



Mat Pilates Certification: The Exercises

SPRING.



SPRING. MOVEMENT TEACHER TRAINING
MAT PILATES CERTIFICATION:
THE EXERCISES

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Mat Pilates Certification: The Exercises



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Setup Positions for Exercises



Active Rest

Lying supine, neck lengthened, head flat
Knees flexed and feet planted sitz bones distance apart on the mat
Neutral spine
Core stability muscles engaged



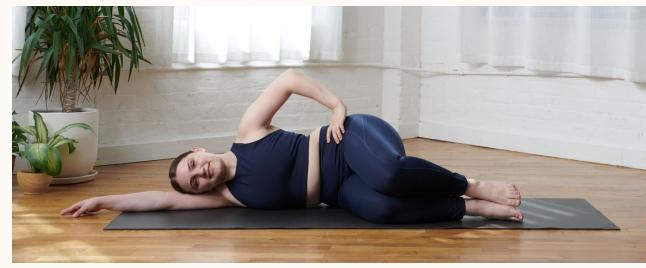
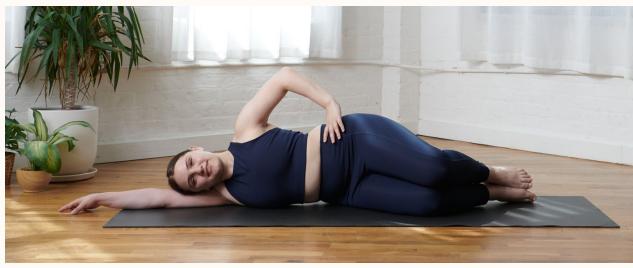
Tabletop

Lying supine, hands by side
Neutral spine
Core stability muscles engaged
Legs lifted with hips and knees flexed at 90 degrees, knees directly above the hips, and shins parallel to the mat
Legs together or sitz bones distance apart

Side Lying Extended Variation



Side Lying Flexed Variation



Side Lying (Knees Flexed and Extended)

Lying on side

Head in neutral alignment

Head supported by block, pillow, or extended lower arm to maintain alignment in midline of body

Neutral spine

Lower waist and rib cage lifted to maintain lateral alignment



Quadruped

On hands and knees

Wrists directly under shoulders, fingers spread

Knees directly under hips, feet pointed and relaxed

Neutral scapula position

Elbows unlocked and facing 45 degrees from the midline

Neutral spine



Prone

Neutral spine

Core stability muscles engaged

Depending on the person, the forehead may be resting on the floor or hovering a few inches off the floor. If needed, place a small pillow or towel under the forehead for comfort



Standing

Standing upright with feet hip width distance apart

Feet parallel

Medial longitudinal arch maintained

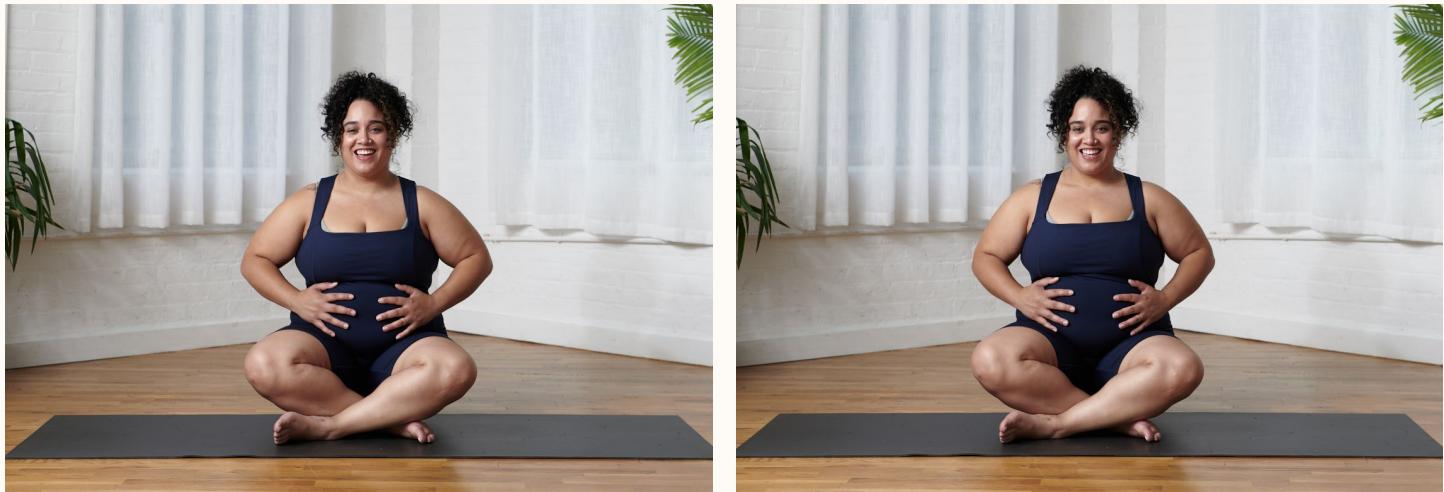
Knees unlocked

Neutral spine

Rib cage connection

Head and neck aligned

Core Activation Series
Lateral Breathing



Exercise Start Position: Active rest, seated, or standing. Hands wrapped around the lower half of the sides of the rib cage.

Contraindications: n/a **Precautions:** n/a

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none">Establish breathing for Pilates repertoireImprove efficiency of breathingMobilize the thoracic spine and rib cageImprove mind and body connectionIncreasing body awareness	<p>Inhale: Breathe in deeply through the nose to fill the lungs with air. Notice the rib cage naturally expands laterally and the fingers spread apart.</p> <p>Exhale: Slowly breathe out through the mouth to empty the lungs and return to the start position. Notice the rib cage naturally contract inward and the fingers come closer together.</p>	<ul style="list-style-type: none">Loss of neutral spine or pelvisTension in the neck and shouldersLittle or no movement of the fingers with the breathExcessive scapulae elevation
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none">Hands resting by sideVary starting position	<ul style="list-style-type: none">Resistance band around rib cageBreathe out through the mouthEyes closed to focus on breath connectionBreathe in/out with stages (shallow, deep, deeper)	

Core Activation Series
Diaphragmatic Breathing



Exercise Start Position: Active rest, seated, or standing. Hands resting on the abdomen.

Contraindications: n/a **Precautions:** n/a

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> Aids recruitment of the deep core stability muscles, particularly pelvic floor and transverse abdominis Improve mind and body connection Increase body awareness Relaxation Aids with stress reduction and management of anxiety 	<p>Inhale: Breathe in deeply through the nose to fill the lungs and expand the abdomen out into the hands</p> <p>Exhale: Slowly breathe out through the mouth to empty the lungs and draw the abdomen away from the hands</p>	<ul style="list-style-type: none"> Excessive flaring of the rib cage Loss of neutral spine or pelvis Tension in the neck and shoulders Little or no movement of the fingers with the breath Excessive scapulae elevation
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> Hands resting by side Vary starting position 	<ul style="list-style-type: none"> Vary the start position to increase the effect of gravity on the load e.g. quadruped position Resistance band around abdominal region Breathe out through the mouth Eyes closed to focus on breath connection Breathe in/out with stages (shallow, deep, deeper) 	

Core Activation



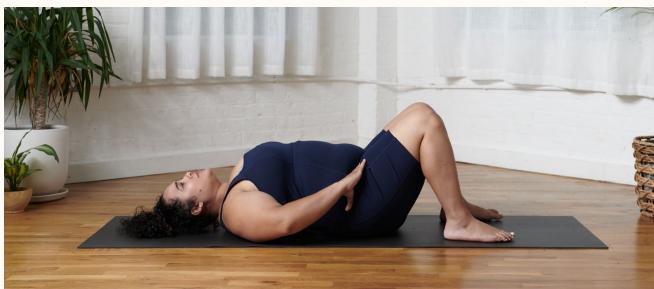
Exercise Start Position: Active rest, seated, or standing. Place the index fingers approximately one inch medially and inferiorly to the ASIS **Contraindications:** n/a

Precautions: Overactive or hypertonic pelvic floor clients: shift the focus to the relaxation of these muscles

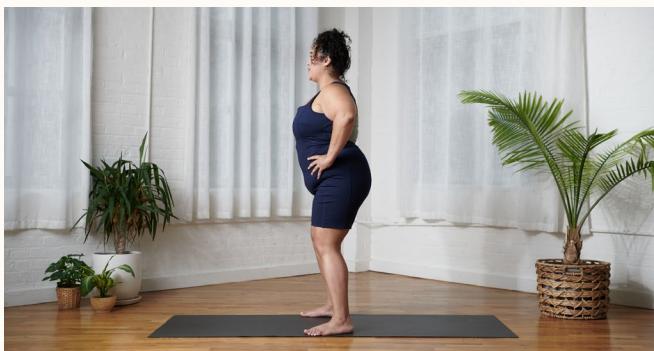
GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> Strengthen deep core stability muscles, such as pelvic floor and transverse abdominis Coordinate breath and deep core stability engagement Introduce one of the key principles of Pilates Increase lumbopelvic stability Increase body awareness 	<p>Inhale: Lengthen the spine</p> <p>Exhale: Contract the pelvic floor muscles to draw them in and up toward the body. Notice the gentle contraction of the muscles underneath the fingertips.</p> <p>Inhale: Fully relax the pelvic floor muscles. Notice the muscles underneath the fingertips soften.</p>	<ul style="list-style-type: none"> Loss of neutral spine or pelvis Overactivation of the superficial abdominal muscles and bracing Doming of the abdominal muscles Overaction / gripping of the adductors or gluteals A bearing down or pushing out sensation reported Holding breath Tension in the neck and shoulders
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> Vary the start position: reducing the effects of gravity decreases the load Decrease the intensity of the contraction Decrease the duration of the hold Vary the cues / visual imagery used Emphasize the relaxation of the pelvic floor muscles 	<ul style="list-style-type: none"> Vary the start position to increase the effect of gravity on the load e.g. quadruped position Increase the intensity of the contraction Increase the duration of the hold Perform in stages (gentle, medium, strong contraction) Vary pace 	

Core Activation Series

Pelvic Tilts



Standing Variation

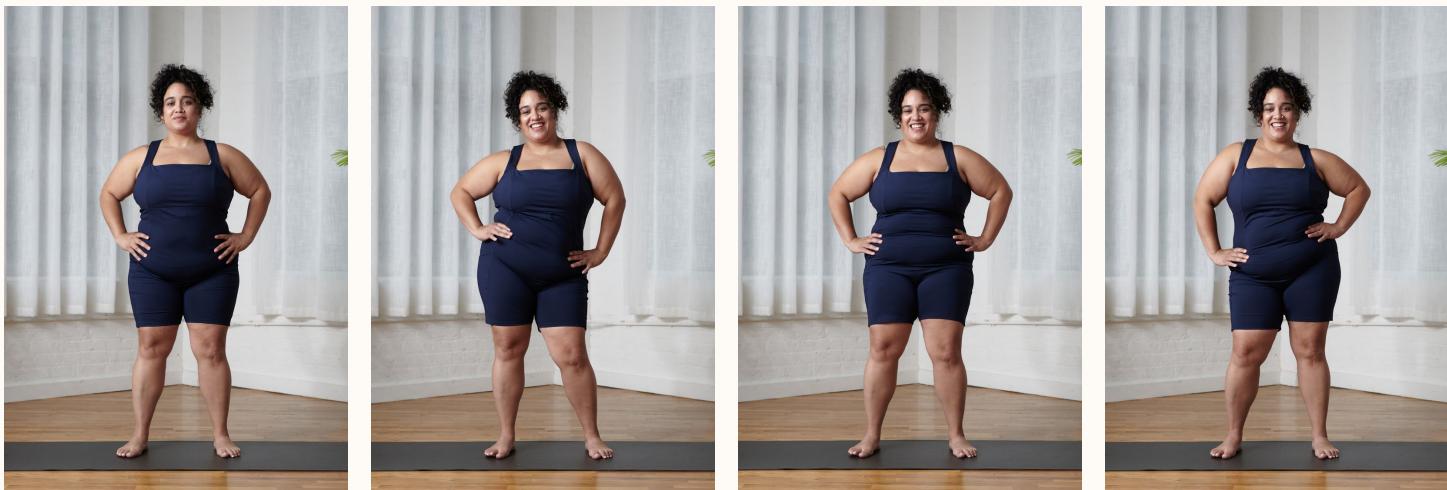


Exercise Start Position: Active rest, seated, or standing. Hands wrapped around the iliac crests of the pelvis, index fingers resting on the ASIS **Contraindications:** n/a **Precautions:** n/a

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen deep core stability muscles • Mobilize lumbar spine in flexion and extension • Increase lumbopelvic mobility • Increase lumbopelvic proprioception • Increase body awareness 	<p>Inhale: Tilt the pelvis anteriorly and press weight into the tailbone</p> <p>Exhale: Tilt the pelvis posteriorly and press weight into the sacrum</p>	<ul style="list-style-type: none"> • Loss of neutral head and neck alignment • Flaring of the rib cage • Accessory movements in the upper body • Lack of movement into the lumbopelvic region • Overaction / gripping of the adductors or gluteals • Holding breath • Excessive scapulae elevation • Loss of parallel knee alignment
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Flat disc under pelvis to increase feedback and support 	<ul style="list-style-type: none"> • Resistance band around upper legs • Ball, block, or Pilates ring between knees • Ball or block underneath pelvis • Adjust range of motion • Pilates ring between palms • Vary pace • Alter breath pattern 	

Core Activation Series

Pelvic Clocks



Exercise Start Position: Active rest, seated, or standing. Hands wrapped around the iliac crests of the pelvis, index fingers resting on the ASIS **Contraindications:** n/a **Precautions:** n/a

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen deep core stability muscles • Increase lumbopelvic mobility • Increase lumbopelvic proprioception • Increase body awareness • Challenge coordination 	<p>Inhale: Tilt the pelvis anteriorly and then laterally in a circular motion</p> <p>Exhale: Tilt the pelvis posteriorly and then laterally to the opposite side in a circular motion</p> <p><i>Repeat as many times as desired, then repeat in the opposite direction</i></p>	<ul style="list-style-type: none"> • Loss of neutral head and neck alignment • Flaring of the rib cage • Accessory movements in the upper body • Overaction / gripping of the adductors or gluteals • Holding breath • Excessive scapulae elevation • Loss of parallel knee alignment • Loss of controlled movement
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Flat disc under pelvis to increase feedback and support 	<ul style="list-style-type: none"> • Resistance band around upper legs • Ball, block, or Pilates ring between knees • Ball or block underneath pelvis • Vary the start position to increase the effect of gravity on the load e.g. quadruped position • Adjust range of motion • Pilates ring between palms • Vary pace • Alter breath pattern 	

Supine Abdominal Series

Heel Slides



Exercise Start Position: Active rest

Contraindications: n/a **Precautions:** Acute hip or groin injuries, pelvic girdle pain

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen deep core stability muscles • Increase lumbopelvic stability • Dissociate unilateral hip movement from pelvis • Mobilize hip and knee joints into flexion and extension 	<p>Inhale: Lengthen the spine</p> <p>Exhale: Maintaining a neutral spine and stable pelvis, slide one heel away from the body, as far as possible with control</p> <p>Inhale: Slide the heel back with resistance to return to the starting position</p> <p><i>Repeat as many times as desired, then repeat in the opposite direction</i></p>	<ul style="list-style-type: none"> • Loss of neutral spine, usually into extension • Loss of neutral pelvis, usually lateral pelvic tilt • Flaring of the rib cage • Tension in the neck and shoulders • Loss of lower limb alignment • Loss of controlled movement
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Foot on sliding disc 	<ul style="list-style-type: none"> • Perform with heel hovered off mat • Perform with one leg in tabletop • Resistance band around upper legs • Ball or block underneath pelvis • Add half curl • Double leg slides • Ankle weights • Adjust range of motion • Pilates ring between palms • Vary pace • Alter breath pattern 	

Supine Abdominal Series
Bent Knee Fallouts: Double Leg



Exercise Start Position: Active rest

Contraindications: n/a **Precautions:** Acute hip or groin injuries, pelvic girdle pain

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen deep core stability muscles • Strengthen bilateral hip adductor and abductor muscles • Strength abdominals, particularly obliques • Increase lumbopelvic stability • Increase rotational control of the pelvis • Dissociate bilateral hip movement from pelvis • Mobilize the hip joint 	<p>Inhale: Externally rotate the hips to simultaneously open the knees as wide as possible, with control</p> <p>Exhale: Draw the knees toward the midline with resistance, to return to the start position</p>	<ul style="list-style-type: none"> • Loss of neutral spine • Loss of neutral pelvis, usually lateral pelvic tilt • Flaring of the rib cage • Tension in the neck and shoulders • Loss of symmetrical leg movements • Loss of controlled movement • Holding breath
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Single Leg 	<ul style="list-style-type: none"> • Perform in tabletop • Single leg bent knee fallouts • Add half curl • Resistance band around knees • Adjust range of motion • Pilates ring between palms • Vary pace • Alter breath pattern 	

Supine Abdominal Series
Bent Knee Fallouts: Single Leg



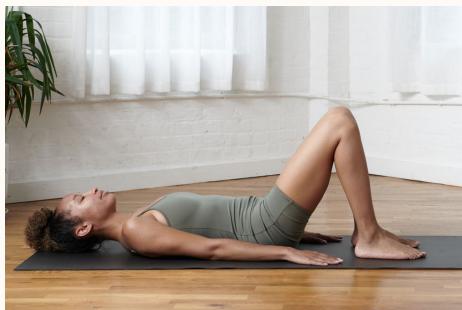
Exercise Start Position: Active rest

Contraindications: n/a **Precautions:** Acute hip or groin injuries, pelvic girdle pain

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen deep core stability muscles • Strength abdominals, particularly obliques • Strengthen hip adductor and abductor muscles • Increase lumbopelvic stability • Increase rotational control of the pelvis • Dissociate unilateral hip movement from pelvis • Mobilize the hip joint 	<p>Inhale: Externally rotate one hip to open the knee as wide as possible, maintaining stability of the pelvis and supporting leg</p> <p>Exhale: Draw the knee toward the midline with resistance, to return to the start position</p>	<ul style="list-style-type: none"> • Loss of neutral spine • Loss of neutral pelvis, usually lateral pelvic tilt • Flaring of the rib cage • Tension in the neck and shoulders • Loss of controlled movement of the moving leg • Loss of stability of the stationary leg • Holding breath
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Place fingers on ASISs to increase pelvic position feedback 	<ul style="list-style-type: none"> • Perform in tabletop • Single leg bent knee fallouts • Add half curl • Resistance band around knees • Adjust range of motion • Pilates ring between palms • Vary pace • Alter breath pattern 	

Supine Abdominal Series

Toe Taps: Tabletop Preparation



Exercise Start Position: Active rest

Contraindications: n/a

Precautions: Acute low back pain or SIJ pain, acute hip injuries

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none">• Strengthen deep core stability muscles• Strengthen abdominal muscles• Strengthen hip flexor muscles• Increase lumbopelvic stability• Increase lateral pelvic stability• Dissociate unilateral hip movement from pelvis	<p>Inhale: Lengthen the spine</p> <p>Exhale: Flex one hip to lift the leg up to a tabletop position, maintaining 90 degrees at the hip and knee</p> <p>Inhale: Extend the hip to lower the leg to the mat with control, to return to the start position</p>	<ul style="list-style-type: none">• Loss of neutral spine• Loss of neutral pelvis, usually lateral pelvic tilt• Loss of deep abdominal connection / doming of rectus abdominis• Flaring of the rib cage• Tension in the neck and shoulders• Loss of knee flexion to 90 degrees / movement not being initiated at the hip joint• Holding breath
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none">• Decrease range of motion• Heel lift only• Add block under pelvis for additional support• Start with the feet elevated on a block / ball to decrease the range of motion• Core Activation Series	<ul style="list-style-type: none">• Simultaneously lift both legs to tabletop• Add half curl• Resistance band around knees• Ball or block underneath pelvis• Ankle weights• Adjust range of motion• Pilates ring between palms• Vary pace• Alter breath pattern	

Supine Abdominal Series

Toe Taps: Lift & Extend



Exercise Start Position: Active rest

Contraindications: n/a **Precautions:** Acute low back pain or SIJ pain, acute hip injuries

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen deep core stability muscles • Strengthen abdominal muscles • Strengthen hip flexor muscles • Increase lumbopelvic stability • Increase lateral pelvic stability • Dissociate unilateral hip movement from pelvis 	<p>Inhale: Flex one hip to lift the leg up into a tabletop position</p> <p>Exhale: Extend the hip and knee to reach the leg away from the body to a 45 degree angle</p> <p>Inhale: Flex the hip and knee to return the leg to tabletop</p> <p>Exhale: Lower the foot to the mat with control, to return to the start position</p>	<ul style="list-style-type: none"> • Loss of neutral spine • Loss of neutral pelvis, usually lateral pelvic tilt • Loss of deep abdominal connection / doming of rectus abdominis • Flaring of the rib cage • Tension in the neck and shoulders • Loss of controlled movement of the leg • Holding breath
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Extend leg on a higher angle • Add block under pelvis for additional support 	<ul style="list-style-type: none"> • Opposite leg in tabletop • Extend leg at lower angle • Add half curl • Resistance band around knees • Ball or block underneath pelvis • Ankle weights • Adjust range of motion • Pilates ring between palms • Vary pace • Alter breath pattern 	

Supine Abdominal Series

Toe Taps: Up Up Down Down



Exercise Start Position: Active rest **Contraindications:** n/a

Precautions: Acute low back pain or SIJ pain, acute hip injuries, prenatal clients in their second or third trimester

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> Introduce full tabletop Strengthen deep core stability muscles Strengthen abdominal muscles Strengthen hip flexor muscles Increase lumbopelvic stability Increase lateral pelvic stability Dissociate unilateral hip movement from pelvis Challenge coordination 	<p>Inhale: Flex one hip to lift the leg up into a tabletop position</p> <p>Exhale: Flex the opposite hip to lift the leg up into a tabletop position</p> <p>Inhale: Lower one foot to the mat with control, to return to the start position</p> <p>Exhale: Lower the opposite foot to the mat with control, to return to the start position</p>	<ul style="list-style-type: none"> Loss of neutral spine Loss of neutral pelvis, usually lateral pelvic tilt Loss of deep abdominal connection / doming of rectus abdominis Flaring of the rib cage Tension in the neck and shoulders Loss of controlled movement of the leg Loss of leg alignment Holding breath
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> Add block under pelvis for additional support Lift & Extend or Tabletop Preparation 	<ul style="list-style-type: none"> Add half curl Resistance band around knees Ball or block underneath pelvis Ankle weights Adjust range of motion Pilates ring between palms Vary pace Alter breath pattern 	

