

Matwork #C

Additions: Roll Down from Standing; Pregnant/Starving Cat; Roll Downs: Oblique; One Hundred Prep; Small Leg Circles; Roll Up to Standing; Side Leg Circles; Full Plank

Standing

Feel weight on feet
Knee bends - calf stretches
Squats to ...

Supine

Pelvic Rocking
Pelvic Curl
Typewriter
Hip Dips
Pelvic Clock x6
Roll up to sitting/standing ...

Breathing: Choose

- Hands on abdomen - 5x
- Flex band or towel around ribs -5x
- Fingertip abdominals - 10x
- Kathy's Accordion

Side: Angels in the Snow

All fours

Cat/camel (fast or slow) - 8x
Hip Circles,
Tail Wag to loosen back - 4x
Shoulder Circles
Hip & Shoulder Circles

Supine

Abdominal curls - 10x
Obliques
Fingertip Abdominals
Toe Taps - 8x
Spine Twist Supine
One Hundred preparation

- TT to Straight Legs
- Oblique

Sitting Roll-Downs 10x

- Sagittal
- Oblique

Alan Herdman's Roll Over prep
Hamstring Stretch - 2x each leg
Rolling Like a Ball - 8x
Single Leg Stretch - 10 sets
Double Leg Stretch

Roll up to ... Sitting

Adductor Stretch
Spine Stretch forward - 6x
Single Sided Breathing
Spine stretch side - 6x
Saw x6

Prone

Baby Swan - 6x
Quadriceps Stretch with Band
Single Leg Kicks x8
Lumbar & Shoulder Stretches

Sidelying

Side Leg Lifts - 8x each side
Side Leg Kicks x8
Side Leg Circles x6
Bananas

Supine

Piriformis stretch - hold 45 seconds, 2x each
Seal - 8x

Roll Up to Sitting & then All Fours

Pregnant Cat/Starving Cat
Sternum drops - x8
Knees Off x8

- Then with Sternum Drops

Full Plank

- With Sternum Drops

Finish with a roll up to standing

And Roll Down to Plank - Repeat