

Clam

Level 1

Starting position: Side lying. Underneath arm outstretched in alignment with the trunk with your head resting on this arm. Hips bent up to approx. 45° and knees bent up to approx. 90°. Shoulders and hips stacked. Top hand resting on the floor. Draw the top hip downwards away from the top shoulder to create a small space between your waist and the mat.



Action

- INHALE to prepare
 - EXHALE, lift the top knee upwards keeping the feet together
 - INHALE, lower the top knee onto the bottom leg
- Sets: 2 Reps: 10



Level 2

Starting position: Align the body as for level one. Then lift both feet into the air approx. 8 inches, keeping them stacked.



Action

- INHALE to prepare
 - EXHALE, lift the top knee upwards, keeping the feet together and lifted off the mat
 - INHALE, lower the top knee onto the bottom leg, keeping the feet lifted off the mat
- Sets: 2 Reps: 10



Level 3

Starting position: Align the body as for level two, then extend the underneath leg. Keep the top hip and knee bent with your top foot hooked behind the knee of your underneath leg. Top knee rested on the mat. Keep your hip joints stacked.



Action

- INHALE to prepare
 - EXHALE, lift the top knee upwards, keeping the uppermost foot hooked behind the underneath knee
 - INHALE and lower the top knee onto the mat keeping your hip joints stacked
- Sets: 2 Reps: 10