Supine Abdominal Series

Toe Taps: Single Leg



Exercise Start Position: Tabletop **Contraindications:** Acute low back pain or SIJ pain **Precautions:** Acute hip injuries, prenatal clients in their second or third trimester, inability to maintain neutral spine in tabletop

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen deep core stability muscles • Strengthen abdominal muscles • Strengthen hip flexor muscles • Increase lumbopelvic stability • Increase lateral pelvic stability • Dissociate unilateral hip movement from pelvis • Challenge coordination 	<p>Exhale: Maintaining 90 degree angles of the hip and knee, lower one leg down toward the floor</p> <p>Inhale: Flex the hip to return the leg to tabletop with resistance</p> <p>Exhale: Maintaining 90 degree angles of the hip and knee, lower the opposite leg down toward the floor</p> <p>Inhale: Flex the hip to return the leg to tabletop with resistance</p> <p><i>Repeat as many times as desired</i></p>	<ul style="list-style-type: none"> • Loss of neutral spine • Loss of neutral pelvis, usually lateral pelvic tilt • Loss of deep abdominal connection / doming of rectus abdominis • Flaring of the rib cage • Tension in the neck and shoulders • Loss of controlled movement of the leg • Loss of knee flexion to 90 degrees / movement not being initiated at the hip joint • Holding breath • A bearing down or pushing out sensation reported
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Toe Taps: Tabletop Preparation 	<ul style="list-style-type: none"> • Double leg toe taps • Single leg extensions • Double leg extensions • Add half curl • Add oblique curl • Resistance band around knees • Ball or block underneath pelvis • Ankle weights • Adjust range of motion • Pilates ring between palms • Add dorsiflexion and plantarflexion of ankles • Vary pace • Alter breath pattern • Isometric hold 	

Supine Abdominal Series

Toe Taps: Single Leg Extension



Exercise Start Position: Tabletop **Contraindications:** Acute low back pain or SIJ pain

Precautions: Acute hip injuries, prenatal clients in their second or third trimester, sciatic nerve tension, inability to maintain neutral spine in tabletop

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen deep core stability muscles • Increase abdominal muscle strength and endurance • Strengthen hip flexor muscles • Increase lumbopelvic stability • Increase lateral pelvic stability • Dissociate unilateral hip movement from pelvis • Challenge coordination 	<p>Inhale: Lengthen the spine</p> <p>Exhale: Extend one hip and knee to reach the leg away from the body to a 45 degree angle</p> <p>Inhale: Flex the hip and knee to return the leg to tabletop</p> <p>Exhale: Extend the opposite hip and knee to reach the leg away from the body to a 45 degree angle</p> <p>Inhale: Flex the hip and knee to return the leg to tabletop</p>	<ul style="list-style-type: none"> • Loss of neutral spine • Loss of neutral pelvis, usually lateral pelvic tilt or weight shift • Loss of deep abdominal connection / doming of rectus abdominis • Flaring of the rib cage • Tension in the neck and shoulders • Loss of leg alignment in tabletop • Loss of controlled movement of the leg • Holding breath • A bearing down or pushing out sensation reported
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Extend leg on a higher angle • Perform from active rest 	<ul style="list-style-type: none"> • Double leg extensions • Add half curl • Add oblique curl • Resistance band around knees • Ball or block underneath pelvis • Ankle weights • Add beats or scissors • Add Hundreds arms • Adjust range of motion • Pilates ring between palms • Add dorsiflexion and plantarflexion of ankles • Vary pace • Alter breath pattern • Isometric hold 	

Supine Abdominal Series

Toe Taps: Double Leg



Exercise Start Position: Tabletop **Contraindications:** Acute low back pain or SIJ pain **Precautions:** Acute hip injuries, prenatal clients in their second or third trimester, inability to maintain neutral spine in tabletop

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen deep core stability muscles • Increase abdominal muscle strength and endurance • Strengthen hip flexor muscles • Increase lumbopelvic stability • Increase lateral pelvic stability • Dissociate bilateral hip movement from pelvis • Challenge coordination 	<p>Inhale: Lengthen the spine</p> <p>Exhale: Maintaining 90 degree angles of the hips and knees, lower both legs down toward the floor</p> <p>Inhale: Flex the hips to return the legs to tabletop with resistance</p>	<ul style="list-style-type: none"> • Loss of neutral spine • Loss of neutral pelvis, usually anterior pelvic tilt • Loss of deep abdominal connection / doming of rectus abdominis • Flaring of the rib cage • Tension in the neck and shoulders • Loss of controlled movement of the leg • Loss of knee flexion to 90 degrees / movement not being initiated at the hip joint • Holding breath • A bearing down or pushing out sensation reported
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Toe Taps: Single Leg • Legs adducted or in external rotation 	<ul style="list-style-type: none"> • Double leg extensions • Add half curl • Add oblique curl • Resistance band around knees • Ball, block, or Pilates ring between knees • Ball or block underneath pelvis • Ankle weights • Adjust range of motion • Pilates ring between palms • Add dorsiflexion and plantarflexion of ankles • Vary pace • Alter breath pattern • Isometric hold 	

Supine Abdominal Series

Leg Lowers: Single Leg



Exercise Start Position: Tabletop **Contraindications:** Acute low back pain or SIJ pain **Precautions:** Acute hip injuries, prenatal clients in their second or third trimester, sciatic nerve tension, inability to maintain neutral spine in tabletop

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen deep core stability muscles • Increase abdominal muscle strength and endurance • Strengthen hip flexor, quadricep, and adductor muscles • Increase lumbopelvic stability • Increase lateral pelvic stability • Dissociate unilateral hip movement from pelvis • Challenge coordination 	<p>Inhale: Lengthen the spine</p> <p>Exhale: Extend the knees toward the ceiling</p> <p>Inhale: Maintaining extended knees, lower one leg down toward the mat with control</p> <p>Exhale: Flex the hip to return the leg to a 90 degree angle</p> <p>Inhale: Maintaining extended knees, lower the other leg down toward the mat with control</p> <p>Exhale: Flex the hip to return the leg to a 90 degree angle</p>	<ul style="list-style-type: none"> • Loss of neutral spine • Loss of neutral pelvis, usually lateral pelvic tilt or weight shift • Loss of deep abdominal connection / doming of rectus abdominis • Flaring of the rib cage • Loss of neutral head and neck alignment • Tension in the neck and shoulders • Flexing of the knees • Loss of controlled movement of the leg • Holding breath • A bearing down or pushing out sensation reported
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Flex knees as needed for tight hamstrings or sciatic nerve tension • Toe Taps • Single Leg Extension 	<ul style="list-style-type: none"> • Double leg lowers • Add half curl • Add oblique curl • Resistance band around knees • Ball or block underneath pelvis • Ankle weights • Adjust range of motion • Pilates ring between palms • Add dorsiflexion and plantarflexion of ankles • Vary pace • Alter breath pattern • Isometric hold 	

Supine Abdominal Series

Leg Lowers: Double Leg



Exercise Start Position: Tabletop **Contraindications:** Acute low back pain or SIJ pain **Precautions:** Acute hip injuries, prenatal clients in their second or third trimester, sciatic nerve tension, inability to maintain neutral spine in tabletop

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen deep core stability muscles • Increase abdominal muscle strength and endurance • Strengthen hip flexor, quadricep, and adductor muscles • Increase lumbopelvic stability • Increase lateral pelvic stability • Dissociate bilateral hip movement from pelvis • Challenge coordination 	<p>Inhale: Lengthen the spine</p> <p>Exhale: Extend the knees toward the ceiling</p> <p>Inhale: Maintaining extended knees, lower both legs toward the mat</p> <p>Exhale: Flex the hips to return the legs with control to return to the start position</p>	<ul style="list-style-type: none"> • Loss of neutral spine • Loss of neutral pelvis, usually lateral pelvic tilt or weight shift • Loss of deep abdominal connection / doming of rectus abdominis • Flaring of the rib cage • Loss of neutral head and neck alignment • Tension in the neck and shoulders • Flexing of the knees • Loss of symmetrical, controlled movement of the legs • Holding breath • A bearing down or pushing out sensation reported
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Flex knees as needed for tight hamstrings or sciatic nerve tension • Leg Lowers: Single Leg • Toe Taps: Double Leg • Double bicycle legs: Reach both legs to the ceiling, lower them toward the mat, and then return to tabletop 	<ul style="list-style-type: none"> • Perform in external hip rotation • Add half curl • Add oblique curl • Resistance band around knees • Ball or block underneath pelvis • Ankle weights • Adjust range of motion • Pilates ring between palms • Add dorsiflexion and plantarflexion of ankles • Vary pace • Alter breath pattern • Isometric hold 	

Supine Abdominal Series

Single Leg Circle



Exercise Start Position: Active rest

Contraindications: Acute hip or groin injuries **Precautions:** Acute low back pain or SIJ pain, sciatic nerve tension

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen deep core stability muscles • Strengthen abdominal muscles • Strengthen hip flexor, adductor, and abductor muscles • Increase lumbopelvic stability • Increase lateral pelvic stability • Increase hip joint mobility • Dissociate unilateral hip movement from pelvis • Challenge coordination 	<p>Inhale: Flex one hip to 90 degrees and extend the knee to reach the foot toward the ceiling</p> <p>Exhale: Circle the leg around and down with control</p> <p>Inhale: Continue circling the leg around and up toward the ceiling to return to the start position</p> <p><i>Repeat as many times as desired, then reverse the direction</i></p>	<ul style="list-style-type: none"> • Loss of neutral spine • Loss of neutral pelvis, usually lateral pelvic tilt • Loss of deep abdominal connection / doming of rectus abdominis • Flaring of the rib cage • Flexing of the knees • Tension in the neck and shoulders • Loss of controlled movement of the leg • Holding breath • A bearing down or pushing out sensation reported
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Flex knees as needed for tight hamstrings or sciatic nerve tension • Perform circle on a higher angle • Perform with knee in tabletop, rather than extended 	<ul style="list-style-type: none"> • Opposite leg in tabletop • Opposite leg extended on mat • Resistance band around arch of foot • Perform in external hip rotation • Add half curl • Resistance band around knees • Ball or block underneath pelvis • Ankle weights • Adjust range of motion • Pilates ring between palms • Add dorsiflexion and plantarflexion of ankles • Vary pace • Alter breath pattern 	

Supine Abdominal Series

Pendulum



Exercise Start Position: Tabletop with arms abducted in a 'T' position **Contraindications:** Acute low back pain or SIJ pain **Precautions:** Acute hip injuries, prenatal clients in their second or third trimester, inability to maintain neutral spine in tabletop

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen deep core stability muscles • Strengthen abdominal muscles, particularly obliques • Increase rotational control of the pelvis • Increase lumbopelvic stability • Dissociate movements of the lower body from the trunk / upper body • Mobilize the spine into rotation • Challenge coordination 	<p>Inhale: Maintaining adducted legs in tabletop position, lower the legs to one side, allowing the spine to rotate and the opposite hip to lift</p> <p>Exhale: Reverse the movement, with control, to return to the start position</p> <p><i>Repeat on the other side</i></p>	<ul style="list-style-type: none"> • Loss pelvis stabilization • Lack of spinal rotation • Loss of deep abdominal connection / doming of rectus abdominis • Flaring of the rib cage • Loss of scapula stabilization, usually excessive elevation or protraction • Tension in the neck and shoulders • Use of momentum • Falling to side or loss of control • Loss of controlled movement of the leg • Holding breath • A bearing down or pushing out sensation reported
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Increase flexion of the hip • Vary arm position 	<ul style="list-style-type: none"> • Perform with extended knees • Add half curl • Ball, block, resistance band or Pilates ring between ankles, knees, or upper upper legs • Decrease shoulder abduction • Pilates ring on outside of knees or ankles • Decrease flexion of the hip • Isometric hold • Ankle weights • Vary pace • Alter breath pattern 	

Supine Abdominal Series with Flexion

Half Curl



Exercise Start Position: Active rest or tabletop, arms by hips or hands clasped together behind the head

Contraindications: Acute neck pain, acute low back pain or SIJ pain, osteoporosis

Precautions: Prenatal clients in their second and third trimester

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen abdominal muscles, particularly rectus abdominis • Mobilize the thoracic spine in flexion • Increase lumbopelvic stability • Train head and neck alignment 	<p>Inhale: Lengthen the spine and flex the shoulders to lift the arms slightly off the mat</p> <p>Exhale: Nod the chin toward the chest and curl the head and shoulders off the mat</p> <p>Inhale: Reverse the articulation of the spine to return to the start position</p>	<ul style="list-style-type: none"> • Loss of neutral pelvis • Loss of deep abdominal connection / doming of the rectus abdominis • Flaring of the rib cage • Loss of scapula stabilization, usually elevation or protraction of the scapula • Loss of neutral head and neck alignment • Tension in the neck and shoulders • Loss of parallel leg alignment • Holding breath • A bearing down or pushing out sensation reported
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Reduce spring tension • Perform in active rest • Add pillow under head to improve rib connection and head and neck alignment • Hands clasped together behind the head 	<ul style="list-style-type: none"> • Perform in tabletop • Perform with hips flexed to 45 degrees with extended knees • Add heel slides • Add single or double leg extension • Ball, block, resistance band or Pilates ring between ankles, knees, or upper upper legs • Pilates ring on outside of knees or ankles • Hand weights • Pulses • Isometric hold • Hundreds • Add single leg stretch, double leg stretch, beats, or scissors • Vary arms • Vary pace • Alter breath pattern 	

Supine Abdominal Series with Flexion

Oblique Curl



Exercise Start Position: Active rest or tabletop with hands clasped together behind the head **Contraindications:** Acute neck pain, acute low back pain or SIJ pain, osteoporosis **Precautions:** Prenatal clients in their second and third trimester

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen abdominal muscles, particularly obliques and rectus abdominis • Mobilize the thoracic spine in flexion and rotation • Increase lumbopelvic stability • Train head and neck alignment 	<p>Inhale: Lengthen the spine and lift the elbows until they are in peripheral vision</p> <p>Exhale: Nod the chin toward the chest, curl the head and shoulders off the mat, and twist to one side</p> <p>Inhale: Reverse the rotation to return to the centre and lower the shoulders and head to return to the start position</p> <p>Exhale: Nod the chin toward the chest, curl the head and shoulders off the mat, and twist to the other side</p> <p>Inhale: Reverse the rotation to return to the centre and lower the shoulders and head to return to the start position</p>	<ul style="list-style-type: none"> • Loss of neutral pelvis, usually lateral tilt • Loss of deep abdominal connection / doming of the rectus abdominis • Lack of thoracic rotation, instead leading with the elbow • Flaring of the rib cage • Loss of neutral head and neck alignment • Tension in the neck and shoulders • Loss of parallel leg alignment • Loss of tabletop legs • Holding breath • A bearing down or pushing out sensation reported
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Perform in active rest • Add pillow under head to improve rib connection and head and neck alignment • Vary arm position 	<ul style="list-style-type: none"> • Perform with hips flexed to 45 degrees with extended knees • Add heel slides • Add single or double leg extension • Ball, block, resistance band or Pilates ring between ankles, knees, or upper upper legs • Pilates ring on outside of knees or ankles • Hand weights • Pulses • Isometric hold • Hundreds • Add single leg stretch, double leg stretch, beats, or scissors • Vary arms • Vary pace • Alter breath pattern 	

Supine Abdominal Series with Flexion

Hundreds



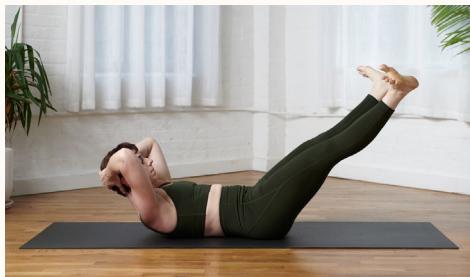
Exercise Start Position: Active rest, tabletop, hips parallel and flexed at 45 degrees with knees extended

Contraindications: Acute neck pain, acute low back pain or SIJ pain, osteoporosis

Precautions: Acute shoulder or upper limb injuries, prenatal clients in second and third trimester

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Increase abdominal muscle strength and endurance • Strengthen hip flexor muscles • Strengthen scapula stabilizers • Strengthen triceps, serratus anterior, and latissimus dorsi • Increase lumbopelvic stability • Train head and neck alignment • Challenge coordination 	<p>Inhale: Lengthen the spine</p> <p>Exhale: Curl the head and shoulders off the mat, flex the shoulders to lift the arms slightly off the mat, and extend the knees to reach the legs to 45 degrees</p> <p>Inhale: Pump the arms up and down with resistance, maintaining a small range of motion (5 repetitions)</p> <p>Exhale: Continue to pump the arms up and down (5 repetitions)</p> <p>Inhale: 2, 3, 4, 5 Exhale: 2, 3, 4, 5</p> <p><i>Repeat for a total of 10 breath cycles</i></p> <p>Inhale: Flex the hips to return the legs to tabletop and reverse the spinal articulation to return to the start position</p>	<ul style="list-style-type: none"> • Loss of neutral pelvis • Extension of lumbar spine • Loss of deep abdominal connection / doming of rectus abdominis • Flaring of the rib cage • Flexing of the elbows with arm movement • Loss of scapula stabilization, usually excessive elevation or protraction • Loss of neutral head and neck alignment • Tension in the neck and shoulders • Flexing of the knees • Holding breath • A bearing down or pushing out sensation reported
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Remove half curl • Knees at tabletop • With knees extended: extend legs on a higher angle • Perform in active rest • Large or slow movement of arms • One hand behind head for neck support 	<ul style="list-style-type: none"> • Perform in external hip rotation • Single leg extension and swap with each breath cycle • Scissor legs and swap with each breath cycle • Lower legs toward the floor • Ball, block, resistance band or Pilates ring between ankles, knees, or upper upper legs • Pilates ring on outside of knees or ankles • Hand weights • Ankle weights • Vary arms • Vary pace • Alter breath pattern 	

Supine Abdominal Series with Flexion Beats



Exercise Start Position: Tabletop with hands clasped together behind the head **Contraindications:** Acute neck pain, acute low back pain or SIJ pain, acute hip or groin injuries, osteoporosis **Precautions:** Prenatal clients in second and third trimester, inability to maintain neutral spine in tabletop

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen abdominal muscles, particularly rectus abdominis • Strengthen hip flexor, adductor, and abductor muscles • Challenge abdominal endurance • Increase lumbopelvic stability • Dissociate bilateral hip movement from the pelvis • Train head and neck alignment • Challenge coordination • Improve lower limb biomechanics 	<p>Inhale: Lengthen the spine and lift the elbows until they are in peripheral vision</p> <p>Exhale: Nod the chin toward the chest, curl the head and shoulders off the mat, extend the legs to 45 degrees, and externally rotate the hips</p> <p>Inhale: Dorsiflex the ankles and beat the legs together in external rotation (5 repetitions)</p> <p>Exhale: Plantarflex the ankles and continue to beat the legs together with control (5 repetitions)</p> <p>Inhale: 2, 3, 4, 5 Exhale: 2, 3, 4, 5</p> <p><i>Repeat for a total of 10 breath cycles</i></p> <p>Inhale: Flex the hips to return the legs to tabletop and reverse the spinal articulation to return to the start position</p>	<ul style="list-style-type: none"> • Loss of neutral pelvis • Extension of lumbar spine • Loss of deep abdominal connection / doming of rectus abdominis • Flaring of the rib cage • Loss of scapula stabilization, usually excessive elevation or protraction • Loss of neutral head and neck alignment • Tension in the neck and shoulders • Flexing of the knees • Lack of power on beat movement • Holding breath • A bearing down or pushing out sensation reported
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Remove half curl • Knees at tabletop • With knees extended: extend legs on a higher angle • Large or slow movement of legs • Vary arm position • Remove dorsiflexion or plantarflexion if needed 	<ul style="list-style-type: none"> • Perform with parallel legs • Lower legs toward the floor • Vary arm positions • Ball, block, resistance band or Pilates ring between ankles, knees, or upper upper legs • Pilates ring on outside of knees or ankles and beat outwards • Hand weights • Ankle weights • Vary pace • Alter breath pattern 	

Supine Abdominal Series with Flexion

Single Leg Stretch



Exercise Start Position: Tabletop **Contraindications:** Acute neck pain, acute low back pain or SIJ pain, acute hip injuries, osteoporosis **Precautions:** Prenatal clients in second and third trimester

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Increase abdominal muscle strength and endurance • Strengthen hip flexors muscles • Strengthen scapula stabilizers • Stretch hamstring muscles • Increase lumbopelvic stability • Dissociate unilateral hip movement from pelvis • Mobilize thoracic spine into flexion • Train head and neck alignment • Challenge coordination • Improve lower limb biomechanics 	<p>Inhale: Lengthen the spine</p> <p>Exhale: Curl the head and shoulders off the mat and flex the shoulders to lift the arms slightly off the mat</p> <p>Inhale: Hold</p> <p>Exhale: Draw one knee toward the chest, wrap the hands around the shin, and extend the opposite knee to reach the leg to 45 degrees</p> <p><i>Repeat to the other side and continue to switch the legs as many times as desired</i></p> <p>Inhale: Flex the hips to return the legs to tabletop and reverse the spinal articulation to return to the start position</p>	<ul style="list-style-type: none"> • Loss of neutral pelvis, usually lateral or posterior tilt • Flexion of lumbar spine • Loss of deep abdominal connection / doming of rectus abdominis • Loss of scapula stabilization, usually excessive elevation or protraction • Loss of neutral head and neck alignment • Tension in the neck and shoulders • Flexing knee of the extended leg • Holding breath • A bearing down or pushing out sensation reported
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Remove half curl • Extend legs on a higher angle • Wrap hands around back of upper leg for additional support • Vary arm position • Flex knees as needed for tight hamstrings or sciatic nerve tension 	<ul style="list-style-type: none"> • Press ball against tabletop leg • Ball or block underneath pelvis with head on mat • Lower legs toward the floor • Vary arm positions • Ball, block, resistance band or Pilates ring between ankles, knees, or upper legs • Pilates ring between palms • Hand weights • Ankle weights • Vary pace • Adjust range of motion • Alter breath pattern 	

Supine Abdominal Series with Flexion

Scissors



Exercise Start Position: Tabletop **Contraindications:** Acute neck pain, acute low back pain or SIJ pain, acute hip injuries, osteoporosis **Precautions:** Prenatal clients in second and third trimester

