

**Single Knee Fold / Double Knee Fold**

|  |  |  |  |
| --- | --- | --- | --- |
| Exercise name/diagramsPurpose/benefit | Instructions and teaching points/imagery | P = ProgressionA = Adaptation | Modifications |
| **Single Knee Fold/Double knee fold exercise**Abdominal strength and spinal stability**Release:** Knees to chest/Full body stretch | Lie on your back with your knees bent, hip width apart and with your feet parallel. Your back is in a neutral position. Place the tips of the fingers of each hand just under the natural curve of the spine, either side of the body. Imprint your spine to apply a pressure to your fingertips with your spine.1. Hold the spine in place. Float your right knee to a single knee fold at a 90-degree angle tabletop position. Inhale and when you breathe out lower your leg back down to the floor whilst focusing on keeping the imprint of your spine into your fingertips. Repeat with your left leg.
2. Hold the spine in place. Float your right knee to a single knee fold tabletop position again. Float the left up to join the right leg into a double knee fold tabletop position. Lower each leg one at a time keeping your spine and abdominals in place so that your body is very still. Repeat twice more starting with your left leg.
3. Now take both arms up to the ceiling and have the palms of your hands facing each other. Repeat steps 1 and 2 above. Make sure you keep your abdominals drawing down to the floor and imagine your fingers are still under your back and being ‘squashed’ as you lift your legs up.
4. Keep your arms up to the ceiling. Bring your legs to double knee fold tabletop position one at a time. Check your spine and abdominals so that they are in place again. Once you are in position perform 6, 8, or10 toe taps moves with each leg alternately.

Imagine there is something heavy pressing down the lower abdominals to keep the lower back flat and imprinted on the mat.Maintain your centre engagement throughout and focus on keeping pelvis anchored down and still and the hips and knees aligned in parallel throughout. Make sure that the back remains flat on the floor but not curled under or arched. Lower legs to the mat one at a time. | **Progression:**1. Increase the number of toe tap movements.2. Take the arms behind your head so that they are straight and floating above the floor in line with your face (rib cage closure position).**Adaptation:**1. Perform steps 1 and 2 only.2. Perform steps 1,2 and 3 only. | **Modifications:**Place a cushion/or block just under your tailbone to help to anchor your back and avoid arching. |



**The Dart**

|  |  |  |  |
| --- | --- | --- | --- |
| Exercise name/diagramsPurpose/benefitRepetitions or breaths | Instructions and watch points/imagery | P = ProgressionA = Adaptation | Modifications |
| **Dart**Mobility and strength in the back and deep postural muscles – promoting inner thigh and glute connection to maintain a strong core. **Repetitions: 6 - 10****Release stretch:****Child pose back stretch** | Starting position: Lying prone on the mat with your forehead down and your arms down along the side of your body with your palms facing upwards to the ceiling. Your legs are relaxed with your heels dropped outwards to the side and your toes touching. Connect through the centre of your body.Lengthen your tailbone towards the back wall at the same time as engaging and ‘lifting’ lower abdominals.Think of there being a hot spot underneath your body.Inhale to prepare to move. On exhale, draw your legs and heels together to connect the inner thighs and activate the gluteal muscles. Lift your neck and head, chest and upper spine away from the floor, lengthening your arms away towards your feet and turning your palms to face inwards to your thighs.Inhale as you hold feeling the top of your head reaching away from your toes. Exhale as you return your head, chest and upper spine to the floor, whilst at the same time releasing the legs and arms back to their starting position. Imagine a piece of string pulling the head and chest away from the floor from the middle of the shoulder blades whilst keeping length in spine and the neck – your head is the point of a dart and your body is streamlined and active.Keep the lift in the abdominals to avoid any compression of the spine and keep the length in your body as it returns to the floor with control. **Keep your feet in contact with the mat throughout the exercise.** | **Progression:**Extend one arm to the side in second position in line with the shoulder, then return back to its starting position.  | Towel or soft pad under pelvisCushion under forehead |



