

## Breast stroke preps

Starting position: Lie on your front and rest your forehead on a small cushion/folded towel. Lengthen the back of your neck. Rest your arms beside the body. Palms facing inwards. Neutral spine position. Legs out straight, hip-distance apart.



### Level 1

- EXHALE, gently slide your shoulder blades downwards. Simultaneously, reach from your shoulder blades to your fingertips, hovering your arms off the mat. Your head remains down and the back of your neck long.
  - INHALE and keep reaching your arms
  - EXHALE, relax your shoulder blades and arms to the mat
- Sets: 2   Reps: 10



### Level 2

- INHALE to prepare
  - EXHALE, gently slide your shoulder blades downwards. Simultaneously, reach from your shoulder blades to your fingertips, hovering your arms off the mat. Simultaneously, lengthen the upper body off the mat to hover just above the mat.
  - INHALE, keep your upper body lengthened off the mat and your arms reaching
  - EXHALE, relax your upper body, shoulder blades and arms to the mat.
- Sets: 2   Reps: 10



### Level 3

- Bend your arms into a 'L' shape and place your elbows just below shoulder height.
  - INHALE to prepare
  - EXHALE, gently slide your shoulder blades downwards and lengthen your upper body off the mat keeping the neck long.
  - INHALE and hold your lengthened position
  - EXHALE and lower to the mat
- Sets: 2   Reps: 10



### Level 4

- Rest your forehead on the back of your hands
  - INHALE to prepare
  - EXHALE, gently slide your shoulder blades downwards and lengthen your upper body off the mat keeping the neck long. Keep your hands in contact with your forehead.
  - INHALE and hold your lengthened position
  - EXHALE and lower to the mat
- Sets: 2   Reps: 10



### Tips

- Imagine your tailbone reaching towards your heels to prevent arching your lower back
- Think of pointing the crown of your head to the wall in front of you to avoid extending your neck

## Breast Stroke

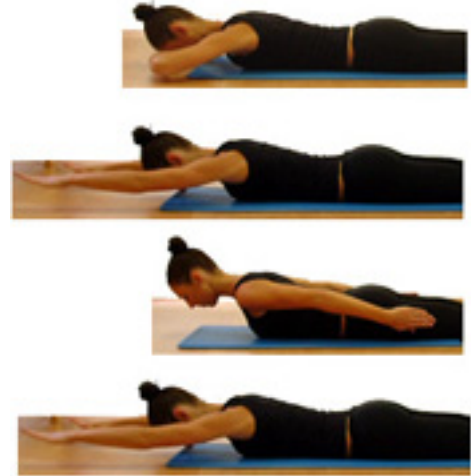
Starting position: Lie on your front and rest your forehead on the back of your hands. Lengthen the back of your neck. Neutral spine position. Legs out straight, hip-distance apart.



### Action

- INHALE to prepare
- EXHALE, gently slide your shoulder blades downwards and lengthen your upper body off the mat keeping the neck long. Keep your hands in contact with your forehead.
- INHALE, keep the upper body lengthened off the mat and reach your arms forwards, level with your ears
- EXHALE, circle your arms outwards and downwards to your hips (palms facing hips) while lengthening the upper body further (do not arch the lower back).
- INHALE, lower your upper body to return to your position just hovering above the mat. Simultaneously, reach your arms forwards again to repeat another breast stroke movement

Sets: 2    Reps: 10



### Tips

- Think of widening your collarbones to keep the front of your chest open
- Keep the distance between the tailbone and the crown of the head as long as possible to prevent arching your back or neck