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Increase abdominal muscle strength and endurance • Strengthen hip flexors muscles • Strengthen scapula stabilizers • Stretch hamstring muscles • Increase lumbopelvic stability • Dissociate unilateral hip movement from pelvis • Mobilize thoracic spine into flexion • Train head and neck alignment • Challenge coordination • Improve lower limb biomechanics 	<p>Inhale: Lengthen the spine</p> <p>Exhale: Curl the head and shoulders off the mat and flex the shoulders to lift the arms slightly off the mat</p> <p>Inhale: Extend both knees to reach the feet toward the ceiling</p> <p>Exhale: Maintaining extended knees, draw one leg toward the chest, wrap the hands around the upper leg, and lower the other leg down to 45 degrees</p> <p>Inhale: Begin to switch the legs</p> <p><i>Repeat to the other side and continue to switch the legs as many times as desired</i></p> <p>Inhale: Flex the hips to return the legs to tabletop and reverse the spinal articulation to return to the start position</p>	<ul style="list-style-type: none"> • Loss of neutral pelvis, usually lateral or posterior tilt • Flexion of lumbar spine • Loss of deep abdominal connection / doming of rectus abdominis • Loss of scapula stabilization, usually excessive elevation or protraction • Loss of neutral head and neck alignment • Tension in the neck and shoulders • Flexing of the knees • Holding breath • A bearing down or pushing out sensation reported
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Remove half curl • Reduce the range of motion of lowering leg • Wrap hands around back of upper leg for additional support • Vary arm position • Flex knees as needed for tight hamstrings or sciatic nerve tension 	<ul style="list-style-type: none"> • Press ball against vertical leg • Ball or block underneath pelvis with head on mat • Lower legs toward the floor • Vary arm positions • Resistance band around upper legs • Pilates ring between palms • Hand weights • Ankle weights • Vary pace • Adjust range of motion • Alter breath pattern 	

Supine Abdominal Series with Flexion

Criss Cross



Exercise Start Position: Tabletop with hands clasped together behind the head

Contraindications: Acute neck pain, acute low back pain or SIJ pain, acute hip injuries, osteoporosis

Precautions: Prenatal clients in second and third trimester, inability to maintain neutral spine in tabletop

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> Increase abdominal muscle strength and endurance, particularly obliques Strengthen hip flexors muscles Increase lumbopelvic stability Dissociate unilateral hip movement from pelvis Mobilize thoracic spine into flexion and rotation Train head and neck alignment Challenge coordination Improve lower limb biomechanics 	<p>Inhale: Lengthen the spine and lift the elbows until they are in peripheral vision</p> <p>Exhale: Curl the head and shoulders off the mat</p> <p>Inhale: Prepare</p> <p>Exhale: Rotate the torso toward the right and extend the opposite leg to 45 degrees</p> <p>Inhale: Rotate the torso to the center and return both legs to tabletop</p> <p>Exhale: Rotate the torso to the left and extend the opposite leg to 45 degrees</p> <p>Inhale: Rotate the torso to the center and return both legs to tabletop</p> <p><i>Repeat as many times as desired</i></p> <p>Exhale: Lower the shoulders and head to return to the start position</p>	<ul style="list-style-type: none"> Loss of neutral pelvis, usually lateral or posterior tilt Flexion of lumbar spine Loss of deep abdominal connection / doming of rectus abdominis Lack of trunk rotation Loss of scapula stabilization, usually excessive elevation or protraction Loss of neutral head and neck alignment Tension in the neck and shoulders Flexing of the extended knee Crossing the legs over the midline Holding breath A bearing down or pushing out sensation reported
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> Remove half curl Reduce the range of motion of lowering leg Remove the rotation Wrap hands around back of upper leg for additional support Vary arm position Flex knees as needed for tight hamstrings or sciatic nerve tension 	<ul style="list-style-type: none"> Press ball against tabletop leg to increase abdominal challenge Lower legs toward the floor Vary arm positions Resistance band around upper legs Pilates ring between palms Hand weights Ankle weights Vary pace Adjust range of motion Alter breath pattern 	

Supine Abdominal Series with Flexion

Double Leg Stretch



Exercise Start Position: Tabletop **Contraindications:** Acute neck pain, acute low back pain or SIJ pain, acute hip injuries, osteoporosis **Precautions:** Prenatal clients in second and third trimester, acute shoulder injuries

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> Increase abdominal muscle strength and endurance, particularly obliques Improve rib cage connection Strengthen hip flexors muscles Increase lumbopelvic stability Dissociate bilateral hip movement from pelvis Mobilize thoracic spine into flexion Train head and neck alignment Challenge coordination Improve lower limb biomechanics 	<p>Inhale: Lengthen the spine</p> <p>Exhale: Curl the head and shoulders off the mat and flex the shoulders to lift the arms slightly off the mat</p> <p>Inhale: Flex the hips and hug both knees toward the chest</p> <p>Exhale: Extend both legs to 45 degrees with control and flex the shoulders to reach the arms overhead</p> <p>Inhale: Circle the arms around, flex the hips and hug both knees toward the chest</p> <p><i>Repeat as desired</i></p> <p>Exhale: Lower the shoulders and head to return to the start position</p>	<ul style="list-style-type: none"> Loss of neutral pelvis, usually lateral or posterior tilt Flexion of lumbar spine Loss of deep abdominal connection / doming of rectus abdominis Loss of half curl Loss of scapula stabilization, usually excessive elevation or protraction Loss of neutral head and neck alignment Tension in the neck and shoulders Loss of parallel leg alignment Holding breath A bearing down or pushing out sensation reported
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> Remove half curl Extend legs on higher angle Vary arm position: e.g. clasped behind head for support Wrap hands around back of upper leg for additional support Flex knees as needed for tight hamstrings or sciatic nerve tension 	<ul style="list-style-type: none"> Lower legs toward the floor Vary arm positions Ball, block, or Pilates ring between ankles or knees Resistance band around upper legs Pilates ring between palms Hand weights Ankle weights Vary pace Adjust range of motion Alter breath pattern 	

Supine Abdominal Series with Flexion

Roll Up

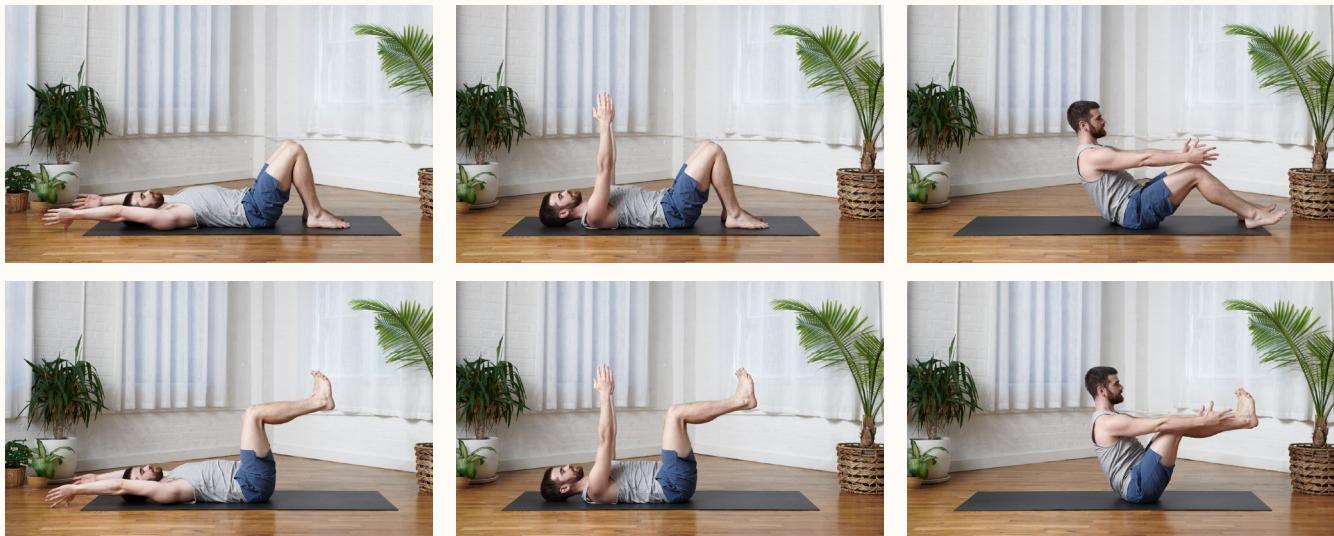


Exercise Start Position: Laying supine, hips neutral with knees extended, shoulders flexed with arms reaching overhead and resting on the mat **Contraindications:** Acute neck pain, acute low back pain or SIJ pain, inability to perform spinal flexion, osteoporosis **Precautions:** Prenatal clients in second and third trimester, sciatic nerve tension

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen abdominal muscles • Mobilize spine in flexion • Increase lumbopelvic mobility • Stretch posterior chain muscles 	<p>Inhale: Reach the arms toward the ceiling</p> <p>Exhale: Nod the chin toward the chest, curl the head and shoulders off the mat, and articulate the spine one vertebrae at a time to create a forward fold over the legs</p> <p>Inhale: Reverse the articulation of the spine to arrive in a vertical seated position</p> <p>Exhale: Tuck the tailbone under and continue to reverse the articulation of the spine to roll down and return to the start position with the arms reaching overhead</p>	<ul style="list-style-type: none"> • Lateral tilting of the pelvis • Lack of whole spinal articulation into flexion • Lack of segmental articulation of the vertebrae on the roll up and when returning to seated position • Loss of deep abdominal connection / doming of rectus abdominis • Lifting of the legs / feet • Loss of scapula stabilization, usually excessive elevation or protraction • Loss of neutral head and neck alignment • Tension in the neck and shoulders • Using momentum to create the lift • Holding breath • A bearing down or pushing out sensation reported
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion / perform Half Roll Down instead • Flex knees as needed for tight hamstrings or sciatic nerve tension • Remove spinal flexion and perform Half Roll Down with a hinge in neutral spine • Use momentum to assist roll up movement • Vary arm position 	<ul style="list-style-type: none"> • Vary arm positions • Ball or block between ankles or knees • Resistance band around upper legs or ankles • Pilates ring between palms • Hand weights • Ankle weights • Vary pace • Adjust range of motion • Alter breath pattern 	

Supine Abdominal Series with Flexion

Teaser: Feet Down/ Tabletop



Exercise Start Position: Active rest, shoulders flexed with arms reaching overhead and resting on the mat, elbows extended

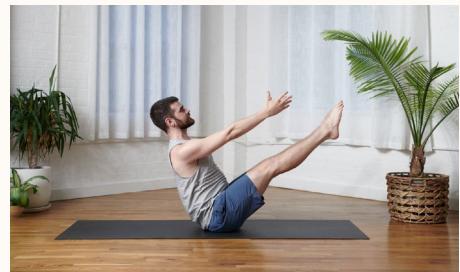
Contraindications: Acute neck pain, acute low back pain or SIJ pain, inability to perform spinal flexion, osteoporosis

Precautions: Prenatal clients in second and third trimester, acute hip injuries

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Increase abdominal muscle strength and endurance • Strengthen hip flexor muscles • Mobilize the spine in flexion • Challenge spinal articulation • Challenge head and neck alignment • Strengthen scapula stabilizers • Mobilize spine in flexion • Challenge spinal articulation • Challenge balance • Challenge coordination and control 	<p>Inhale: Reach the arms toward the ceiling</p> <p>Exhale: Maintaining the position of the legs, curl the head and shoulders off the mat and continue to articulate the spine to roll all the way up to balance on the sitz bones with the pelvis in a posterior tilt</p> <p>Inhale: Hold the Teaser position</p> <p>Exhale: Tuck the tailbone under and continue to reverse the articulation of the spine to roll down and return to the start position</p>	<ul style="list-style-type: none"> • Lack of segmental articulation of the vertebrae on roll up and roll down • Excessive flexing of the spine • Loss of deep abdominal connection / doming of rectus abdominis • Loss of scapula stabilization, usually excessive elevation • Loss of neutral head and neck alignment • Loss of parallel leg alignment • Tension in the neck and shoulders • Using momentum to create the lift • Holding breath • A bearing down or pushing out sensation reported
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Perform in active rest • Keep knees in tabletop • Vary arm position • Perform Half Roll Down and add Single Leg Toe Taps • Fingertips on floor for balance 	<ul style="list-style-type: none"> • Vary arm positions • Ball or block between ankles or knees • Resistance band around upper legs or ankles • Pilates ring between palms • Hand weights • Ankle weights • Vary pace • Adjust range of motion • Alter breath pattern 	

Supine Abdominal Series with Flexion

Teaser: Full



Exercise Start Position: Supine, shoulders flexed with arms reaching overhead and resting on mat, elbows extended, legs: hips adducted and parallel, knees extended, ankles plantarflexed **Contraindications:** Acute neck pain, acute low back pain or SIJ pain, osteoporosis **Precautions:** Prenatal clients in second and third trimester, acute hip injuries, sciatic nerve tension

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Increase abdominal muscle strength and endurance • Strengthen hip flexor muscles • Mobilize the spine in flexion • Challenge spinal articulation • Challenge head and neck alignment • Strengthen scapula stabilizers • Mobilize spine in flexion • Challenge spinal articulation • Challenge balance • Challenge coordination and control 	<p>Inhale: Reach the arms toward the ceiling</p> <p>Exhale: Curl the head and shoulders off the mat, continue to articulate the spine to roll all the way up, and simultaneously lift the legs to 45 degrees to balance on the sitz bones with the pelvis in a posterior tilt</p> <p>Inhale: Hold the Teaser position</p> <p>Exhale: Tuck the tailbone under and continue to reverse the articulation of the spine to roll down and return to the start position</p>	<ul style="list-style-type: none"> • Lack of segmental articulation of the vertebrae on roll up and roll down • Excessive flexing of the spine • Loss of deep abdominal connection / doming of rectus abdominis • Loss of scapula stabilization, usually excessive elevation • Loss of neutral head and neck alignment • Loss of parallel leg alignment • Tension in the neck and shoulders • Using momentum to create the lift • Loss of balance • Flexing of the knees • Holding breath • A bearing down or pushing out sensation reported
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Flex knees into tabletop when lifting the legs • Slide feet along the mat and then find lift • Vary arm position • Fingertips on floor for balance • Flex knees as needed for tight hamstrings or sciatic nerve tension 	<ul style="list-style-type: none"> • Start with legs in tabletop or extended to 45 degrees • Ball, block, or Pilates ring between ankles or knees • Lift and lower legs in Teaser position • Vary coordination of legs and arms • Add swimming legs in Teaser • Add leg beats in Teaser • Oblique variations • Ankle weights • Vary pace • Alter breath pattern • Perform in external hip rotation 	<p>When cueing clients into the Teaser position, direct them to simultaneously lift the legs and lumbar spine off the mat.</p> <p>When cueing clients out of the Teaser position, direct them to simultaneously lower the legs and lumbar spine onto the mat.</p>

Supine Abdominal Series with Flexion

Rollover



Exercise Start Position: Tabletop, legs: ankles plantarflexed, arms: elbows extended with hands resting down by the sides

Contraindications: Acute neck pain, acute low back pain or SIJ pain, osteoporosis

Precautions: Prenatal clients in second and third trimester

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen abdominal muscles • Strengthen hip flexor muscles • Stretch posterior chain muscles, particularly hamstrings • Mobilize the spine into flexion • Challenge control and coordination 	<p>Inhale: Lengthen the spine</p> <p>Exhale: Extend the hips and knees to reach both legs to 45 degrees</p> <p>Inhale: Maintaining extended knees, flex the hips to 90 degrees to reach the toes toward the ceiling</p> <p>Exhale: Continue to reach the feet overhead, lift the pelvis, and press into the arms to articulate the spine into flexion (the toes may or may not touch the mat)</p> <p>Inhale: Dorsiflex the ankles and lift the legs to horizontal</p> <p>Exhale: Reverse the articulation of the spine, lower the pelvis, return the legs to 45 degrees and plantarflex the ankles</p>	<ul style="list-style-type: none"> • Loss of deep abdominal connection / doming of rectus abdominis • Loss of spinal articulation on roll up and roll down • Loss of scapula stabilization, usually excessive elevation or protraction • Flaring of the rib cage, usually when legs extend to 45 degrees • Tension in the neck and shoulders • Use of momentum • Flexing of the knees • Loss of symmetrical leg movements • Holding breath • A bearing down or pushing out sensation reported
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Leg lift and lowers without the roll over component • Hands to lumbar spine for increased support • Flex knees as needed for tight hamstrings or sciatic nerve tension 	<ul style="list-style-type: none"> • Vary arm positions • Ball or block between ankles or knees • Resistance band around upper legs or ankles • Ankle weights • Vary pace • Adjust range of motion • Alter breath pattern • Perform in external hip rotation 	

Seated Abdominal Series

Spine Twist



Exercise Start Position: Seated, legs: hips abducted in a 'V' position, knees extended, ankles dorsiflexed,

arms: shoulders horizontally abducted to 90 degrees, elbows extended **Contraindications:** n/a

Precautions: Acute low back pain or SIJ pain, osteoporosis, acute hip injuries, sciatic nerve tension

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen abdominal muscles • Mobilize the spine into rotation • Improve segmental mobility of the spine • Stretch posterior chain muscles 	<p>Inhale: Lengthen the spine</p> <p>Exhale: Maintaining the position of the arms in relation to the torso, rotate the spine to one side as far as possible</p> <p>Inhale: Reverse the rotation of the spine to return to the center, with control</p> <p>Exhale: Maintaining the position of the arms in relation to the torso, rotate the spine to one side as far as possible</p> <p>Inhale: Reverse the rotation of the spine to return to the center, with control</p>	<ul style="list-style-type: none"> • Lack of pelvic stability, usually lateral pelvic tilt • Lack of segmental mobility through the spine • Loss of neutral head and neck alignment • Tension in the neck and shoulders • Movement of the arms without the spinal rotation • Flexion of the spine • Loss of scapula stabilization, usually excessive elevation or protraction • Flexing of the knees
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Vary arm position • Flex knees as needed for tight hamstrings or sciatic nerve tension • Sit propped up on pillow or block 	<ul style="list-style-type: none"> • Vary arm positions • Hands behind head, fingers interlaced • Hand weights • Resistance band between hands • Isometric hold • Pulses • Vary pace • Adjust range of motion • Alter breath pattern 	

Seated Abdominal Series

Saw



Exercise Start Position: Seated, legs: hips abducted in a 'V' position, knees extended, ankles dorsiflexed, arms: shoulders horizontally abducted to 90 degrees, elbows extended

Contraindications: Acute low back pain or SIJ pain, osteoporosis. **Precautions:** n/a

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen abdominal muscles • Mobilize the spine into rotation and flexion • Improve segmental mobility of the spine • Stretch posterior chain muscles • Challenge coordination 	<p>Inhale: Maintaining the position of the arms in relation to the torso, lengthen and rotate the spine to one side as far as possible</p> <p>Exhale: Reach the opposite hand to foot and articulate the spine into forward flexion</p> <p>Inhale: Reverse the articulation of the spine to sit tall in a spiral twist</p> <p>Exhale: Reverse the rotation of the spine to return to the center, with control</p> <p><i>Repeat to the other side</i></p>	<ul style="list-style-type: none"> • Lack of pelvic stability, usually lateral pelvic tilt • Lack of segmental mobility through the spine • Loss of neutral head and neck alignment • Tension in the neck and shoulders • Movement of the arms without the spinal rotation • Flexion of the spine during the rotation component • Loss of scapula stabilization, usually excessive elevation or protraction • Flexing of the knees • Use of momentum
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Vary arm position • Flex knees as needed for tight hamstrings or sciatic nerve tension • Sit propped up on pillow or block • Remove flexion component 	<ul style="list-style-type: none"> • Vary arm positions • Hands behind head, fingers interlaced • Hand weights • Resistance band between hands • Isometric hold • Pulses • Vary pace • Adjust range of motion • Alter breath pattern 	

Seated Abdominal Series

Half Roll Down



Exercise Start Position: Seated, legs: hips and knees flexed with feet resting on the mat, arms: shoulders flexed to 90 degrees, elbows extended **Contraindications:** Acute low back pain or SIJ pain, osteoporosis **Precautions:** Acute neck pain, prenatal clients in their second and third trimester, sciatic nerve tension, acute hip injuries

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen abdominal muscles • Mobilize the spine in flexion • Increase lumbopelvic mobility • Train head and neck alignment 	<p>Inhale: Lengthen the spine</p> <p>Exhale: Maintaining the position of the arms, tuck the pelvis under and articulate the spine into flexion one vertebra at a time to create a 'c' curve</p> <p>Inhale: Reverse the spinal articulation to return to the start position</p>	<ul style="list-style-type: none"> • Lateral shifting of the pelvis • Lack of initiation of the movement from a posterior pelvic tilt • Hinging the body back from the hips and lack of spinal flexion • Loss of deep abdominal connection / doming of rectus abdominis • Loss of scapula stabilization, usually excessive elevation or protraction • Loss of neutral head and neck alignment • Tension in the neck and shoulders • Holding breath • A bearing down or pushing out sensation reported
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Hands clasped behind head for neck support • Hinge from hips with neutral spine instead of articulation • Vary arm position • Hands behind upper legs for additional support • Vary leg position • Place ball or support behind low back 	<ul style="list-style-type: none"> • Vary arm positions • Hands behind head, fingers interlaced • Hand weights • Resistance band between hands • Ball, block, or Pilates ring between ankles or knees • Isometric hold • Pulses • Vary pace • Adjust range of motion • Alter breath pattern 	

Seated Abdominal Series

Half Roll Down with Rotation



Exercise Start Position: Seated, legs: hips and knees flexed with feet resting on the mat, arms: shoulders flexed to 90 degrees, elbows extended **Contraindications:** Acute low back pain or SIJ pain, osteoporosis

Precautions: Acute neck pain, prenatal clients in their second and third trimester, sciatic nerve tension, acute hip injuries