**The Oyster/Clam**

|  |  |  |  |
| --- | --- | --- | --- |
| Exercise name/diagramsPurpose/benefitRepetitions or breaths | Instructions and watch points/imagery | P = ProgressionA = Adaptation | Modifications |
| **Oyster**Strengthen glute muscles, stabilise pelvis, mobilises and strengthens hips**Six - 12 repetitions****Release stretch: bring knees into chest** | Lie in a straight line on your side with the underneath arm stretched out above the head in line with the body. Place a cushion or head pad between your ear and your arm so that your neck is in line with your spine.Bend the knees to 45 degrees keeping your feet underneath your bottom. Lengthen the top hip away from your shoulder to lengthen your upper waist and under waist. Draw your lower abdominals back towards your spine so that your centre core connection is activated, and make sure that your hips and shoulders are absolutely stacked on top of each other.Action:1. Inhale to prepare. On exhale slowly rotate the top leg outwards in the hip to open the knee towards the ceiling, activating the glute muscles and keeping the feet together on top of one another.
2. On inhale lower the knee down to its starting position. Repeat.

Imagine drawing the sitting bones together as you open the knee towards the ceiling and allowing them to come apart again when you lower the knee to the starting position.Maintain your centre engagement throughout and ensure that the hips remain stacked without rocking backwards. Make sure that your under waist keeps slightly lifted so that it does not collapse into the floor and keep the upper body and neck in alignment without falling forwards. Keep your breathing even so that the tempo of your movement flows evenly from beginning to the end of your chosen number of repetitions.  | **Progression:****Levels 2 and 3**1. Increase the number of repetitions.**Levels 2** 2. Lift the feet away from the floor when opening the knee. **Adaptation:**Less repetitionsLess range of movement | Place a folded towel or a cushion under the supporting hip |



**The CAT / CAMEL**

|  |  |  |  |
| --- | --- | --- | --- |
| Exercise name/diagramsPurpose/benefitRepetitions or breaths | Instructions and watch points/imagery | P = ProgressionA = Adaptation | Modifications |
| **CAT / CAMEL**Mobilises, lengthens and strengthens and improves circulation**Release stretch:****Forward bend knees dropped sideways and feet together** | Start on your hands and knees, in neutral spine with your wrists placed underneath your shoulders and your knees placed underneath your hips. The back of your neck is long as your gaze is down, and your abdominals are connected.Think of the spine as a straight line connecting the shoulders to the hips. Try visualizing your straight line extending forward through the crown of the head and back through the tailbone, and a string pulling through from your breastbone to between your shoulder blades to keep the natural width between them.Action:1. (CAT) Draw your naval upwards towards your spine whilst, at the same time, tilting your pelvis forward to tuck your tailbone between your legs. Allow this action to continue through your spine so that the whole of your spine articulates and rounds over into a C shape, and your head drops down between your arms.

To return, unravel and lengthen your spine from your tailbone first, bringing it back to its starting position, followed by the action continuing through the mid-back, upper back, neck and finally your head. 1. (CAMEL) As the head comes up in line with the spine you then allow it to lift upwards to bring the gaze forwards. At the same, tilt your pelvis tilts backwards so that your tailbone is pointing upwards and your back gently arches.

During the CAT action, allow your head to drop naturally down between your arms rather than forcing it down. Also, be sure to keep your shoulders relaxed and not hunched up toward your ears.When you lift your gaze forward in the CAMEL action, be careful not to overextend your neck so that it pinches at the back. Throughout the entire exercise, keep your spine lengthened and your arms straight but not locked at the elbow and try to move sequentially and fluidly through the movements. Imagine the spine is rippling through into each position like a gentle wave so that there is continuous movement and that there is space between the vertebrae so that they are not squashed.   | **Progression:**Increase the number of repetitions**Adaptation:**The exercise can be performed whilst seated in a chair by applying the same principles of the action. | Soft cushion or towel underneath the knees.  |