

Criss Cross

Starting position: Float both legs one at a time into the tabletop position and then connect your legs. Fold the hands one on another and place them at the base of your head for support. Lift your elbows into your peripheral vision.



Level 1

- INHALE to prepare
 - EXHALE, lift your right shoulder blade diagonally across your chest towards your left hip. Allow the neck and head to lift and follow the diagonal movement
 - INHALE and lower the upper body to the mat in the midline
- Sets: 2 Reps: 10



Level 2

Starting position: Assume the same position as for level one. Then scoop your upper body into the abdo. prep. position.

Action

- INHALE to prepare
 - EXHALE, reach your right leg forwards and upwards on a diagonal. Simultaneously, reach your right shoulder blade diagonally across towards your left hip, keeping the upper body lifted. Allow your head and neck to follow the diagonal movement of your upper body.
 - Take a short, quick INHALE keeping your upper body lifted
 - EXHALE, alternate legs and rotate your upper body to the right, reaching your left shoulder blade towards your right hip. Keep the upper body lifted throughout.
 - Repeat alternating legs with rotation of your upper body. Keep your upper body lifted.
- Sets: 2 Reps: 10



Tips

- Imagine a big cross painted across the front of the body, with its arms running from one shoulder blade diagonally across to the opposite hip. Think of tracing the arms of the cross with each upper body lift.
- Imagine that the pelvis is stuck in a block of cement to avoid swinging the pelvis sideways