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen abdominal muscles, particularly obliques • Mobilize the spine in flexion and rotation • Increase lumbopelvic mobility • Train head and neck alignment 	<p>Inhale: Lengthen the spine</p> <p>Exhale: Tuck the pelvis under, flex and rotate the spine to the right, and sweep the right arm backward as far as possible, with control</p> <p>Inhale: Sweep the right arm forward and reverse the spinal rotation and flexion to return to the start position</p> <p>Exhale: Tuck the pelvis under, flex and rotate the spine to the left, and sweep the left arm backward as far as possible, with control</p> <p>Inhale: Sweep the left arm forward and reverse the spinal rotation and flexion to return to the start position</p>	<ul style="list-style-type: none"> • Lateral shifting of the pelvis • Lack of initiation of the movement from a posterior pelvic tilt • Hinging the body back from the hips and lack of spinal flexion • Loss of deep abdominal connection / doming of rectus abdominis • Loss of scapula stabilization, usually excessive elevation or protraction • Lack of spinal rotation, instead moving primarily with arms • Loss of neutral head and neck alignment • Tension in the neck and shoulders • Holding breath • A bearing down or pushing out sensation reported
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Hands clasped behind head for neck support • Hinge from hips with neutral spine instead of articulation • Vary arm position • Hands behind upper legs for additional support • Vary leg position • Place ball or support behind low back • Remove rotation component 	<ul style="list-style-type: none"> • Vary arm positions • Hands behind head, fingers interlaced • Hand weights • Resistance band between hands • Ball, block, or Pilates ring between ankles or knees • Isometric hold • Pulses • Vary pace • Adjust range of motion • Alter breath pattern 	

Seated Abdominal Series

Rolling Like a Ball



Exercise Start Position: Seated, spine slightly flexed, legs: hips and knees flexed, ankles plantarflexed, toes resting on the mat, arms: elbows flexed, hands holding the outside of the shins

Contraindications: Acute low back pain or SIJ pain, acute neck pain, osteoporosis, acute hip injuries

Precautions: Prenatal clients in their second and third trimester

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen abdominal muscles • Mobilize the spine in flexion • Challenge coordination • Challenge spinal articulation • Challenge balance 	<p>Inhale: Tilt the pelvis backward to create a 'c' curve</p> <p>Exhale: Lift both feet slightly off the mat</p> <p>Inhale: Maintaining flexion of the spine, roll backwards onto the upper thoracic spine</p> <p>Exhale: Reverse the movement to roll back up to the sitz bones and keep the feet hovered above the mat</p>	<ul style="list-style-type: none"> • Lateral shifting of the pelvis • Lack of initiation of the movement from a posterior pelvic tilt • Loss of spinal flexion • Loss of smooth 'rolling' motion • Loss of deep abdominal connection / doming of rectus abdominis • Loss of consistent knee flexion • Loss of balance at the top of the movement • Tension in the neck and shoulders • Holding breath • A bearing down or pushing out sensation reported
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Start exercise supine and roll through the spine a small range of motion, eliminating the roll to sitz bones • Begin on back and hug knees to chest gentle rocking side to side, and up and down • Vary arm position • Vary leg position 	<ul style="list-style-type: none"> • Vary arm positions • Hands behind head, fingers interlaced • Hand weights • Ankle weights • Extended knees • Ball, block, or Pilates ring between ankles or knees • Ball or block between elbows and upper legs • Vary pace • Adjust range of motion • Alter breath pattern 	

Supine Glutes Series
Isolated Glute Squeeze



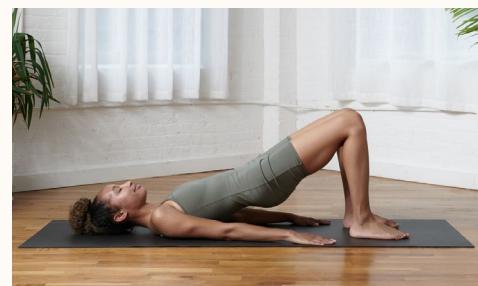
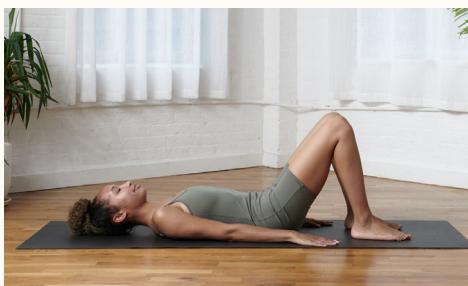
Exercise Start Position: Supine, legs: hips and knees extended, arms: resting by the sides, elbows extended

Contraindications: n/a **Precautions:** n/a

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none">• Introduce gluteal activation• Isolate gluteal activation• Prepare for the supine glutes series	<p>Inhale: Relax the buttocks</p> <p>Exhale: Activate the glute muscles by drawing the buttocks together symmetrically</p>	<ul style="list-style-type: none">• Holding of breath• Tensing of other muscles• Engaging one side before the other
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none">• Seated or standing• Prone with self palpation for increased feedback	<ul style="list-style-type: none">• Engage one side at a time• Isometric hold• Alter breath pattern• Alter pace• Perform in active rest• Perform standing	

Supine Glutes Series

Bridges: With Articulation



Exercise Start Position: Active rest

Contraindications: Osteoporosis, inability to tolerate spinal flexion **Precautions:** Acute neck pain, acute low back pain or SIJ pain, acute lower limb injuries, prenatal clients in their second and third trimester

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen hamstrings, gluteal, and spinal extensor muscles • Mobilize the spine into flexion • Improve segmental articulation of the spine • Strengthen deep core stability muscles • Improve lumbopelvic stability and mobility • Improve lower limb biomechanics 	<p>Inhale: Lengthen the spine</p> <p>Exhale: Tuck the pelvis under and articulate the spine one vertebra at a time to roll all the way up until the knees, hips, and shoulders are diagonally aligned</p> <p>Inhale: Hold</p> <p>Exhale: Reverse the articulation of the spine to roll down one vertebra at a time until the sacrum reaches the mat</p>	<ul style="list-style-type: none"> • Lateral pelvic tilt • Poor segmental articulation through the spine • Hinging into lumbar extension by lifting the hips too high • Flaring of the rib cage • Loss of deep abdominal connection / doming of rectus abdominis • Loss of knee alignment • Tension in the neck and shoulders • Holding breath
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Pelvic tilts • Remove the flexion for discogenic back pain or osteoporosis, maintain a neutral spine throughout • Adjust foot position for comfort 	<ul style="list-style-type: none"> • Ball, block, or Pilates ring between ankles or knees • Ball or block under both feet or one foot • Resistance band around knees • Add single leg marches • Ankle weights • Vary pace • Vary arm positions • Isometric hold • Pulses • Hip dips from one side to the other • Alter breath pattern • Perform with ankles plantarflexed 	

Supine Glutes Series
Bridges: Without Articulation



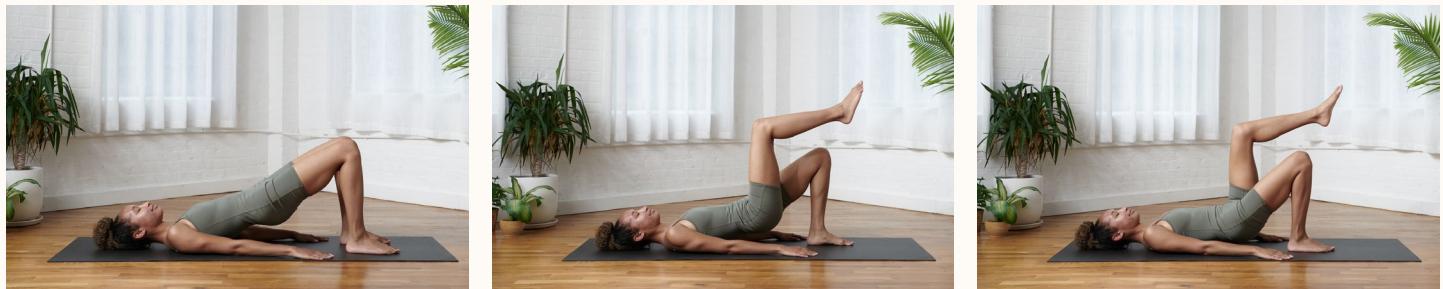
Exercise Start Position: Active rest

Contraindications: n/a **Precautions:** Acute neck pain, acute low back pain or SIJ pain, osteoporosis, acute lower limb injuries, prenatal clients in their second and third trimester

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen hamstrings, gluteal, and spinal extensor muscles • Strengthen deep core stability muscles • Improve lumbopelvic stability • Improve lower limb biomechanics 	<p>Inhale: Lengthen the spine</p> <p>Exhale: Maintaining a neutral spine, lift the pelvis up toward the ceiling to a shoulder bridge</p> <p>Inhale: Flex the hips to lower the pelvis to the start position, with control</p>	<ul style="list-style-type: none"> • Loss of pelvic stability, usually lateral pelvic tilt or anterior tilt • Hinging into lumbar extension by lifting the hips too high • Flaring of the rib cage • Loss of deep abdominal connection / doming of rectus abdominis • Loss of knee alignment • Tension in the neck and shoulders • Holding breath
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Pelvic tilts • Adjust foot position for comfort • Add a ball between the knees to assist with alignment • Add a resistance band around knees to bias abductor engagement 	<ul style="list-style-type: none"> • Ball, block, or Pilates ring between ankles or knees • Ball or block under both feet or one foot • Resistance band around knees • Add single leg marches • Ankle weights • Vary pace • Vary arm positions • Isometric hold • Pulses • Hip dips from one side to the other • Alter breath pattern • Perform with ankles plantarflexed 	

Supine Glutes Series

Bridges: Single Leg Marches



Exercise Start Position: Active rest **Contraindications:** Acute low back pain or SIJ pain

Precautions: Acute neck pain, osteoporosis, acute lower limb injuries, prenatal clients in their second and third trimester

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen hamstrings, gluteal, and spinal extensor muscles • Strengthen abdominal muscles • Dissociate unilateral hip movement from pelvis • Increase lumbopelvic stability • Increase rotational pelvic stability • Improve lower limb biomechanics 	<p>Inhale: Lengthen the spine</p> <p>Exhale: Maintaining a neutral spine, lift the pelvis up toward the ceiling to a shoulder bridge</p> <p>Inhale: Hold</p> <p>Exhale: Maintaining level hips, flex the right hip to lift the right leg to a tabletop position</p> <p>Inhale: Reverse the movement to return the right foot to the mat</p> <p>Exhale: Flex the left hip to lift the left leg to a tabletap position</p> <p>Inhale: Reverse the movement to return the left foot to the mat</p> <p><i>Repeat as many times as desired</i></p> <p>Inhale: Flex the hips to lower the pelvis to the start position, with control</p>	<ul style="list-style-type: none"> • Loss of pelvic stability, usually lateral pelvic tilt. This can look like a drop of the pelvis on the moving side. • Hinging into lumbar extension by lifting the hips too high • Flaring of the rib cage • Loss of deep abdominal connection / doming of rectus abdominis • Loss of knee alignment • Tension in the neck and shoulders • Holding breath • A bearing down or pushing out sensation reported
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Heel Lifts • Weight shift without leg lift • Hands to pelvis for tactile feedback for pelvic tilting • Bridges without Articulation • Pelvic tilts • Adjust foot position for comfort 	<ul style="list-style-type: none"> • Ball, block, or Pilates ring between ankles or knees • Ball or block under both feet or one foot • Resistance band around knees • Add toe taps with one leg in tabletop • Ankle weights • Vary pace • Vary arm positions • Isometric hold • Pulses • Alter breath pattern • Perform with ankles plantarflexed 	

Supine Glutes Series

Bridges: Single Leg Bridges



Exercise Start Position: Active rest **Contraindications:** Acute low back pain or SIJ pain

Precautions: Acute neck pain, osteoporosis, acute lower limb injuries, prenatal clients in their second and third trimester

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> Increase hamstring, gluteal, and spinal extensor muscle strength and endurance Strengthen abdominal muscles Dissociate unilateral hip movement from pelvis Increase lumbopelvic stability Increase rotational pelvic stability Improve lower limb biomechanics 	<p>Inhale: Lengthen the spine</p> <p>Exhale: Maintaining a neutral spine, lift the pelvis up toward the ceiling to a shoulder bridge</p> <p>Inhale: Hold</p> <p>Exhale: Flex one hip to lift the leg to a tabletop position</p> <p>Inhale: Maintaining a level pelvis and the tabletop position, lower the pelvis down toward the mat</p> <p>Exhale: Extend the hips to lift the pelvis up to a shoulder bridge with control</p> <p><i>Repeat as many times as desired</i></p> <p>Inhale: Lower the tabletop leg to return to a shoulder bridge</p> <p><i>Repeat on the other side, then</i></p> <p>Exhale: Flex the hips to lower the pelvis down to the mat</p>	<ul style="list-style-type: none"> Loss of pelvic stability, usually lateral pelvic tilt. This can look like a drop of the pelvis on the moving side. Hinging into lumbar extension by lifting the hips too high Flaring of the rib cage Loss of deep abdominal connection / doming of rectus abdominis Loss of knee alignment Tension in the neck and shoulders Holding breath A bearing down or pushing out sensation reported
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> Decrease range of motion Weight shift without leg lift Place the lifted heel on a block / ball for support Hands to pelvis for tactile feedback for pelvic tilting Single Leg Marches Adjust foot position for comfort 	<ul style="list-style-type: none"> Reverse the ankle articulation: plantarflexing to lower and dorsiflexing to lift Resistance band around foot, held on with hands Ball, block, or Pilates ring between ankles or knees Ball or block under stabilizing foot Resistance band around knees Add toe taps with one leg in tabletop Ankle weights Vary pace Vary arm positions Isometric hold Pulses Alter breath pattern Perform with ankles plantarflexed 	

Supine Glutes Series

Bridges: Extended Leg with Foot Articulation



Exercise Start Position: Active rest **Contraindications:** Acute low back pain or SIJ pain

Precautions: Acute neck pain, osteoporosis, acute lower limb injuries, prenatal clients in their second and third trimester

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> Increase hamstring, gluteal, and spinal extensor muscle strength and endurance Strengthen abdominal muscles Dissociate unilateral hip movement from pelvis Increase lumbopelvic stability Increase rotational pelvic stability Improve lower limb biomechanics Challenge coordination 	<p>Inhale: Inhale: Lengthen the spine</p> <p>Exhale: Maintaining a neutral spine, lift the pelvis up toward the ceiling to a shoulder bridge</p> <p>Inhale: Hold</p> <p>Exhale: Maintaining a neutral spine and level hips, flex one hip to 90 degrees and extend the knee to reach the toes toward the ceiling</p> <p>Inhale: Maintaining an extended knee, dorsiflex the ankle and lower the leg to 45 degrees</p> <p>Exhale: Plantarflex the ankle and flex the hip to 90 degrees to reach the toes toward the ceiling</p> <p><i>Repeat as many times as desired</i></p> <p>Inhale: Lower the extended leg down to return the foot to the mat</p> <p>Exhale: Flex the hips to lower the pelvis to the start position, with control</p>	<ul style="list-style-type: none"> Loss of pelvic stability, usually lateral pelvic tilt. This can look like a drop of the pelvis on the moving side. Hinging into lumbar extension by lifting the hips too high Flaring of the rib cage Loss of deep abdominal connection / doming of rectus abdominis Loss of knee alignment Flexing of the lifted knee Loss of coordination of ankle movements Tension in the neck and shoulders Holding breath A bearing down or pushing out sensation reported
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> Decrease range of motion of bridge Decrease range of motion of leg lower Hands to pelvis for tactile feedback for pelvic tilting Single Leg Marches or Single Leg Bridges Adjust foot position for comfort Remove planatarflexion or dorsiflexion component Flex knee as needed for hamstring tightness and sciatic nerve tension 	<ul style="list-style-type: none"> Reverse the ankle articulation Hold resistance band around foot Ball or block under stabilizing foot Resistance band around knees Add toe taps with one leg in tabletop Ankle weights Vary pace Vary arm positions Isometric hold Pulses 	

Side Lying Series

Clam



Exercise Start Position: Side lying, legs: hips and knees flexed, heels in line with buttocks, ankles dorsiflexed, arms: underneath arm extended with head resting on upper arm, top hand on hip or resting in front on the mat

Contraindications: Acute hip injuries **Precautions:** SIJ pain, pubic symphysis pain, sciatic nerve tension

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> Strengthen gluteus medius, gluteus maximus, and deep hip external rotator muscles (in a closed chain) Dissociate unilateral hip movement from pelvis Increase rotational control of the pelvis Increase lumbopelvic stability Increase hip joint mobility 	<p>Inhale: Lengthen the spine</p> <p>Exhale: Squeeze the heels together and externally rotate the top hip to lift the knee up toward the ceiling</p> <p>Inhale: Maintaining heels together, lower the knee with control to return to the start position</p>	<ul style="list-style-type: none"> Loss of neutral spine Loss of pelvis stabilization, usually posterior pelvic tilt or rotation of pelvis toward ceiling Flaring of the rib cage Loss of abdominal connection / doming of the rectus abdominis Excessive gripping of the hip flexors Separation of the heels Tension in the neck and shoulders Holding breath
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> Decrease range of motion Adjust amount of hip and knee flexion Add padding for lower lateral hip if required Top hand resting on mat in front of body for more stability 	<ul style="list-style-type: none"> Perform in tabletop position Resistance band around upper legs Ball behind knee Isometric hold Pulses Alter breath pattern Ankle weights Vary pace Perform with ankles plantarflexed 	

Side Lying Series

Clam: Lifted



Exercise Start Position: Side lying, legs: hips and knees flexed, heels in line with buttocks, ankles dorsiflexed, arms: underneath arm extended with head resting on upper arm, top hand on hip or resting in front on the mat

Contraindications: Acute hip injuries **Precautions:** SIJ pain, pubic symphysis pain, sciatic nerve tension

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen gluteus medius, gluteus maximus, and deep hip external rotator muscles • Dissociate unilateral hip movement from pelvis • Increase rotational control of the pelvis • Increase lumbopelvic stability • Increase hip joint mobility 	<p>Begin by hovering the heels off the mat in line with top hip</p> <p>Inhale: Lengthen the spine</p> <p>Exhale: Squeeze the heels together and externally rotate the top hip to lift the knee up toward the ceiling</p> <p>Inhale: Maintaining heels together, internally rotate the hip to lower the knee to meet the lower knee</p> <p><i>Repeat as many times as desired</i></p> <p>Exhale: Return the heels back to the mat to return to the start position</p>	<ul style="list-style-type: none"> • Loss of neutral spine • Loss of pelvis stabilization, usually posterior pelvic tilt or rotation of pelvis toward ceiling • Flaring of the rib cage • Loss of abdominal connection / doming of the rectus abdominis • Excessive gripping of the hip flexors • Tension in the neck and shoulders • Separation of the heels • Holding breath
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Lower heels to the floor • Adjust amount of hip and knee flexion • Add padding for lower lateral hip if required • Top hand resting on mat in front of body for more stability 	<ul style="list-style-type: none"> • Perform in tabletop position • Resistance band around upper legs • Ball behind knee • Isometric hold • Pulses • Alter breath pattern • Ankle weights • Vary pace • Perform with ankles plantarflexed 	

Side Lying Series

Clam: Kickout



Exercise Start Position: Side lying, legs: hips and knees flexed, heels in line with buttocks, ankles dorsiflexed, arms: underneath arm extended with head resting on upper arm, top hand on hip or resting in front on the mat

Contraindications: Acute hip injuries **Precautions:** SIJ pain, pubic symphysis pain, sciatic nerve tension

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen gluteus medius, gluteus maximus, and deep hip external rotator muscles • Dissociate unilateral hip movement from pelvis • Increase rotational control of the pelvis • Increase lumbopelvic stability • Increase hip joint mobility • Challenge coordination 	<p>Begin by hovering the heels off the mat in line with top hip</p> <p>Inhale: Squeeze the heels together and externally rotate the top hip to lift the knee up toward the ceiling</p> <p>Exhale: Maintaining external hip rotation and a stationary upper leg, extend the top knee with control to reach the leg out on a high diagonal</p> <p>Inhale: Reverse the movement to flex the knee to bring the heels together</p> <p>Exhale: Maintaining heels together, internally rotate the hip to lower the knee to meet the lower knee</p> <p><i>Repeat as many times as desired</i></p> <p>Inhale: Return the heels back to the mat to return to the start position</p>	<ul style="list-style-type: none"> • Loss of neutral spine • Loss of pelvis stabilization, usually posterior pelvic tilt or rotation of pelvis toward ceiling • Flaring of the rib cage • Loss of abdominal connection / doming of the rectus abdominis • Excessive gripping of the hip flexors • Loss of hip external rotation on kickout • Tension in the neck and shoulders • Holding breath
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Lower heels to the floor • Adjust amount of hip and knee flexion • Add padding for lower lateral hip if required • Remove the kickout • Top hand resting on mat in front of body for more stability 	<ul style="list-style-type: none"> • Perform in tabletop position • Resistance band around upper legs • Isometric hold • Pulses • Alter breath pattern • Ankle weights • Vary pace • Perform with ankles plantarflexed 	

Side Lying Series
Single Leg Lift Series: Tabletop Lift



Exercise Start Position: Side lying, legs: hips and knees flexed to 90 degrees, ankles dorsiflexed, arms: underneath arm extended with head resting on upper arm, top hand on hip or resting in front on the mat **Contraindications:** Acute hip injuries **Precautions:** Acute low back pain or SIJ pain, pubic symphysis pain, sciatic nerve tension

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> Strengthen gluteus medius and deep hip external rotator muscles (open chain) Dissociate unilateral hip movement from pelvis Increase lumbopelvic stability Increase hip joint mobility Improve lower limb biomechanics 	<p>Inhale: Lengthen the spine</p> <p>Exhale: Maintaining flexion of the hips and knees, abduct the top hip to lift the leg up toward the ceiling</p> <p>Inhale: Reverse the movement to lower the top leg to the start position</p>	<ul style="list-style-type: none"> Loss of neutral spine Loss of pelvic stabilization, usually posterior pelvic tilt or rotation of pelvic toward ceiling Flaring of the rib cage Loss of abdominal connection / doming of rectus abdominis Excessive gripping of the hip flexors Loss of leg alignment Knee dropping below height of hip (hip internal rotation) Tension in the neck and shoulders
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> Decrease range of motion Top hand resting on mat in front of body for more stability Add padding for lower lateral hip if required 	<ul style="list-style-type: none"> Lower leg extended Ankle weights Resistance band around upper legs Isometric hold Add knee extension with leg lifted Pulses Alter breath pattern Ankle weights Vary pace Perform with ankles plantarflexed 	

Side Lying Series

Single Leg Lift Series: Rainbow



Exercise Start Position: Side lying, legs: hips and knees flexed to 90 degrees, ankles dorsiflexed, arms: underneath arm extended with head resting on upper arm, top hand on hip or resting in front on the mat **Contraindications:** Acute hip injuries **Precautions:** Acute low back pain or SIJ pain, pubic symphysis pain, sciatic nerve tension

