

Scissors

Starting position: Rest position. Centre engaged.

Level 1

- INHALE to prepare
 - EXHALE, slide your right foot inwards towards your sitting bone and float this leg into tabletop
 - INHALE and hold the tabletop position
 - EXHALE, lower your right leg to the mat
 - Repeat alternating legs
- Sets: 2 Reps: 10



Level 2

- Float your legs one at a time into the tabletop position
 - INHALE and hold this double tabletop position
 - EXHALE, lower your left leg and tap the tips of your toes on the mat
 - INHALE and float this leg back into tabletop
 - EXHALE, lower your right leg and tap the tips of your toes on the mat
 - INHALE and float this leg back into tabletop
 - Repeat alternating legs
- Sets: 2 Reps: 10



Level 3

- INHALE to prepare
 - EXHALE, float your right leg into tabletop
 - INHALE and hold this tabletop position
 - EXHALE, lower your right leg to the mat. Simultaneously, float the left leg into tabletop
 - INHALE and hold this tabletop position
 - Repeat alternating legs
- Sets: 2 Reps: 10



Level 4

- INHALE to prepare
 - EXHALE, float your left leg into tabletop
 - INHALE and hold this tabletop position
 - EXHALE, perform two reciprocal scissor movements of your legs, with your legs interchanging halfway through the movement
 - INHALE, perform two reciprocal scissor movements of your legs, with the legs interchanging halfway through the movement
 - Continue, INHALING for two leg movements and EXHALING for two leg movements.
- Sets: 2 Reps: 10



Level 5

- Float both legs into tabletop one at a time.
 - EXHALE, lift your upper body into the abdo. prep. position and reach your arms to your ankles
 - INHALE to prepare
 - EXHALE, extend one leg towards the ceiling and reach the other leg forwards to hover above the mat. Place your hands at the back of the thigh or calf of the leg closest to you. Create two small step-like movements to increase the stretch
 - Take a short breath in . . . then
 - EXHALE, keeping your legs straight, alternate their position with them passing one another in a near vertical position and then reach further into your stretch with two step-like movements
 - Repeat alternating legs
- Sets: 2 Reps: 10



Tips

- Imagine balancing a drinks tray on the front of your pelvis to avoid rocking it sideways
- Do not allow the abdominal wall to bulge or dome forwards
- Imagine that the pelvis is stuck in a block of cement to avoid swinging the pelvis sideways