

One leg circle

Starting position: Rest position. Centre engaged.

Level 1

- INHALE to prepare
 - EXHALE, float your left leg in tabletop
 - Imagine drawing small circles from the tip of your knee on the ceiling.
 - Now co-ordinate this movement with your breathing by EXHALING as knee circles away from your body and . . .
 - INHALING as your knee circles towards your body
 - At the end of your leg circles, EXHALE to lower your leg and then repeat on your other side
- Sets: 2 Reps: 10



Level 2

- INHALE to prepare
 - EXHALE and lift your left leg through the tabletop position and then straighten this leg upwards towards the ceiling. Maintain your neutral spine position.
 - Imagine drawing small circles from the tips of your toes on the ceiling, keeping your leg straight.
 - Repeat on the opposite side
- Sets: 2 Reps: 10



Level 3

- INHALE to prepare
 - EXHALE and lift your left leg through the 'tabletop' position and then straighten this leg upwards towards the ceiling. Maintain your neutral spine position
 - Now slide your right heel along the floor to straighten this leg
 - Repeat your leg circles as for the previous level, keeping both legs straight
- Sets: 2 Reps: 10



Tips

- The circle movement should occur from your hip joint. Avoid sideways rocking of your pelvis.
- To help support you leg, place a piece of theraband or a scarf under the thigh of the circling leg for level one or under the sole of the foot for levels two and three. Hold the ends of the scarf with your elbows and rest your upper arms on the floor