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen gluteus medius and deep hip external rotators • Dissociate unilateral hip movement from pelvis • Increase lumbopelvic stability • Increase hip joint mobility, particularly through internal and external rotation • Improve lower limb biomechanics 	<p>Inhale: Lengthen the spine</p> <p>Exhale: Maintaining flexion of the hips and knees, abduct the top hip to lift the leg up toward the ceiling</p> <p>Inhale: Hold</p> <p>Exhale: Internally rotate the hip and lower the top knee toward the lower knee</p> <p>Inhale: Lift the knee and rotate the hip to parallel to pass through the center</p> <p>Exhale: Eternally rotate the hip and lower the top heel to meet the lower heel</p> <p>Inhale: Lift the heel and rotate the hip to parallel to pass through the center</p> <p><i>Repeat as many times as desired</i></p> <p>Exhale: Lower the top leg with control to return to the start position</p>	<ul style="list-style-type: none"> • Loss of neutral spine • Loss of pelvic stabilization, usually posterior pelvic tilt or rotation of pelvic toward ceiling • Flaring of the rib cage • Loss of abdominal connection / doming of rectus abdominis • Excessive gripping of the hip flexors • Loss of controlled movements • Movement predominantly occurring at the ankle joint instead of the hip joint • Tension in the neck and shoulders
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Top hand resting on mat in front of body for more stability • Add padding for lower lateral hip if required • Tabletop Lift 	<ul style="list-style-type: none"> • Lower leg extended • Ankle weights • Resistance band around upper legs • Isometric hold • Pulses • Alter breath pattern • Vary pace • Perform with ankles plantarflexed 	

Side Lying Series

Single Leg Lift Series: Flex and Extend



Exercise Start Position: Side lying, legs: bottom hip and knee flexed to 90 degrees, top hip neutral with knee extended, ankles dorsiflexed, arms: underneath arm extended with head resting on upper arm, top hand on hip or resting in front on the mat **Contraindications:** Acute hip injuries **Precautions:** Acute low back pain or SIJ pain, pubic symphysis pain, acute knee pain, sciatic nerve tension

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen gluteus medius and hip abductor muscles with a long lever • Strengthen hip flexor and extensor muscles • Dissociate unilateral hip movement from pelvis • Increase lumbopelvic stability • Increase rotational control of the pelvis • Increase hip joint mobility, particularly through flexion and extension • Improve lower limb biomechanics 	<p>Inhale: Lengthen the spine</p> <p>Exhale: Maintaining an extended knee, abduct the top hip to lift the leg to the height of the hip</p> <p>Inhale: Maintaining the height of the leg, flex the hip and knee to create a tabletop position</p> <p>Exhale: Reverse the movement to extend the hip and knee</p> <p><i>Repeat as many times as desired</i></p> <p>Inhale: Adduct the top hip to lower the leg with control to return to the start position</p>	<ul style="list-style-type: none"> • Loss of neutral spine • Loss of pelvic stabilization, usually posterior pelvic tilt or rotation of pelvic toward ceiling • Flaring of the rib cage • Loss of abdominal connection / doming of rectus abdominis • Loss of ankle, knee, and hip alignment • Knee dropping below height of hip (hip internal rotation) • Tension in the neck and shoulder
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Top hand resting on mat in front of body for more stability • Add padding for lower lateral hip if required 	<ul style="list-style-type: none"> • Lower leg extended • Resistance band around upper legs • Ankle weights • Perform in internal or external rotation • Perform with ankles plantarflexed • Isometric hold • Pulses • Alter breath pattern • Vary pace 	

Side Lying Series

Single Leg Lift Series: Single Leg Lift



Exercise Start Position: Side lying, legs: bottom hip and knee flexed to 90 degrees, top hip neutral with knee extended, ankles dorsiflexed, arms: underneath arm extended with head resting on upper arm, top hand on hip or resting in front on the mat

Contraindications: Acute hip injuries **Precautions:** Acute low back pain or SIJ pain, pubic symphysis pain, sciatic nerve tension

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen gluteus medius muscle with long lever • Dissociate unilateral hip movement from pelvis • Increase lumbopelvic stability • Increase hip joint mobility • Improve lower limb biomechanics 	<p>Inhale: Lengthen the spine</p> <p>Exhale: Maintaining an extended knee, abduct the top hip to lift the leg to the height of the hip</p> <p>Inhale: Adduct the top hip to lower the leg with control to return to the start position</p>	<ul style="list-style-type: none"> • Loss of neutral spine • Loss of pelvic stabilization, usually posterior pelvic tilt or rotation of pelvic toward ceiling • Flaring of the rib cage • Loss of abdominal connection / doming of rectus abdominis • Excessive gripping of the hip flexors • Excessive eversion at the ankle • Loss of leg alignment • Flexing of the top knee • Tension in the neck and shoulders
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Top hand resting on mat in front of body for more stability • Add padding for lower lateral hip if required • Perform in varying degrees of hip flexion • Tabletop Lift • Flex knee as needed for hamstring tightness and sciatic nerve tension 	<ul style="list-style-type: none"> • Lower leg extended • Resistance band around upper legs • Ankle weights • Perform in internal or external rotation • Perform with ankles plantarflexed • Isometric hold • Pulses • Alter breath pattern • Vary pace • Pilates ring around ankles 	

Side Lying Series

Single Leg Lift Series: Leg Twists



Exercise Start Position: Side lying, legs: bottom hip and knee flexed to 90 degrees, top hip neutral with knee extended, ankles dorsiflexed, arms: underneath arm extended with head resting on upper arm, top hand on hip or resting in front on the mat **Contraindications:** Acute hip injuries **Precautions:** Acute low back pain or SIJ pain, pubic symphysis pain, sciatic nerve tension

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen gluteus medius with long lever • Strengthen deep hip rotator muscles • Dissociate unilateral hip movement from pelvis • Increase lumbopelvic stability • Increase hip joint mobility • Improve lower limb biomechanics 	<p>Inhale: Lengthen the spine</p> <p>Exhale: Maintaining an extended knee, abduct the top hip to lift the leg to the height of the hip</p> <p>Inhale: Maintaining the height of the leg, internally rotate the hip</p> <p>Exhale: Maintaining the height of the leg, externally rotate the hip</p> <p><i>Repeat as many times as desired</i></p> <p>Inhale: Return to parallel and adduct the top hip to lower the leg to the start position</p>	<ul style="list-style-type: none"> • Loss of neutral spine • Loss of pelvic stabilization, usually posterior pelvic tilt or rotation of pelvic toward ceiling • Flaring of the rib cage • Loss of abdominal connection / doming of rectus abdominis • Movement predominantly occurring at the ankle joint instead of the hip joint • Loss of leg alignment • Flexing of the top knee • Tension in the neck and shoulders
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Top hand resting on mat in front of body for more stability • Add padding for lower lateral hip if required • Rainbow • Remove internal or external rotation component • Flex knee as needed for hamstring tightness and sciatic nerve tension 	<ul style="list-style-type: none"> • Lower leg extended • Resistance band around upper legs • Ankle weights • Perform in internal or external rotation • Perform with ankles plantarflexed • Isometric hold • Alter breath pattern • Vary pace • Pilates ring around ankles 	

Side Lying Series

Single Leg Lift Series: Bicycles



Exercise Start Position: Side lying, legs: bottom hip and knee flexed to 90 degrees, top hip neutral with knee extended, ankles dorsiflexed, arms: underneath arm extended with head resting on upper arm, top hand on hip or resting in front on the mat

Contraindications: Acute hip injuries **Precautions:** Acute low back pain or SIJ pain, pubic symphysis pain, sciatic nerve tension

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen gluteus medius with long lever • Strengthen hip flexor, extensor, and deep hip rotator muscles • Dissociate unilateral hip movement from pelvis • Increase lumbopelvic stability • Increase hip joint mobility • Challenge coordination • Improve lower limb biomechanics 	<p>Inhale: Lengthen the spine</p> <p>Exhale: Maintaining an extended knee, abduct the top hip to lift the leg to the height of the hip</p> <p>Inhale: Flex the top hip and knee to tabletop, and continue to extend the knee to reach the toes forward</p> <p>Exhale: Sweep the leg back behind the line of the spine to complete the bicycle motion</p> <p><i>Repeat as desired, then reverse</i></p> <p>Inhale: Maintaining an extended knee, flex the top hip to sweep the leg forward</p> <p>Exhale: Flex the knee to tabletop, and extend the leg behind the line of the spine to complete the bicycle motion in reverse</p> <p><i>Repeat as desired</i></p> <p>Inhale: Adduct the top hip to lower the leg to the start position</p>	<ul style="list-style-type: none"> • Loss of neutral spine • Loss of pelvic stabilization, usually posterior pelvic tilt or rotation of pelvic toward ceiling • Flaring of the rib cage • Loss of abdominal connection / doming of rectus abdominis • Loss of ankle, knee, and hip alignment • Lack of controlled movement • Loss of coordinated movement • Tension in the neck and shoulders
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Top hand resting on mat in front of body for more stability • Add padding for lower lateral hip if required 	<ul style="list-style-type: none"> • Resistance band around upper legs • Ankle weights • Perform with ankles plantarflexed • Alter breath pattern • Vary pace 	

Side Lying Series

Single Leg Lift Series: Adductor Lift



Exercise Start Position: Side lying, legs: bottom hip neutral with knee extended in line with the spine, top hip and knee flexed with top foot resting on mat in front of the upper leg, ankles dorsiflexed, arms: underneath arm extended with head resting on upper arm, top hand on hip or resting in front on the mat

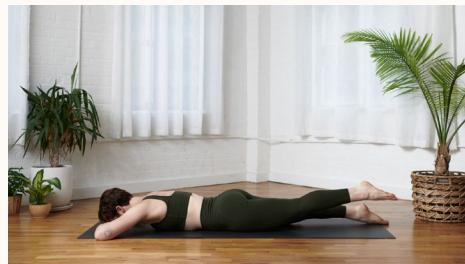
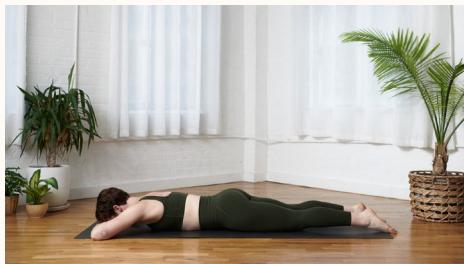
Contraindications: Acute hip or groin injuries

Precautions: Acute low back pain or SIJ pain, pubic symphysis pain, sciatic nerve tension

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen hip adductor muscles • Strengthen deep hip rotator muscles • Dissociate unilateral hip movement from pelvis • Increase lumbopelvic stability • Increase hip joint mobility • Improve lower limb biomechanics 	<p>Inhale: Lengthen the spine</p> <p>Exhale: Maintaining a neutral spine, press down through the top foot and lift the lower extended leg as high as possible with control</p> <p>Inhale: Reverse the movement to lower the leg to a hover</p> <p><i>Repeat as many times as desired, then lower the leg to return to the start position</i></p>	<ul style="list-style-type: none"> • Loss of neutral spine • Loss of pelvic stabilization, usually posterior pelvic tilt or rotation of pelvic toward ceiling • Flaring of the rib cage • Loss of abdominal connection / doming of rectus abdominis • Excessive inversion at the ankle • Flexing of the bottom knee • Loss of lower leg alignment • Tension in the neck and shoulders
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Top hand resting on mat in front of body for more stability • Add padding for lower lateral hip if required • Add a block / ball for the top knee to rest on • Flex knee as needed for hamstring tightness and sciatic nerve tension 	<ul style="list-style-type: none"> • Ankle weights • Perform with ankles plantarflexed • Alter breath pattern • Vary pace • Perform with both legs extended and lift both legs simultaneously • Pilates ring: Stabilize ring with top leg by pressing down into ring and lift lower leg up toward top foot 	

Hip Extension Series

Single Leg Lifts



Exercise Start Position: Prone

Contraindications: Prenatal clients who are unable to comfortably lay prone **Precautions:** Acute back pain and SIJ pain, sciatic nerve tension, prenatal clients in their second and third trimester, acute hip injuries

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none">• Strengthen hip extensor muscles, particularly gluteus maximus and hamstrings• Strengthen abdominal muscles• Dissociate unilateral hip movement from pelvis• Increase lumbopelvic stability• Increase hip joint mobility	<p>Inhale: Lengthen the spine</p> <p>Exhale: Maintaining a neutral spine, extend one hip to lift the leg up toward the ceiling</p> <p>Inhale: Reverse the movement to lower the leg toward the mat with control</p> <p><i>Repeat as many times as desired, then repeat to the other side</i></p>	<ul style="list-style-type: none">• Loss of neutral pelvis or spine, usually hyperextension or hinging in the lumbar spine• Rotation of the pelvis• Loss of deep abdominal connection• Flaring of the rib cage• Loss of scapula stabilization, usually excessive elevation or protraction• Loss of neutral head and neck alignment• Tension in the neck and shoulders• Flexing of the knee instead of hip extension
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none">• Decrease range of motion• Flex the knees• Abduct and/or externally rotate hips for low back comfort• Padding under pelvis for comfort• Perform quadruped variation for client who are unable to lie prone	<ul style="list-style-type: none">• Ankle weights• Resistance band around upper legs or ankles• Pilates ring around ankles• Perform with ankles dorsiflexed• Perform in external hip rotation• Alter breath pattern• Vary pace• Double leg lifts• Add spinal extension• Add arm movements• Single leg circles• Add knee flexion (hamstring curl)	

Hip Extension Series

Double Leg Lifts



Exercise Start Position: Prone

Contraindications: Prenatal clients who are unable to comfortably lay prone **Precautions:** Acute back pain and SIJ pain, sciatic nerve tension, prenatal clients in their second and third trimester, acute hip injuries

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen hip extensor muscles, particularly gluteus maximus and hamstrings • Strengthen abdominal muscles • Dissociate bilateral hip movement from pelvis • Increase lumbopelvic stability • Increase hip joint mobility 	<p>Inhale: Lengthen the spine</p> <p>Exhale: Maintaining a neutral spine, extend both hips to lift the legs up toward the ceiling</p> <p>Inhale: Reverse the movement to lower the legs toward the mat with control</p>	<ul style="list-style-type: none"> • Loss of neutral pelvis or spine, usually hyperextension or hinging in the lumbar spine • Rotation of the pelvis • Loss of deep abdominal connection • Flaring of the rib cage • Loss of scapula stabilization, usually excessive elevation or protraction • Loss of neutral head and neck alignment • Tension in the neck and shoulders • Flexing of the knees instead of hip extension
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Flex the knees • Abduct and/or externally rotate hips for low back comfort • Padding under pelvis for comfort • Single Leg Lift • Perform quadruped single leg lift variation for client who are unable to lie prone 	<ul style="list-style-type: none"> • Ankle weights • Add arm movements • Resistance band or Pilates ring around upper legs or ankles • Ball or block between ankles or upper legs • Perform with ankles dorsiflexed • Perform in external hip rotation • Alter breath pattern • Vary pace • Add spinal extension • Add arm movements • Double leg circles • Swimming legs or beats • Add knee flexion (hamstring curls) 	

Hip Extension Series

Hamstring Curl

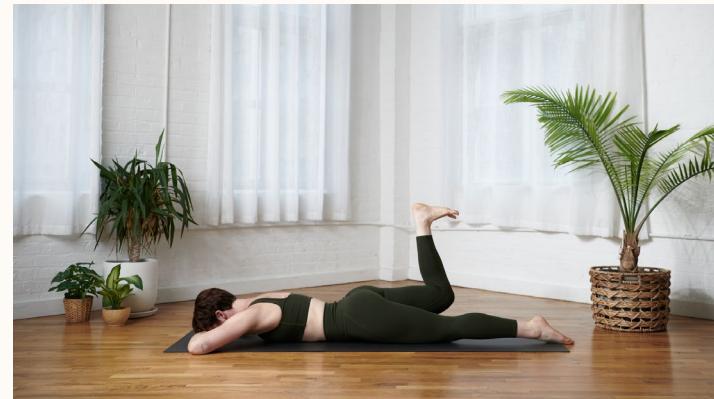


Exercise Start Position: Prone **Contraindications:** Prenatal clients who are unable to comfortably lay prone
Precautions: Acute back pain and SIJ pain, sciatic nerve tension, prenatal clients in their second and third trimester, acute hip or hamstring injuries

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> Strengthen hip extensor muscles, particularly hamstrings and gluteus maximus Strengthen abdominal muscles Dissociate unilateral hip movement from pelvis Increase lumbopelvic stability Challenge coordination Increase hip joint mobility 	<p>Inhale: Lengthen the spine</p> <p>Exhale: Maintaining a neutral spine, extend one hip to lift the leg up toward the ceiling</p> <p>Inhale: Hold</p> <p>Exhale: Maintaining the position of the upper leg, dorsiflex the foot and flex the knee to bring the heel toward the buttocks</p> <p>Inhale: Reverse the movement to extend the knee with control</p> <p><i>Repeat as many times as desired</i></p> <p>Exhale: Reverse the movement to lower the leg toward the mat with control</p> <p><i>Repeat to the other side</i></p>	<ul style="list-style-type: none"> Loss of neutral pelvis or spine, usually hyperextension or hinging in the lumbar spine Rotation of the pelvis Loss of deep abdominal connection Flaring of the rib cage Loss of scapula stabilization, usually excessive elevation or protraction Loss of neutral head and neck alignment Tension in the neck and shoulders Loss of hip extension, allowing the upper leg to rest on the mat
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> Decrease range of motion Padding under pelvis for comfort Perform in neutral hip alignment and upper legs resting on mat Perform quadruped variation for client who are unable to lie prone 	<ul style="list-style-type: none"> Double leg with heels together or hip width distance apart Ankle weights Pulses Alter breath pattern Vary pace Add spinal extension Add arm movements 	

Hip Extension Series

Heel Pumps



Exercise Start Position: Prone

Contraindications: Prenatal clients who are unable to comfortably lay prone **Precautions:** Acute back pain and SIJ pain, sciatic nerve tension, prenatal clients in their second and third trimester, acute hip or hamstring injuries

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen hip extensor muscles, particularly gluteus maximus • Strengthen abdominal muscles • Dissociate unilateral hip movement from pelvis • Increase lumbopelvic stability • Challenge coordination • Increase hip joint mobility 	<p>Inhale: Dorsiflex one foot and flex the knee to 90 degrees</p> <p>Exhale: Maintaining the position of the knee and ankle, extend the hip to lift the knee off the mat with control</p> <p>Inhale: Reverse the movement to lower the knee to a hover</p> <p><i>Repeat as many times as desired</i></p> <p>Exhale: Extend the knee and plantarflex the ankle to return the leg to the start position</p> <p><i>Repeat to the other side</i></p>	<ul style="list-style-type: none"> • Loss of neutral pelvis or spine, usually hyperextension or hinging in the lumbar spine • Rotation of the pelvis • Loss of deep abdominal connection • Flaring of the rib cage • Loss of scapula stabilization, usually excessive elevation or protraction • Loss of neutral head and neck alignment • Tension in the neck and shoulders • Loss of hip extension • Loss of 90 degrees knee flexion
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Padding under pelvis for comfort • Perform quadruped variation for client who are unable to lie prone • Remove the dorsiflexion component 	<ul style="list-style-type: none"> • Double leg with heels together or hip width distance apart • Ankle weights • Isometric hold • Pulses • Alter breath pattern • Vary pace • Add spinal extension • Add arm movements 	

Hip Extension Series

Froggy



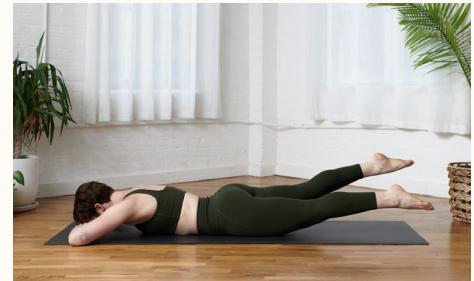
Exercise Start Position: Prone

Contraindications: Prenatal clients who are unable to comfortably lay prone **Precautions:** Acute back pain and SIJ pain, sciatic nerve tension, prenatal clients in their second and third trimester, acute hip or hamstring injuries

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen hip extensor muscles, particularly gluteus maximus and hamstrings • Strengthen deep hip external rotator muscles • Strengthen abdominal muscles • Dissociate bilateral hip movement from pelvis • Increase lumbopelvic stability • Challenge coordination • Increase hip joint mobility 	<p>Inhale: Flex the knees to 90 degrees, dorsiflex the feet, externally rotate the hips, and squeeze the heels together to create a frog position</p> <p>Exhale: Maintaining the position of the legs, extend the hips to lift the upper legs off the mat with control</p> <p>Inhale: Reverse the movement to lower the knees to a hover</p> <p><i>Repeat as many times as desired, and on the last repetition, lower the knees all the way to the mat</i></p> <p>Exhale: Rotate the hips to neutral, extend the knees, and plantarflex the feet to return to the start position</p>	<ul style="list-style-type: none"> • Loss of neutral pelvis or spine, usually hyperextension or hinging in the lumbar spine • Rotation of the pelvis • Loss of deep abdominal connection • Flaring of the rib cage • Loss of scapula stabilization, usually excessive elevation or protraction • Loss of neutral head and neck alignment • Tension in the neck and shoulders • Loss of hip extension • Loss of 90 degrees knee flexion • Loss of hip external rotation • Separation of the heels
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Vary degree of hip external rotation • Padding under pelvis for comfort • Remove the dorsiflexion component 	<ul style="list-style-type: none"> • Ball or block between ankles • Ankle weights • Isometric hold • Pulses • Alter breath pattern • Vary pace • Add spinal extension • Add arm movements • Add hip adduction with knees lifted 	

Hip Extension Series

Freestyle Legs



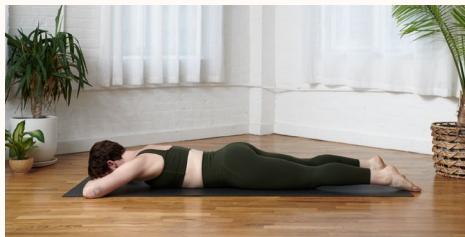
Exercise Start Position: Prone

Contraindications: Prenatal clients who are unable to comfortably lay prone **Precautions:** Acute back pain and SIJ pain, sciatic nerve tension, prenatal clients in their second and third trimester, acute hip or hamstring injuries

