominal wall to bulge or dome forwards