

Roll Down



- Stand up, legs a hip width apart, shoulders relaxed.
- Eyes straightforward and imagine a piece of string lifting you up through the centre of your head.
- Engage the muscles in your butt and pull your tummy in.
- Inhale, and then as you breathe out, tuck your chin to your chest and slowly roll down bone by bone
- Let the weight of your head pull you down with your arms hanging loose
- Slowly roll up one bone at a time to standing, engaging your butt and tum
- Repeat 2 more times

The Plank



- Get down on all fours and place your hands under your shoulders, knees under hips.
 - Breathe in and engage your butt and pull in your tummy
 - Breathe out and slide one leg back raising the knee off the mat, then the other, keeping a nice, straight line from your shoulders to your ankles
 - Hold it for a few breaths & come back down onto mat.
 - Repeat 2 more times
- *If this move feels too advanced try dropping your knees to the mat (modified plank move).

Swimming



- Lie face down, arms & legs stretched out in front of you.
- Breathe in and engage your butt and pull in your tummy
- Breathe out and raise your right arm and left leg and your head slightly. But keeping looking down. Don't tilt head back
- Hold it for a few breaths, stretching on the diagonal. Slowly lower arm, leg & head.
- Engage your butt & tum and raise opposite arm & legs, hold and then lower
- Repeat 2 more times

Bridge



- Lie on your back and get your feet near to your bottom arms flat by your side.
- Clench your butt, & tip your pelvis to the ceiling and lift your tailbone off the mat and then, one vertebrae at a time until there is a straight line, from your knees to your shoulders.
- Engage your bum and pull your tummy in.
- Pause there for a few breaths and then reverse the move, lowering yourself back slowly to the mat shoulders first. Keeping your pelvis tipped until your spine makes it back to the mat.
- Repeat 2 more times

The 100



- Lie on your back knees bent with your arms by your side, palms down.
- Engage your bum and tum.
- Then slowly lift one leg so that your shin is parallel to the mat with your knees directly above the hip.
- Press your back firmly to the floor raise the other leg to the same position.
- Lift your head and neck towards your chest and raise both arms off the mat palms down.
- Gently, with very small movements raise your arms up and down for a count of 10. Then turn your palms upwards for another 10
- Repeat till you have reached 100.

*If you find this move a little too advanced to start off try the modified move by leaving your feet on the mat.

Before you embark on these strengthening exercises....

....check there are no medical reasons stopping you from doing so. Use the 5x mobilising stretches as the warm up exercises before doing these strengtheners It's critical you get the correct position for each move. Be sure you watch & listen carefully to the demo – otherwise the exercise won't do anything & you can run the risk of doing more harm than good !

- It's critical you get the correct position for each move. Be sure you watch & listen carefully to the demo – otherwise the exercise won't do anything & you can run the risk of doing more harm than good !
- **Go slowly.....** – sudden or quick moves will increase the likelihood of injury – that's the last thing you want. The slower and more flowing the movement the greater the opportunity your muscles & soft tissue have to adjust & stretch. Don't hold your breath. It can be dangerous. Breathe in before you start the move & exhale during the move. Keep



You only have one back – have respect for it, take care of it and it will take care of you