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> Increase strength and endurance of posterior chain, particularly the back extensor, gluteal, and hamstring muscles Strengthen abdominal muscles Dissociate bilateral hip movement from pelvis Increase lumbopelvic stability Challenge coordination Increase hip joint mobility 	<p>Inhale: Lengthen the spine</p> <p>Exhale: Maintaining a neutral spine, extend both hips to lift the legs up toward the ceiling</p> <p>Inhale: Further extend one hip to lift the leg toward the ceiling, and switch</p> <p>Exhale: Continue alternating the legs at a controlled, moderate pace</p> <p>Inhale: 2, 3, 4, 5 Exhale: 2, 3, 4, 5</p> <p><i>Repeat as desired</i></p> <p>Inhale: Lower the legs toward the mat with control</p>	<ul style="list-style-type: none"> Loss of neutral pelvis or spine, usually hyperextension or hinging in the lumbar spine Rotation of the pelvis Loss of deep abdominal connection Loss of scapula stabilization, usually excessive elevation or protraction Flaring of the rib cage Loss of neutral head and neck alignment Tension in the neck and shoulders Loss of hip extension, allowing the upper legs to rest on the mat Flexing of the knees Loss of coordinated movement
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> Decrease range of motion Padding under pelvis for comfort Single Leg Lifts Abduct and/or externally rotate hips for comfort Flex knees as needed for tight hamstrings or sciatic nerve tension 	<ul style="list-style-type: none"> Ankle weights Resistance band around upper legs or ankles Ball or block between ankles Isometric hold Alter breath pattern Vary pace Add spinal extension Add arm movements Perform in external hip rotation 	

Hip Extension Series

Beats



Exercise Start Position: Prone

Contraindications: Prenatal clients who are unable to comfortably lay prone **Precautions:** Acute back pain and SIJ pain, sciatic nerve tension, prenatal clients in their second and third trimester, acute hip or groin injuries

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> Increase strength and endurance of posterior chain, particularly the back extensor, gluteal, and hamstring muscles Strengthen hip adductor and abductor muscles Strengthen abdominal muscles Dissociate bilateral hip movement from pelvis Increase lumbopelvic stability Challenge coordination Increase hip joint mobility 	<p>Inhale: Externally rotate the hips</p> <p>Exhale: Extend the hips to lift the legs away from the mat and abduct the legs to shoulder width</p> <p>Inhale: Maintaining extended knees and the height of the legs, beat the feet together with control (5 repetitions)</p> <p>Exhale: Dorsiflex the ankles and continue to beat the feet together with control (5 repetitions)</p> <p>Inhale: 2, 3, 4, 5 Exhale: 2, 3, 4, 5</p> <p><i>Repeat as desired and on the last repetition, inhale to lower the legs</i></p> <p>Exhale: Rotate the hips to neutral</p>	<ul style="list-style-type: none"> Loss of neutral pelvis or spine, usually hyperextension or hinging in the lumbar spine Rotation of the pelvis Loss of deep abdominal connection Flaring of the rib cage Loss of scapula stabilization, usually excessive elevation or protraction Loss of neutral head and neck alignment Tension in the neck and shoulders Flexing of the knee instead of hip extension Loss of hip extension, allowing the upper legs to rest on the mat Loss of symmetrical lower leg alignment Loss of hip external rotation Loss of power on beat motion
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> Decrease range of motion Padding under pelvis for comfort Flex the feet or alternate between flexed and pointed feet Decrease hip external rotation for comfort Flex knees as needed for tight hamstrings or sciatic nerve tension 	<ul style="list-style-type: none"> Ankle weights Resistance band around upper legs or ankles Ball, block, or Pilates ring between ankles Alter breath pattern Vary pace Add spinal extension Add arm movements Perform in parallel 	

Postural Series
Postural Activation



Exercise Start Position: Prone with arms resting down by the sides, elbows extended

Contraindications: Prenatal clients who are unable to comfortably lay prone **Precautions:** Acute neck pain, acute low back pain or SIJ pain, prenatal clients in their second and third trimester

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen scapula stabilizers • Strengthen postural muscles • Increase lumbopelvic stability • Retrain head and neck alignment 	<p>Inhale: Nod the chin toward the chest to lengthen the back of the neck</p> <p>Exhale: Maintaining the position of the hands on the mat, lift the shoulders away from the mat and reach the shoulder blades down the back toward the feet</p> <p>Inhale: Return the shoulders to the mat and allow the muscles to release</p>	<ul style="list-style-type: none"> • Loss of neutral pelvis or spine, usually hyperextension or hinging in the lumbar spine • Flexing of the thoracic spine • Loss of deep abdominal connection • Loss of scapula stabilization, usually excessive elevation or protraction • Loss of neutral head and neck alignment • Tension in the neck and shoulders • Lifting of the legs
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Padding under pelvis for comfort • Small pillow or block under head for clients with kyphosis, or for comfort • Perform variation in kneeling or quadruped for clients who are unable to lay prone 	<ul style="list-style-type: none"> • Perform with legs abducted to shoulder width • Resistance band around upper legs or ankles • Ball, block, or Pilates ring between ankles • Hold resistance band behind back • Perform with hands hovering above the mat • Hand weights with hands hovering above the mat • Perform one side at a time • Add hip extension • Alter breath pattern • Vary pace • Isometric hold • Pulses 	

Postural Series

Extended Arms



Exercise Start Position: Prone with arms resting down by the sides, elbows extended

Contraindications: Prenatal clients who are unable to comfortably lay prone **Precautions:** Acute neck pain, acute low back pain or SIJ pain, acute shoulder injuries, prenatal clients in their second and third trimester

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen scapula stabilizers • Strengthen tricep muscles • Strengthen shoulder extensor muscles, particularly posterior deltoid, latissimus dorsi, and teres major • Increase lumbopelvic stability • Retrain head and neck alignment 	<p>Inhale: Nod the chin toward the chest to lengthen the back of the neck</p> <p>Exhale: Maintaining the position of the head, roll the shoulders back and lift the arms off the mat to reach the finger tips toward the feet</p> <p>Inhale: Return the arms and shoulders to the mat, with control, and allow all muscles to release</p>	<ul style="list-style-type: none"> • Loss of neutral pelvis or spine, usually hyperextension or hinging in the lumbar spine • Flexing of the thoracic spine • Flexing of the elbows • Loss of deep abdominal connection • Loss of scapula stabilization, usually excessive elevation or retraction • Loss of neutral head and neck alignment • Tension in the neck and shoulders • Lifting of the legs
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Padding under pelvis for comfort • Small pillow or block under head for clients with kyphosis, or for comfort • Postural Activation • Perform variation in kneeling or quadruped for clients who are unable to lay prone 	<ul style="list-style-type: none"> • Perform with legs abducted to shoulder width • Resistance band around upper legs or ankles • Ball, block, or Pilates ring between ankles • Hold resistance band behind back • Hand weights • Perform one side at a time • Add hip extension • Alter breath pattern • Vary pace • Isometric hold • Pulses 	

Postural Series

Dart



Exercise Start Position: Prone with arms resting down by the sides, elbows extended

Contraindications: Acute neck pain, prenatal clients who are unable to comfortably lay prone **Precautions:** Acute low back pain or SIJ pain, acute shoulder injuries, prenatal clients in their second and third trimester

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen scapula stabilizers • Strengthen tricep muscles • Strengthen shoulder extensor muscles, particularly posterior deltoid, latissimus dorsi, and teres major • Mobilize spine into thoracic extension • Increase lumbopelvic stability • Retrain head and neck alignment 	<p>Inhale: Nod the chin toward the chest to lengthen the back of the neck</p> <p>Exhale: Roll the shoulders back, lift the arms off the mat, and articulate the spine into thoracic extension to lift the head and chest</p> <p>Inhale: Return the chest, head, and arms to the mat, with control, and allow all muscles to release</p>	<ul style="list-style-type: none"> • Loss of neutral pelvis, usually hyperextension or hinging in the lumbar spine • Lack of extension of the thoracic spine • Loss of deep abdominal connection • Loss of scapula stabilization • Loss of neutral head and neck alignment • Tension in the neck and shoulders • Lifting of the legs
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Padding under pelvis for comfort • Small pillow or block under head for clients with kyphosis, or for comfort • Postural Activation or Extended Arms • Perform variation in kneeling or quadruped for clients who are unable to lay prone 	<ul style="list-style-type: none"> • Perform with legs abducted to shoulder width • Resistance band around upper legs or ankles • Ball, block, or Pilates ring between ankles • Hold resistance band, ball or Pilates ring behind back • Hand weights • Add hip extension • Isometric hold • Pulses • Alter breath pattern • Vary pace • Vary arm movements 	

Postural Series

Swan Arms



Exercise Start Position: Prone with elbows flexed to 90 degrees in line with the shoulders in a 'cactus' position and palms pressed into the mat **Contraindications:** Prenatal clients who are unable to comfortably lay prone **Precautions:** Acute neck pain, acute low back pain or SIJ pain, acute shoulder injuries, prenatal clients in their second and third trimester

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen scapula stabilizers, including middle and lower trapezius muscles • Strengthen shoulder muscles, particularly posterior deltoid, latissimus dorsi, and teres major • Strengthen rotator cuff muscles • Increase shoulder joint mobility • Increase lumbopelvic stability • Retrain head and neck alignment 	<p>Inhale: Nod the chin toward the chest to lengthen the back of the neck</p> <p>Exhale: Maintaining the position of the arms and parallel alignment with the mat, lift them away from the mat with control</p> <p>Inhale: Lower the arms to return to the start position</p>	<ul style="list-style-type: none"> • Loss of neutral pelvis, usually hyperextension or hinging in the lumbar spine • Flexing of thoracic spine • Loss of deep abdominal connection • Loss of scapula stabilization, usually excessive elevation • Loss of neutral head and neck alignment • Tension in the neck and shoulders • Lifting of the legs • Loss of symmetrical movement of the arms
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion of lift • Decrease amount of shoulder abduction in start position • Padding under pelvis for comfort • Small pillow or block under head for clients with kyphosis, or for comfort • Extended Arms or Dart • Perform variation in kneeling or quadruped for clients who are unable to lay prone 	<ul style="list-style-type: none"> • Perform with legs abducted to shoulder width • Resistance band around upper legs or ankles • Ball, block, or Pilates ring between ankles • Hold resistance band, ball or Pilates ring behind back • Add thoracic extension • Hand weights • Add hip extension • Isometric hold • Pulses • Alter breath pattern • Vary pace • Vary arm movements 	

Postural Series
Swan: Flex and Extend



Exercise Start Position: Prone with elbows flexed to 90 degrees in line with the shoulders in a 'cactus' position and palms pressed into the mat **Contraindications:** Prenatal clients who are unable to comfortably lay prone **Precautions:** Acute neck pain, acute low back pain or SIJ pain, acute shoulder injuries, prenatal clients in their second and third trimester

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen scapula stabilizers, including middle and lower trapezius muscles • Strengthen shoulder muscles, particularly posterior deltoid, latissimus dorsi, and teres major • Strengthen rotator cuff muscles • Increase shoulder joint mobility • Increase lumbopelvic stability • Retrain head and neck alignment • Challenge coordination 	<p>Inhale: Nod the chin toward the chest to lengthen the back of the neck</p> <p>Exhale: Maintaining the position of the arms and parallel alignment with the mat, lift them away from the mat with control</p> <p>Inhale: Draw the elbows in by the sides of the body toward the rib cage</p> <p>Exhale: Extend the elbows to reach the arms forward as far as possible, with control</p> <p><i>Repeat as many times as desired</i></p> <p>Inhale: Return the elbows to a 'cactus' position</p> <p>Exhale: Lower the arms to return to the start position</p>	<ul style="list-style-type: none"> • Loss of neutral pelvis, usually hyperextension or hinging in the lumbar spine • Lateral tilt of pelvis • Flexing of thoracic spine • Loss of deep abdominal connection • Loss of scapula stabilization, usually excessive elevation • Loss of neutral head and neck alignment • Tension in the neck and shoulders • Lifting of the legs • Loss of symmetrical movement of the arms
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion of reach • Padding under pelvis for comfort • Small pillow or block under head for clients with kyphosis, or for comfort • Swan Arms or Dart • Perform variation in kneeling or quadruped for clients who are unable to lay prone 	<ul style="list-style-type: none"> • Perform with legs abducted to shoulder width • Resistance band around upper legs or ankles • Ball, block, or Pilates ring between ankles • Add thoracic extension • Hand weights • Add hip extension • Isometric hold • Alter breath pattern • Vary pace • Vary arm movements 	

Postural Series

Swan Preparation



Exercise Start Position: Prone with arms in starting position 1, 2, or 3

Contraindications: Prenatal clients who are unable to comfortably lay prone **Precautions:** Acute neck pain, acute low back pain or SIJ pain, acute shoulder injuries, prenatal clients in their second and third trimester

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen scapula stabilizers • Strengthen trapezius and tricep muscles • Strengthen anterior deltoid and pectoralis muscles • Strengthen spinal extensor muscles • Mobilize thoracic spine into extension • Increase lumbopelvic stability • Retrain head and neck alignment 	<p>Inhale: Nod the chin toward the chest to lengthen the back of the neck</p> <p>Exhale: Press down into the palms and articulate the thoracic spine into extension to lift the head and chest with control</p> <p>Inhale: Reverse the spinal articulation to lower the chest and head to the mat with control</p>	<ul style="list-style-type: none"> • Loss of neutral pelvis, usually hyperextension or hinging in the lumbar spine • Lack of extension of the thoracic spine • Loss of deep abdominal connection • Flaring of the rib cage • Loss of scapula stabilization • Loss of neutral head and neck alignment • Tension in the neck and shoulders • Lifting of the legs
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Vary starting arm position 1, 2, or 3 • Decrease range of motion • Padding under pelvis for comfort • Small pillow or block under head for clients with kyphosis, or for comfort • Swan Arms or Dart • Perform variation in kneeling or quadruped for clients who are unable to lay prone 	<ul style="list-style-type: none"> • Change breath pattern once lumbopelvic stabilization is achieved (inhale lift, exhale lower) • Perform with legs abducted to shoulder width • Resistance band around upper legs or ankles • Ball, block, or Pilates ring between ankles • Add hip extension • Isometric hold • Vary pace • Incorporate full spine extension 	<ul style="list-style-type: none"> • Starting positions: <ol style="list-style-type: none"> 1. Hands stacked under shoulders with elbows flexed beside body 2. Hands stacked under forehead, palms down, elbows flexed out to sides 3. Cactus arms, palms down

Postural Series

Swan Lift



Exercise Start Position: Prone with arms in starting position 1, 2, or 3

Contraindications: Acute neck pain, prenatal clients who are unable to comfortably lay prone **Precautions:** Acute low back pain or SIJ pain, acute shoulder injuries, prenatal clients in their second and third trimester

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen scapula stabilizers • Strengthen shoulder muscles • Strengthen spinal extensor muscles • Mobilize thoracic spine into extension • Increase lumbopelvic stability • Retrain head and neck alignment • Challenge coordination and control 	<p>Inhale: Nod the chin toward the chest to lengthen the back of the neck</p> <p>Exhale: Maintaining the forehead-to-hand connection, articulate the thoracic spine into extension to lift the head, chest, and arms with control</p> <p>Inhale: Reverse the spinal articulation to lower the chest, head, and arms to the mat with control</p>	<ul style="list-style-type: none"> • Loss of neutral pelvis, usually hyperextension or hinging in the lumbar spine • Lack of extension of the thoracic spine, instead over-extending from the lumbar spine • Loss of deep abdominal connection • Flaring of the rib cage • Loss of scapula stabilization • Loss of neutral head and neck alignment • Tension in the neck and shoulders • Lifting of the legs
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Padding under pelvis for comfort • Small pillow or block under head for clients with kyphosis, or for comfort • Swan Preparation • Perform variation in kneeling or standing for clients who are unable to lay prone 	<ul style="list-style-type: none"> • Change breath pattern once lumbopelvic stabilization is achieved (inhale lift, exhale lower) • Perform with legs abducted to shoulder width • Resistance band around upper legs or ankles • Ball, block, or Pilates ring between ankles • Add hip extension • Isometric hold • Vary pace • Vary arm movements • Incorporate full spine extension 	<ul style="list-style-type: none"> • Starting positions: <ol style="list-style-type: none"> 1. Hands stacked under shoulders with elbows flexed beside body 2. Hands stacked under forehead, palms down, elbows flexed out to sides 3. Cactus arms, palms down

Postural Series

Swan Dive



Exercise Start Position: Prone with elbows bent, hands under shoulders **Contraindications:** Prenatal clients who are unable to comfortably lay prone **Precautions:** Acute neck pain, acute low back pain or SIJ pain, acute shoulder injuries, prenatal clients in their second and third trimester

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen scapula stabilizers • Strengthen shoulder muscles • Strengthen spinal extensor muscles • Mobilize spine into full extension • Increase lumbopelvic stability • Retrain head and neck alignment • Challenge coordination and control 	<p>Inhale: Nod the chin toward the chest to lengthen the back of the neck</p> <p>Exhale: Press down into the palms and articulate the spine, one vertebra at a time, into full extension (or as far as possible with control) to lift the head and chest with control</p> <p>Inhale: Reverse the spinal articulation to lower the abdomen, chest, and head to the mat with control</p>	<ul style="list-style-type: none"> • Loss of neutral pelvis, usually hyperextension or hinging in the lumbar spine • Lack of segmental extension throughout the full spine, instead predominantly extending from lumbar spine • Loss of deep abdominal connection / doming of the rectus abdominis • Flaring of the rib cage • Loss of scapula stabilization • Loss of neutral head and neck alignment • Tension in the neck and shoulders • Lifting of the legs
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Padding under pelvis for comfort • Remove lumbar extension: perform Swan Preparation instead 	<ul style="list-style-type: none"> • Change breath pattern once lumbopelvic stabilization is achieved (inhale lift, exhale lower) • Perform with legs abducted to shoulder width • Resistance band around upper legs or ankles • Ball, block, or Pilates ring between ankles • Add hip extension • Isometric hold • Vary pace 	

Postural Series

Swimming



Exercise Start Position: Prone with arms extended overhead **Contraindications:** Acute neck pain, acute low back pain or SIJ pain, prenatal clients who are unable to comfortably lay prone **Precautions:** Acute shoulder injuries, acute hip injuries, prenatal clients in their second and third trimester

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen scapula stabilizers • Increase strength and endurance of posterior chain, particularly the back extensor, gluteal, and hamstring muscles • Strengthen abdominal muscles • Dissociate bilateral hip movement from pelvis • Increase lumbopelvic stability • Increase hip and shoulder joint mobility • Mobilize spine into thoracic extension • Retrain head and neck alignment • Challenge coordination 	<p>Inhale: Lengthen the spine</p> <p>Exhale: Simultaneously lift the legs and arms up toward the ceiling and articulate the spine into extension</p> <p>Inhale: Maintaining extension of the thoracic spine, lift opposite arm and leg further away from the mat, and then switch</p> <p>Exhale: Continue alternating the legs at a controlled, moderate pace</p> <p>Inhale: 2, 3, 4, 5 Exhale: 2, 3, 4, 5</p> <p><i>Repeat as desired</i></p> <p>Inhale: Simultaneously lower the arms, legs, chest, and head to the start position</p>	<ul style="list-style-type: none"> • Loss of neutral pelvis, usually hyperextension or hinging in the lumbar spine • Lateral tilt of the pelvis • Loss of deep abdominal connection / doming of the rectus abdominis • Flaring of the rib cage • Loss of thoracic extension • Loss of scapula stabilization, usually excessive elevation or protraction • Loss of neutral head and neck alignment • Tension in the neck and shoulders • Loss of hip extension, allowing the upper legs to rest on the mat • Flexing of the knees or elbows • Loss of coordinated movement of the arms and legs
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Perform with head resting on mat • Padding under pelvis for comfort • Arms only or legs only • Abduct and/or externally rotate hips for comfort • Vary arm position: perform in dart position instead • Flex knees as needed for tight hamstrings or sciatic nerve tension • Perform swimming arms seated, kneeling or standing for client who are unable to lie prone 	<ul style="list-style-type: none"> • Perform with legs abducted to shoulder width • Resistance band around upper legs or ankles • Ball, block, or Pilates ring between ankles • Hand weights • Ankle weights • Isometric hold • Alter breath pattern • Vary pace • Vary arm movements • Perform in external hip rotation 	

Kneeling Series

Serratus Pushups



Exercise Start Position: Quadruped **Contraindications:** n/a **Precautions:** Acute neck pain, acute shoulder or upper limb injuries, acute wrist injuries or inability to weight-bear through the wrist, acute knee pain

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen scapula stabilizers, particularly serratus anterior • Strengthen shoulder, arm, and forearm muscles • Strengthen wrists • Mobilize scapulae in protraction and retraction • Establish neutral scapulae position • Retrain head and neck alignment • Improve lumbopelvic stability 	<p>Inhale: Maintaining extended elbows and a neutral spine, lower the chest between the shoulders, drawing the shoulder blades closer to each other</p> <p>Exhale: Reverse the movement to lift the chest and broaden the shoulder blades</p>	<ul style="list-style-type: none"> • Loss of neutral spine or pelvis • Flaring of the rib cage • Loss of deep abdominal connection / doming of rectus abdominis • Flexing of the thoracic spine with protraction • Flexing of the elbows • Loss of alignment of hands under shoulders and knees under hips • Excessive elevation of the scapulae • Loss of neutral head and neck alignment • Tension in the neck and shoulders
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Perform on fisted hands or forearms • Add a block under forearms • Perform on an incline (such as standing with hands on wall) to decrease the load • Padding under knees for comfort 	<ul style="list-style-type: none"> • Single arm for increased scapula challenge • Resistance band from hands wrapped around thoracic spine to improve feedback • Resistance band around upper legs or ankles • Ball, block, or Pilates ring between ankles • Isometric hold • Alter breath pattern • Vary pace 	

Kneeling Series

Bird Dog: Single Arm



Exercise Start Position: Quadruped **Contraindications:** n/a **Precautions:** Acute neck pain, acute shoulder or upper limb injuries, acute wrist injuries or inability to weight-bear through the wrist, acute knee pain

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen scapula stabilizers, particularly serratus anterior • Strengthen shoulder, arm, and forearm muscles • Strengthen wrists • Strengthen abdominal muscles • Mobilize shoulder into flexion • Improve lumbopelvic stability • Dissociate unilateral shoulder movement from torso • Retrain head and neck alignment 	<p>Inhale: Lengthen the spine</p> <p>Exhale: Maintaining a neutral spine, flex one shoulder to reach the arm forward, as far as possible, with control</p> <p>Inhale: Reverse the movement to return the arm to the start position</p> <p><i>Repeat to the other side</i></p>	<ul style="list-style-type: none"> • Loss of neutral spine or pelvis • Loss of deep abdominal connection / doming of rectus abdominis • Flaring of the rib cage • Flexing of the elbows or hyperextension • Loss of alignment of hand under shoulder and knees under hips • Loss of scapula stabilization: Usually excessive elevation of the scapulae on reaching arm or excessive retraction on stabilizing side • Loss of neutral head and neck alignment • Tension in the neck and shoulders
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Perform on fisted hands or forearms • Add a block under forearms or hands • Padding under knees for comfort • Make the exercise closed chain: keep the moving hand in contact with the floor, sliding it forward into flexion without lifting off the mat 	<ul style="list-style-type: none"> • Complete full set on one side before repeating on opposite side • Hand weights • Resistance band around back • Lateral arm opening ('cactus' or extended elbow) • Arm circles • Reach arm posteriorly past the hip • Resistance band around upper legs or ankles • Ball, block, or Pilates ring between ankles • Isometric hold • Alter breath pattern • Vary pace 	

Kneeling Series

Bird Dog: Single Leg



Exercise Start Position: Quadruped **Contraindications:** n/a **Precautions:** Acute low back pain or SIJ pain, acute neck pain, acute shoulder or upper limb injuries, acute wrist injuries or inability to weight-bear through the wrist, acute knee pain

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen scapula stabilizers, particularly serratus anterior • Strengthen shoulder, arm, and forearm muscles • Strengthen wrists • Strengthen abdominal muscles • Strengthen hip extensor muscles • Improve lumbopelvic stability • Dissociate unilateral hip movement from pelvis • Retrain head and neck alignment 	<p>Inhale: Lengthen the spine</p> <p>Exhale: Maintaining a neutral spine, slide the toes of one foot backward along the floor, extend the knee, and continue to lift the leg as far as possible, with control</p> <p>Inhale: Reverse the movement to return the leg to the start position</p> <p><i>Repeat to the other side</i></p>	<ul style="list-style-type: none"> • Loss of neutral spine, usually into lumbar extension • Loss of neutral pelvis, usually tilt weight shift or tilt • Loss of deep abdominal connection / doming of rectus abdominis • Flaring of the rib cage • Flexing of the elbows or hyperextension • Flexing knee of extending leg • Loss of scapula stabilization • Loss of neutral head and neck alignment • Tension in the neck and shoulders
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Perform on fisted hands or forearms • Add a block under forearms or hands • Padding under knees for comfort • Make the exercise closed chain: keep the moving foot in contact with the floor, sliding it backward into extension without lifting off the mat 	<ul style="list-style-type: none"> • Complete full set on one side before repeating on opposite side • Balance block, ball or foam roller on lower back for feedback • Ankle weights • Perform with a flexed knee • Open the leg laterally • Leg circles • Resistance band around upper legs or knees • Isometric hold • Pulses • Alter breath pattern • Vary pace 	

Kneeling Series
Bird Dog: Alternating Arm and Leg



Exercise Start Position: Quadruped **Contraindications:** n/a **Precautions:** Acute low back pain or SIJ pain, acute neck pain, acute shoulder or upper limb injuries, acute wrist injuries or inability to weight-bear through the wrist, acute knee pain

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen scapula stabilizers, particularly serratus anterior • Strengthen shoulder, arm, and forearm muscles • Strengthen wrists • Strengthen abdominal muscles • Strengthen hip extensor muscles • Improve lumbopelvic stability • Dissociate unilateral shoulder movement from torso and unilateral hip movement from pelvis • Retrain head and neck alignment • Challenge coordination 	<p>Inhale: Lengthen the spine</p> <p>Exhale: Maintaining a neutral spine, simultaneously reach one arm forward and the opposite leg backward with control</p> <p>Inhale: Return to the start position</p> <p><i>Repeat to the other side</i></p>	<ul style="list-style-type: none"> • Loss of neutral spine, usually into lumbar extension • Loss of neutral pelvis, usually tilt weight shift or tilt • Loss of deep abdominal connection / doming of rectus abdominis • Flaring of the rib cage • Flexing of the elbows or hyperextension • Flexing knee of extending leg • Loss of scapula stabilization: Usually excessive elevation of the scapulae on reaching arm or excessive retraction on stabilizing side • Loss of neutral head and neck alignment • Tension in the neck and shoulders
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Perform on fisted hands or forearms • Add a block under forearms or hands • Padding under knees for comfort • Make the exercise closed chain: keep the moving hand or foot in contact with the floor as you move • Perform single arm or single leg 	<ul style="list-style-type: none"> • Complete full set on one side before repeating on opposite side • Balance block, ball or foam roller on lower back for feedback • Ankle and hand weights • Resistance band around upper legs or knees • Abduct arm and leg • Opposite elbow to knee with round spine • Isometric hold • Pulses • Alter breath pattern • Vary pace 	

Kneeling Series

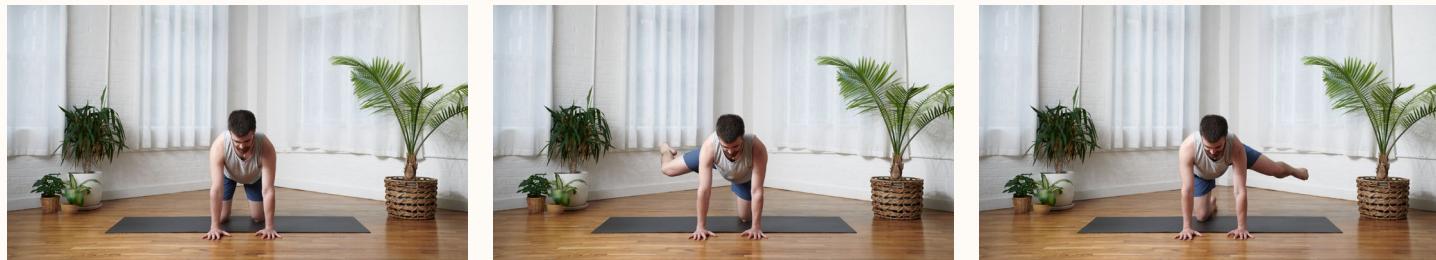
Bird Dog: Hamstring Curl



<ul style="list-style-type: none"> • Strengthen scapula stabilizers, particularly serratus anterior • Strengthen shoulder, arm, and forearm muscles • Strengthen wrists • Strengthen abdominal muscles • Strengthen hip extensor / knee flexor muscles, particularly hamstrings • Improve lumbopelvic stability • Dissociate unilateral hip movement from pelvis • Retrain head and neck alignment • Challenge coordination 	<p>Inhale: Lengthen the spine</p> <p>Exhale: Maintaining a neutral spine, slide the toes of one foot backward along the floor, extend the knee, and continue to lift the leg as far as possible, with control</p> <p>Inhale: Hold</p> <p>Exhale: Maintaining the height of the upper leg, flex the knee to bring the heel toward the buttocks</p> <p>Inhale: Reverse the movement to extend the knee</p> <p><i>Repeat as many times as desired</i></p> <p>Exhale: Lower the leg with control to return to the start position</p> <p><i>Repeat to the other side</i></p>	<ul style="list-style-type: none"> • Loss of neutral spine, usually into lumbar extension • Loss of neutral pelvis, usually tilt weight shift or tilt • Loss of deep abdominal connection / doming of rectus abdominis • Flaring of the rib cage • Flexing of the elbows or hyperextension • Loss of hip extension • Loss of controlled movement from knee flexion to extension • Loss of scapula stabilization • Loss of neutral head and neck alignment • Tension in the neck and shoulders
MODIFICATIONS <ul style="list-style-type: none"> • Decrease range of motion • Perform on fisted hands or forearms • Add a block under forearms or hands • Padding under knees for comfort • Perform in varying range of hip flexion 	VARIATIONS / PROPS <ul style="list-style-type: none"> • Balance block, ball or foam roller on lower back for feedback • Ball behind knee • Ankle weights • Resistance band around upper legs • Isometric hold • Pulses • Alter breath pattern • Vary pace 	NOTES / IMAGERY / FUNCTION

Kneeling Series

Bird Dog: Fire Hydrant



Exercise Start Position: Quadruped

Contraindications: n/a **Precautions:** Acute low back pain or SIJ pain, sciatic nerve tension, acute neck pain, acute shoulder or upper limb injuries, acute wrist injuries or inability to weight-bear through the wrist, acute hip or knee injuries

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen scapula stabilizers, particularly serratus anterior • Strengthen shoulder, arm, and forearm muscles • Strengthen wrists • Strengthen abdominal muscles • Strengthen hip extensor and deep hip rotator muscles • Improve lumbopelvic stability • Dissociate unilateral hip movement from pelvis • Increase hip joint mobility • Retrain head and neck alignment • Challenge coordination 	<p>Inhale: Lengthen the spine</p> <p>Exhale: Maintaining 90 degree flexion of the knees, abduct one hip to lift the leg to the side of the body with control</p> <p>Inhale: Reverse the movement to return the leg to the start position</p> <p><i>Repeat as many times as desired and then repeat to the other side</i></p>	<ul style="list-style-type: none"> • Loss of neutral spine, usually into lumbar extension • Loss of neutral pelvis, usually tilt weight shift or tilt • Loss of deep abdominal connection / doming of rectus abdominis • Flaring of the rib cage • Flexing of the elbows or hyperextension • Loss of 90 degree knee flexion • Lateral flexion of the spine, usually toward moving side • Loss of scapula stabilization • Loss of neutral head and neck alignment • Tension in the neck and shoulders
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Perform on fisted hands or forearms • Add a block under forearms or hands • Perform with one hand on mat, one forearm on mat • Padding under knees for comfort • Perform in varying range of hip flexion 	<ul style="list-style-type: none"> • Balance block, ball or foam roller on lower back for feedback • Ball behind knee • Ankle weights • Resistance band around upper legs • Isometric hold • Pulses • Alter breath pattern • Vary pace • Leg circles • Knee extended • Reach opposite arm forward 	

Kneeling Series

Knee Hovers



Exercise Start Position: Quadruped

Contraindications: n/a **Precautions:** Acute low back pain or SIJ pain, acute neck pain, acute shoulder or upper limb injuries, acute wrist injuries or inability to weight-bear through the wrist, prenatal clients in their second and third trimester

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen scapula stabilizers, particularly serratus anterior • Strengthen shoulder, arm, and forearm muscles • Strengthen wrists • Strengthen abdominal muscles • Improve lumbopelvic stability • Retrain head and neck alignment 	<p>Inhale: Tuck the toes under to prepare</p> <p>Exhale: Maintaining a neutral spine, press into the palms and hover the knees off the mat</p> <p>Inhale: Reverse the movement to lower the knees with control</p>	<ul style="list-style-type: none"> • Loss of neutral spine or pelvis • Flaring of the rib cage • Loss of deep abdominal connection/doming of rectus abdominis • Flexing of the thoracic spine with protraction • Flexing of the elbows or hyperextension • Loss of alignment of hands under shoulders and knees under hips • Excessive elevation or retraction of the scapulae • Loss of neutral head and neck alignment • Tension in the neck and shoulders • Holding breath • A bearing down or pushing out sensation reported
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Perform on fisted hands or forearms • Add a block under forearms • Padding under knees for comfort • Perform deep core activation combined with breath work in quadruped • Bird Dog: Single Arm or Single Leg 	<ul style="list-style-type: none"> • Ball or block between knees • Resistance band around upper legs • Resistance band from hands wrapped around thoracic spine • Lift one foot off the mat at a time for increased challenge • Add hand-to-shoulder taps • Resistance band around upper legs • Isometric hold • Pulses • Alter breath pattern • Vary pace 	

Kneeling Series

Push Up: Tricep Push Ups



Full Plank Variation



Exercise Start Position: Kneeling plank

Contraindications: n/a **Precautions:** Acute low back pain or SIJ pain, acute neck pain, acute shoulder or upper limb injuries, inability to weight-bear through the wrist, prenatal clients in their second and third trimester

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen triceps • Strengthen serratus anterior and shoulder stabilizers • Strengthen scapula stabilizers, particularly serratus anterior • Strengthen shoulder and arm muscles, particularly triceps • Strengthen wrists • Strengthen abdominal muscles • Improve lumbopelvic stability • Retrain head and neck alignment 	<p>Begin by rotating the forearms to point the elbow creases anteriorly</p> <p>Inhale: Maintaining a neutral spine, flex the elbows toward the sides of the torso to lower the chest toward the mat</p> <p>Exhale: Reverse the movement to lift the torso with control to return to the start position</p>	<ul style="list-style-type: none"> • Loss of neutral spine or pelvis • Flaring of the rib cage • Loss of deep abdominal connection/ doming of rectus abdominis • Flexing of the thoracic spine with protraction • Abducting the arms (elbows moving away from side of body) • Loss of scapula stabilization: usually excessive elevation or retraction of the scapulae • Loss of neutral head and neck alignment • Tension in the neck and shoulders • Holding breath • A bearing down or pushing out sensation reported
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Increase the incline to decrease the load: add a block under hands • Perform in a modified standing plank with hands on wall or bench • Padding under knees for comfort • Perform tricep lowers from quadruped • Perform deep core activation combined with breath work in quadruped 	<ul style="list-style-type: none"> • Staggered tricep push ups • Dive the nose further forward • Start in full plank • Ball or block between knees • Resistance band around upper legs • Isometric hold • Pulses • Alter breath pattern • Vary pace 	<p>Please swap the top line of images with the bottom line so that we demonstrate 'Kneeling Plank' first.</p> <p>Then, for the caption/heading, please write 'Full Plank Variation' instead of 'Kneeling Plank' to match the full plank demonstrated on the tippy toes.</p>

Kneeling Series

Kneeling Side Kick



Exercise Start Position: High kneeling

Contraindications: Acute neck pain, acute low back or SIJ pain, acute shoulder or upper limb injuries **Precautions:** Inability to weight-bear through the wrist, acute knee pain, prenatal clients in their second and third trimester

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen scapula stabilizers, particularly serratus anterior • Strengthen shoulder, arm, and forearm muscles • Strengthen wrists • Strengthen abdominal muscles, particularly obliques • Strengthen bilateral hip stabilizers, particularly gluteus medius • Improve lumbopelvic stability • Increase hip joint mobility • Retrain head and neck alignment • Challenge coordination and balance 	<p>Begin by lowering one hand to the mat with the fingers pointing away from the body approximately two feet from the knees, and reach the opposite leg away with the ankle dorsiflexed, the foot resting on the mat, and the opposite hand on the iliac crest</p> <p>Inhale: Prepare</p> <p>Exhale: Maintaining an extended knee, lift the leg up as far as possible, with control</p> <p>Inhale: Reverse the movement to lower the leg toward the mat to a hover</p>	<ul style="list-style-type: none"> • Loss of neutral spine • Loss of neutral pelvis, usually rotation • Flaring of the rib cage • Loss of deep abdominal connection / doming of rectus abdominis • Flexing or hyper-extension of the weight-bearing elbow • Flexing of the top knee • Loss of hip extension of stabilizing side • Excessive elevation or retraction of the scapulae • Loss of neutral head and neck alignment • Tension in the neck and shoulders • Holding breath • A bearing down or pushing out sensation reported
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Perform in side lying position • Turn head to look toward the mat to relieve neck tension • Perform on fisted hand • Perform on forearm resting on a block • Padding under knees for comfort • Vary hand or knee position for comfort 	<ul style="list-style-type: none"> • Parallel sweeps of the leg, bend and stretch, circles • Perform in external rotation • Ankle weights • Arm variations • Block or ball under stabilizing hand • Isometric hold • Pulses • Alter breath pattern • Vary pace 	

Kneeling Series

Hinge



Exercise Start Position: High kneeling **Contraindications:** Acute low back or SIJ pain, acute knee injuries

Precautions: Acute neck pain, prenatal clients in second and third trimester

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen quadricep muscles (eccentric focus) • Strengthen abdominal muscles • Strengthen scapula stabilizers • Improve lumbopelvic stability • Retrain head and neck alignment 	<p>Begin by reaching the arms forward to shoulder height</p> <p>Inhale: Maintaining a neutral spine, hinge at the knees to lean the whole body back in one straight line</p> <p>Exhale: Reverse the movement to return to vertical</p>	<ul style="list-style-type: none"> • Loss of neutral spine • Loss of pelvis stabilization • Flaring of the rib cage • Loss of deep abdominal connection / doming of rectus abdominis • Hip flexion • Loss of scapula stabilization • Loss of neutral head and neck alignment • Tension in the neck and shoulders • Holding breath • A bearing down or pushing out sensation reported
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Allow hip flexion • Perform kneeling squat • Padding under the knees for comfort • Vary arm position 	<ul style="list-style-type: none"> • Resistance band around hands • Ball or block between upper legs • From knee hinge position, hinge at the hips to add squats • Perform with torso in an upright position and hinge at the knees and hips • Isometric hold • Pulses • Alter breath pattern • Vary pace 	

Plank Series

Forward Plank Series: Full



Exercise Start Position: Quadruped **Contraindications:** Acute neck pain, acute low back pain or SIJ pain, acute shoulder or upper limb injuries **Precautions:** Inability to weight-bear through the wrists, prenatal clients in their second and third trimester, foot or toe injuries

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen scapula stabilizers • Strengthen shoulder and arm muscles • Strengthen wrists • Strengthen abdominal muscles • Global strengthening of lower body • Improve lumbopelvic stability • Retrain head and neck alignment 	<p>Inhale: Lengthen the spine</p> <p>Exhale: Maintaining a neutral spine, step one foot at a time backward and extend the knees to create a straight line from the head to the heels</p> <p>Inhale: Hold the plank position with a straight line from the head to the heels</p> <p>Exhale: Hold for as long as desired</p> <p>Inhale: Step one foot at a time forward, and flex and lower the knees to return to the start position</p>	<ul style="list-style-type: none"> • Loss of neutral spine or pelvis • Flaring of the rib cage • Loss of deep abdominal connection/ doming of rectus abdominis • Flexing of the elbows or hyperextension • Loss of alignment of hands under shoulders and knees under hips • Loss of scapula stabilization, usually excessive elevation or retraction • Loss of neutral head and neck alignment • Tension in the neck and shoulders • Holding breath • A bearing down or pushing out sensation reported
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Perform on fisted hands or forearms • Add a block under forearms • Kneeling plank variation • Perform on incline to decrease the load • Knee Hovers • Perform deep core activation combined with breath work in quadruped • Place ankles on foam roller for toe injuries 	<ul style="list-style-type: none"> • Plantarflex and dorsiflex the ankles • Knee taps • Oblique hip dips from side to side • Hand-to-shoulder taps • Abduct and adduct one hip at a time (toe taps) • Balance feet on ball • Alter breath pattern • Vary pace 	

Plank Series

Forward Plank Series: Single Leg



Exercise Start Position: Quadruped

Contraindications: Acute neck pain, acute low back pain or SIJ pain, pubic symphysis pain, acute shoulder or upper limb injuries

Precautions: Inability to weight-bear through the wrists, prenatal clients in their second and third trimester, foot or toe injuries, hamstring injuries

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen scapula stabilizers • Strengthen shoulder and arm muscles • Strengthen wrists • Strengthen abdominal muscles • Global strengthening of lower body, particularly hip extensor muscles • Dissociate unilateral leg movements from the pelvis • Improve lumbopelvic stability • Retrain head and neck alignment 	<p>Inhale: Lengthen the spine</p> <p>Exhale: Maintaining a neutral spine, step one foot at a time backward and extend the knees to create a straight line from the head to the heels</p> <p>Inhale: Hold the plank position with a straight line from the head to the heels</p> <p>Exhale: Extend one hip to lift the leg up toward the ceiling</p> <p>Inhale: Lower the leg to return to plank</p> <p>Exhale: Extend the opposite hip to lift the leg up toward the ceiling</p> <p>Inhale: Lower the leg to return to plank</p> <p><i>Repeat as many times as desired</i></p> <p>Exhale: Step one foot at a time forward, and flex and lower the knees to return to the start position</p>	<ul style="list-style-type: none"> • Loss of neutral spine or pelvis • Lateral weight shift of the body • Flaring of the rib cage • Loss of deep abdominal connection / doming of rectus abdominis • Flexing of the elbows or hyperextension • Flexing knee of lifting leg • Loss of alignment of hands under shoulders and knees under hips • Loss of scapula stabilization, usually excessive elevation or retraction • Loss of neutral head and neck alignment • Tension in the neck and shoulders • Holding breath • A bearing down or pushing out sensation reported
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Perform on fisted hands or forearms • Add a block under forearms • Kneeling plank variation • Perform on incline to decrease the load • Weight shift without lifting the leg • Place ankles on foam roller for toe injuries 	<ul style="list-style-type: none"> • Controlled mountain climbers • Add hamstring curl • Add opposite single arm lift • Balance feet on ball • Alter breath pattern • Vary pace 	

Plank Series

Side Plank Series: Full



Exercise Start Position: Side lying with knees flexed and hips resting on mat, bottom forearm on mat with elbow in line with the lower shoulder, top arm reaching up toward the ceiling **Contraindications:** Acute neck pain, acute low back pain or SIJ pain, acute shoulder or upper limb injuries **Precautions:** Prenatal clients in their second and third trimester

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen scapula stabilizers • Strengthen shoulder and arm muscles, including rotator cuff and latissimus dorsi • Strengthen abdominal muscles, particularly obliques • Strengthen hip abductors, particularly gluteus medius • Improve lumbopelvic stability • Retrain head and neck alignment 	<p>Inhale: Lengthen the spine</p> <p>Exhale: Lift the hips off the mat to align the head, shoulders, hips, and knees in a knee plank position</p> <p>Inhale: Extend the top knee and dorsiflex the ankle to reach the foot out to the side</p> <p>Exhale: Extend the bottom knee and dorsiflex the ankle to reach the foot out to the side and place it behind the top foot</p> <p><i>Hold for as long as desired with the head, shoulders, hips, and knees aligned</i></p> <p>Inhale: Flex the knees one at a time to lower them on the mat and then lower the hips to the mat</p>	<ul style="list-style-type: none"> • Loss of neutral spine or pelvis • Rotation of the pelvis and loss of hip stack • Flaring of the rib cage • Loss of deep abdominal connection / doming of rectus abdominis • Loss of alignment of elbow under shoulder • Loss of scapula stabilization, usually excessive elevation or retraction • Hip flexion • Loss of ankle alignment • Loss of neutral head and neck alignment • Tension in the neck and shoulders • Holding breath • A bearing down or pushing out sensation reported
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Turn head to look toward the mat to relieve neck tension • Perform kneeling with knees flexed to 90 degrees • Bottom knee on mat flexed to 90 degrees with top leg extended • Weight bear on hand instead of forearm 	<ul style="list-style-type: none"> • Lift hips up and down • Lift top leg to hover • Hand weight • Balance feet on top of each other • Alter breath pattern • Vary pace 	<p><i>Note: The image demonstrates the variation with feet balancing on top of each other</i></p>

Plank Series

Side Plank Series: Rotation



Exercise Start Position: Side lying with knees flexed and hips resting on mat, bottom forearm on mat with elbow in line with the lower shoulder, top arm reaching up toward the ceiling **Contraindications:** Acute neck pain, acute low back pain or SIJ pain, acute shoulder or upper limb injuries **Precautions:** Prenatal clients in their second and third trimester

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen scapula stabilizers • Strengthen shoulder and arm muscles, including rotator cuff and latissimus dorsi • Strengthen abdominal muscles, particularly obliques • Strengthen hip abductors, particularly gluteus medius • Improve lumbopelvic stability • Retrain head and neck alignment • Mobilize thoracic spine into rotation • Challenge balance and coordination 	<p>Begin by stepping both feet out to find a side plank with the top arm reaching toward the ceiling</p> <p>Inhale: Look to the top arm</p> <p>Exhale: Rotate the torso toward the mat and thread the top arm underneath the torso</p> <p>Inhale: Reverse the movement to reach the top arm toward the ceiling and look to the top arm</p> <p><i>Repeat as many times as desired</i></p> <p>Exhale: Lower the hips to the mat</p>	<ul style="list-style-type: none"> • Loss of neutral spine or pelvis • Rotation of the pelvis and loss of hip stack • Flaring of the rib cage • Loss of deep abdominal connection / doming of rectus abdominis • Loss of alignment of elbow under shoulder • Lack of thoracic rotation with threading of arm • Loss of scapula stabilization, usually excessive elevation or retraction • Hip flexion • Loss of ankle alignment • Loss of neutral head and neck alignment • Tension in the neck and shoulders • Holding breath • A bearing down or pushing out sensation reported
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Turn head to look toward the mat to relieve neck tension • Place feet one in front of the other • Perform kneeling with knees flexed to 90 degrees • Bottom knee on mat flexed to 90 degrees with top leg extended • Weight bear on hand instead of forearm • Remove thoracic rotation 	<ul style="list-style-type: none"> • Whole body rotation with hip lift on rotation • Hand weight in top arm • Hand weight • Alter breath pattern • Vary pace 	

Plank Series

Reverse Plank Series: Full



Exercise Start Position: Seated with legs extended, hands on either side of hips with fingers facing forward

Contraindications: Acute neck pain, acute shoulder or upper limb injuries, acute low back pain or SIJ pain

Precautions: Prenatal clients in their second and third trimester

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen scapula stabilizers • Strengthen shoulder and arm muscles • Strengthen wrists • Strengthen posterior chain, particularly hamstring and gluteal muscles • Stretches anterior chest, particularly pectoral muscles • Improve lumbopelvic stability • Retrain head and neck alignment 	<p>Inhale: Lengthen the spine</p> <p>Exhale: Extend the hips to lift the pelvis up toward the ceiling, as far as possible, with control</p> <p>Inhale: Flex the hips to lower the pelvis to the mat to return to the start position</p>	<ul style="list-style-type: none"> • Loss of neutral spine or pelvis • Flaring of the rib cage • Loss of deep abdominal connection / doming of rectus abdominis • Flexing of the elbows or hyperextension • Flexing or hyperextension of the knees • Loss of alignment of hands under shoulders • Loss of scapula stabilization, usually excessive elevation or retraction • Loss of neutral head and neck alignment • Tension in the neck and shoulders • Lack of height of lift • Holding breath • A bearing down or pushing out sensation reported
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Perform on forearms, resting on blocks to elevate • Turn out hands and/or widen hand placement • Knees flexed and feet planted flat on mat 	<ul style="list-style-type: none"> • Resistance band around hands • Resistance band around upper legs • Ball or block between upper legs • Isometric hold • Pulses • Hand weight • Alter breath pattern • Vary pace 	

Plank Series

Reverse Plank Series: Single Leg



Exercise Start Position: Seated with legs extended, hands on either side of hips with fingers facing forward

Contraindications: Acute neck pain, acute shoulder or upper limb injuries, acute low back pain or SIJ pain

Precautions: Prenatal clients in their second and third trimester, acute hamstring injuries

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen scapula stabilizers • Strengthen shoulder and arm muscles • Strengthen wrists • Strengthen posterior chain, particularly hamstring and gluteal muscles • Unilateral hip flexor strengthening • Stretches anterior chest, particularly pectoral muscles • Improve lumbopelvic stability • Retrain head and neck alignment 	<p>Inhale: Lengthen the spine</p> <p>Exhale: Extend the hips to lift the pelvis up toward the ceiling as far as possible, with control</p> <p>Inhale: Hold the reverse plank</p> <p>Exhale: Maintaining the height of the pelvis, flex one hip to lift the leg</p> <p>Inhale: Lower the leg to return to reverse plank</p> <p>Exhale: Maintaining the height of the pelvis, flex the other hip to lift the leg</p> <p>Inhale: Lower the leg to return to reverse plank</p> <p>Exhale: Flex the hips to lower the pelvis to the mat to return to the start position</p>	<ul style="list-style-type: none"> • Loss of neutral spine • Loss of neutral pelvis, usually posterior pelvic tilt or lateral tilt • Flaring of the rib cage • Loss of deep abdominal connection / doming of rectus abdominis • Flexing of the elbows or hyperextension • Flexing or hyperextension of the knees • Loss of alignment of hands under shoulders • Loss of scapula stabilization, usually excessive elevation or retraction • Loss of neutral head and neck alignment • Tension in the neck and shoulders • Lack of height of lift • Holding breath • A bearing down or pushing out sensation reported
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Perform on forearms, resting on blocks to elevate • Turn out hands and/or widen hand placement • Knees flexed and feet planted flat on mat, then extend the knee • Remove leg lift • Flex knee to tabletop 	<ul style="list-style-type: none"> • Isometric hold • Single leg variation with pelvis lift and lower • Vary leg movement (circles, flex and extend) • Ankle weights • Alter breath pattern • Vary pace 	

Standing Series

Squats



Exercise Start Position: Standing with hands on hips **Contraindications:** n/a

Precautions: Acute low back pain or SIJ pain, acute hip or lower limb injuries

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> Globally strengthen lower limbs, particularly hamstrings, gluteals, quadriceps, and adductor muscles Strengthen deep core muscles Improve lumbopelvic stability Improve lower limb biomechanics Improves ankle joint mobility Challenges balance 	<p>Inhale: Flex at the hips and the knees to hinge the torso forward and lower the pelvis down</p> <p>Exhale: Press down through the heels and extend the knees and hips to return to the start position</p>	<ul style="list-style-type: none"> Loss of neutral spine or pelvis Flaring of the rib cage Loss of abdominal connection / doming of rectus abdominis Loss of knee alignment, usually excessive valgus or varus Lack of hip and knee flexion, instead hinging forward with the torso Loss of medial longitudinal foot arch Toes gripping into mat Loss of neutral head and neck alignment Tension in the neck and shoulders Holding breath A bearing down or pushing out sensation reported
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> Decrease range of motion Add hand support for balance Add lift under heels for lack of dorsiflexion range Adjust width of stance Sit to stand from a chair Wall squats Kneeling squats 	<ul style="list-style-type: none"> Isometric hold Pulses Alter breath pattern Vary pace Hand weights Resistance band around upper legs Ball, block, or Pilates ring between (or outside of) knees Add arm movements Crab walks Add calf raises Perform with hips in external rotation Single Leg Squat 	

Standing Series

Calf Raises



Exercise Start Position: Standing **Contraindications:** n/a **Precautions:** Acute calf, ankle or foot injuries, poor balance

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen calf muscles, particularly gastrocnemius and soleus • Strengthen ankle stabilizers • Strengthen foot muscles • Challenge balance • Increase ankle joint proprioception • Improve lower limb biomechanics 	<p>Inhale: Lengthen the spine</p> <p>Exhale: Transfer weight into the balls of the feet and lift the heels as far as possible with control</p> <p>Inhale: Reverse the movement to lower the heels with control</p>	<ul style="list-style-type: none"> • Loss of neutral spine or pelvis • Flaring of the rib cage • Inverting the ankle and pressing into outer edges of feet • Inability to rise high to the balls of the feet • Uneven weight bearing between the legs • Flexing of the knees • Forward translation of the body as lifting • Loss of balance • Loss of controlled movement up and down
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Add hand support for balance • Adjust width of stance • Calf raises while seated (bias soleus) 	<ul style="list-style-type: none"> • Isometric hold • Pulses • Ankle weights • Hand weights • Staggered calf raises • Single leg calf raises • Add squats with heels lifted • Stand on step or block to increase range • Alter breath pattern • Vary pace • Ball or block between knees or ankles • Add arm movements • Perform with hips externally rotated • Resistance band around upper legs 	

Standing Series

Lunges



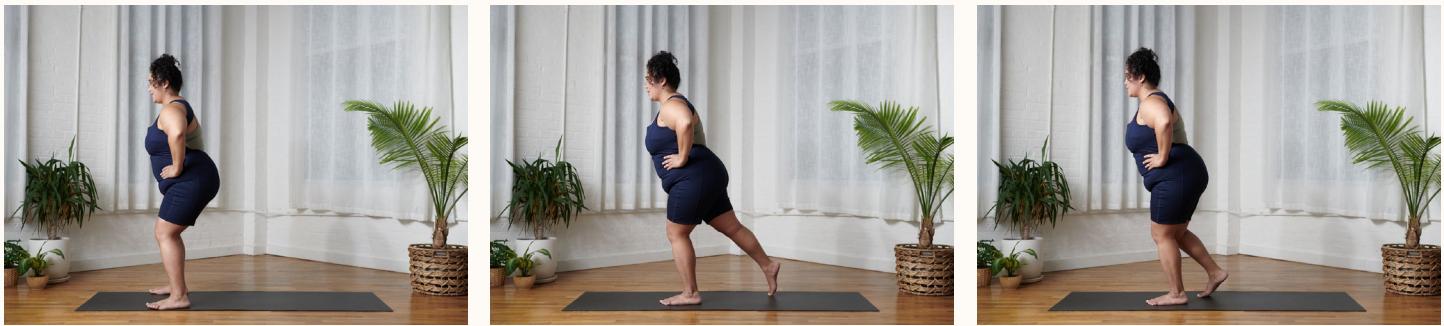
Exercise Start Position: Standing

Contraindications: n/a **Precautions:** Acute low back pain or SIJ pain, acute hip or lower limb injuries, pelvic girdle pain

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> Globally strengthen lower limbs, particularly hamstrings, gluteals, quadriceps, and adductor muscles Strengthen deep core muscles Improve lumbopelvic stability Improve lower limb biomechanics Functional unilateral strengthening of the lower body Improves ankle joint mobility and proprioception Challenges balance 	<p>Begin by creating a long lunge stance, feet hip width distance apart, knees extended, back heel lifted, hands on iliac crests.</p> <p>Inhale: Maintaining an upright position, simultaneously flex both knees to 90 degree angles to lower the back knee down toward the mat</p> <p>Exhale: Simultaneously extend both knees with control</p>	<ul style="list-style-type: none"> Loss of neutral spine or pelvis Flaring of the rib cage Loss of abdominal connection / doming of rectus abdominis Loss of knee alignment of front leg, usually excessive valgus Loss of ankle and foot alignment of the back leg Lack of hip and knee flexion, instead hinging forward with the torso Loss of medial longitudinal foot arch Loss of neutral head and neck alignment Tension in the neck and shoulders Holding breath A bearing down or pushing out sensation reported
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> Decrease range of motion Add hand support for balance Adjust width of stance Adjust length of stance Perform Squat instead 	<ul style="list-style-type: none"> Increase depth of lunge Isometric hold Pulses Lean torso forward Add spinal rotation Hand weights Add block or ball under one foot Alter breath pattern Vary pace Add arm movements (reaches, bicep curls, abduction) Add arm movements with Pilates ring Resistance band around upper legs 	

Standing Series

Scooter



Exercise Start Position: Standing

Contraindications: n/a **Precautions:** Acute low back pain or SIJ pain, acute hip or lower limb injuries, pelvic girdle pain

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> Globally strengthen lower limbs, particularly gluteus medius Strengthen deep core muscles Improve lumbopelvic stability Improve lower limb biomechanics Dissociate unilateral hip movement from pelvis Increase ankle joint proprioception Challenges balance 	<p>Inhale: Flex at the hips and the knees to hinge the torso forward and lower the pelvis down</p> <p>Exhale: Maintaining the height and position of the torso, slide the toes of one foot backward along the mat and extend the knee</p> <p>Inhale: Reverse the movement to return the leg with control</p> <p><i>Repeat as many times as desired, then repeat on the other side</i></p> <p>Exhale: Press down through the heels and extend the knees and hips to return to the start position</p>	<ul style="list-style-type: none"> Loss of neutral spine Loss of neutral pelvis, usually hitching or rotation Flaring of the rib cage Loss of abdominal connection Loss of knee alignment of standing leg Loss of medial longitudinal foot arch Toes gripping into mat Loss of controlled movement of the extending leg Loss of neutral head and neck alignment Tension in the neck and shoulders Holding breath A bearing down or pushing out sensation reported
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> Decrease range of motion Decrease depth of squat Add hand support for balance Adjust width of stance Shift the weight without extending the leg 	<ul style="list-style-type: none"> Use a mat slider under moving foot Increase depth of lunge Add spinal rotation Hand weights Ankle weights Stand with front foot on block or heel on ball Vary pace Add arm movements (reaches, bicep curls, abduction) Resistance band around upper legs 	

Standing Series

Hip Hinge: Double Leg



Exercise Start Position: Standing with hands on hips **Contraindications:** n/a **Precautions:** Acute low back pain or SIJ pain, pelvic girdle pain, sciatic nerve tension, acute hip or lower limb injuries, acute hamstring injuries

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen posterior chain, particularly hamstrings and gluteus maximus • Strengthen deep core muscles • Strengthen postural muscles • Improve lumbopelvic stability • Improve lower limb biomechanics • Challenges balance • Retrain head and neck alignment 	<p>Inhale: Maintaining a neutral spine and weight in the balls of the feet, flex the hips to hinge the torso forward as far as possible, with control</p> <p>Exhale: Reverse the movement to return the torso to an upright position</p>	<ul style="list-style-type: none"> • Loss of neutral spine or pelvis • Flaring of the rib cage • Loss of abdominal connection / doming of rectus abdominis • Loss of knee alignment, usually excessive valgus or varus • Movement coming from hip/knee flexion (squat) rather than hinging the spine forward • Loss of medial longitudinal foot arch • Toes gripping into mat • Loss of neutral head and neck alignment • Tension in the neck and shoulders • Holding breath • A bearing down or pushing out sensation reported
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Seated or kneeling hinge • Add hand support for balance • Adjust width of stance • Vary hand position • Vary degree of knee flexion 	<ul style="list-style-type: none"> • Isometric hold • Ball or block between knees • Increase depth of hinge • Single leg hinge • Add spinal rotation • Hand weights • Stand with feet on blocks or with heels on balls • Perform with hips adducted • Vary pace • Add arm movements (reaches, bicep curls, abduction) • Resistance band around upper legs 	

Standing Series
Hip Hinge: Single Leg



Exercise Start Position: Standing with hands on hips **Contraindications:** Acute low back pain or SIJ pain, pelvic girdle pain, acute hip or lower limb injuries **Precautions:** Sciatic nerve tension, acute hamstring injuries, poor balance

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> Strengthen posterior chain, particularly hamstrings and gluteus maximus Strengthen deep core muscles Strengthen postural muscles Improve lumbopelvic stability Improve lower limb biomechanics Dissociate unilateral leg movements from pelvis Increase ankle joint proprioception Challenges balance Retrain head and neck alignment 	<p>Inhale: Lengthen the spine</p> <p>Exhale: Maintaining a neutral spine, transfer weight to the ball of one foot, flex the hips to hinge the torso forward, and reach the opposite leg backward to lift it off the mat</p> <p>Exhale: Reverse the movement to lower the leg and return the torso to an upright position</p> <p><i>Repeat as many times as desired, then repeat on the other side</i></p>	<ul style="list-style-type: none"> Loss of neutral spine Loss of neutral pelvis, usually hitching or rotation Flaring of the rib cage Loss of abdominal connection / doming of rectus abdominis Loss of knee alignment, usually excessive valgus or varus Movement coming from hip/knee flexion (squat) rather than hinging the spine forward Flexing of the extending leg Loss of medial longitudinal foot arch Toes gripping into mat Loss of neutral head and neck alignment Tension in the neck and shoulders Holding breath A bearing down or pushing out sensation reported
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> Decrease range of motion Add hand support for balance Adjust width of stance Vary hand position Vary degree of knee flexion Perform Double Leg Hinge 	<ul style="list-style-type: none"> Isometric hold Increase depth of hinge Add spinal rotation Hand weights Stand with feet on blocks or with heels on balls Perform with hips adducted Perform with hips in external rotation Vary pace Add arm movements (reaches, bicep curls, abduction) Resistance band around upper legs 	

Standing Series

Hip Hitch



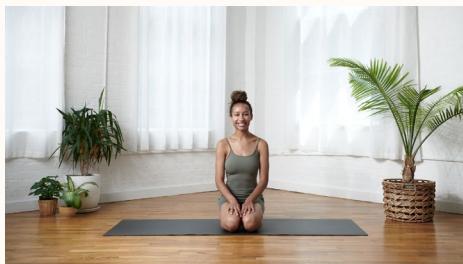
Exercise Start Position: Standing **Contraindications:** Pelvic girdle pain

Precautions: Acute low back pain or SIJ pain, acute hip or lower limb injuries, poor balance

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen deep hip stabilizers, particularly gluteus medium • Functional strengthening of lower body • Strengthen deep core muscles • Improve lumbopelvic stability • Improve lower limb biomechanics • Dissociate unilateral hip movement from pelvis • Increase ankle joint proprioception • Challenges balance 	<p>Inhale: Lengthen the spine</p> <p>Exhale: Transfer weight to the ball of one foot, flex the opposite knee to lift the foot off the mat, and balance</p> <p>Inhale: Shift weight into the supporting hip and allow the opposite hip to lower as far as possible with control</p> <p>Exhale: Ground down through the supporting heel and lift the opposite hip as high as possible with control</p> <p><i>Repeat as many times as desired</i></p> <p>Inhale: Lower the foot to return to the start position</p> <p><i>Repeat on the other side</i></p>	<ul style="list-style-type: none"> • Loss of neutral spine, usually lateral flexion to try and achieve the movement • Anterior pelvis tilt • Flaring of the rib cage • Loss of abdominal connection • Excessive flexing of standing knee • Loss of knee alignment of standing leg • Loss of medial longitudinal foot arch • Toes gripping into mat • Loss of neutral head and neck alignment • Loss of balance • Holding breath • A bearing down or pushing out sensation reported
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Add hand support for balance • Stand on block or box to increase range of motion and improve proprioception 	<ul style="list-style-type: none"> • Hold with neutral pelvis and sweep opposite leg • Single leg squat • Vary pace • Add arm movements (reaches, bicep curls, abduction) • Hand weights • Stand with foot on block 	

Stretches

Neck Stretch



Exercise Start Position: Standing, seated, or kneeling **Contraindications:** n/a **Precautions:** n/a

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none">Mobilize the neck into lateral flexionStretch the upper trapezius, levator scapulae and lateral neck muscles	<p>Inhale: Lengthen the spine</p> <p>Exhale: Maintaining the position of the shoulders, laterally flex the neck to draw the right ear to the right shoulder</p> <p><i>Hold for 30 seconds and breathe deeply into the stretch</i></p> <p>Inhale: Reverse the movement to return the head to center</p> <p><i>Repeat on the other side</i></p>	<ul style="list-style-type: none">Scapulae elevationUpper cervical extensionClenching jawHolding breath
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none">Hand on head to guide and support the movementDecrease range of motionDecrease time stretch is held	<ul style="list-style-type: none">Hand on head to increase the stretchReach opposite arm away from body to achieve a neural stretchAdd rotation of the neck (look to the shoulder)	

Stretches

Chest Opener



Exercise Start Position: Standing, seated, or kneeling
Contraindications: n/a **Precautions:** Acute neck pain, acute shoulder injuries

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> Mobilize the thoracic spine into extension Stretch the anterior chest and shoulder muscles, particularly anterior deltoid and pectoral muscles Stretch the anterior neck muscles 	<p>Inhale: Clasp the hands together behind the back and lengthen the spine</p> <p>Exhale: Reach the finger tips down toward the mat and lift the chest up toward the ceiling to find thoracic extension</p> <p><i>Hold for 30 seconds and breathe deeply into the stretch</i></p> <p>Inhale: Reverse the movement to return to the start position</p>	<ul style="list-style-type: none"> Excessive lumbar extension Upper cervical extension Lack of segmental extension of the spine Holding breath
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> Decrease range of motion Keep chin tucked Vary hand position, remove the clasp of the hands Perform only into thoracic extension 	<ul style="list-style-type: none"> Once in chest opener position, fold the body into a forward fold Once in chest opener position, rotate the spine Once in the chest opener position, add neck flexion 	

Stretches

Pec Stretch

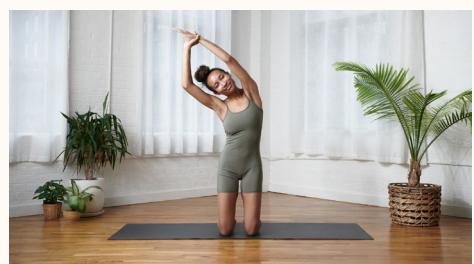
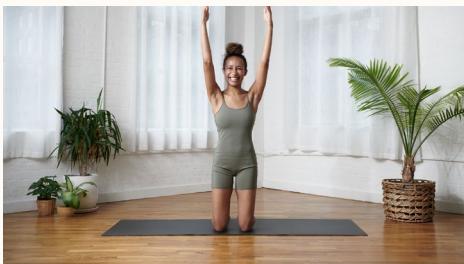


Exercise Start Position: Standing with feet sitz bones distance apart in front of a wall
Contraindications: n/a **Precautions:** Acute neck pain, acute shoulder injuries

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Stretch the pectoral muscles • Stretch the anterior shoulder, particularly anterior deltoid muscles 	<p>Inhale: Facing the wall, place one arm in a 'cactus' position with the elbow aligned with the shoulder, up against the wall</p> <p>Exhale: Rotate the feet, hips, and spine away from the wall to create a stretch across the chest</p> <p><i>Hold for 30 seconds and breathe deeply into the stretch</i></p> <p>Inhale: Reverse the movement to return to the start position</p>	<ul style="list-style-type: none"> • Flaring of the rib cage • Lack of rotation of feet and pelvis • Excessive elevation of the scapula • Tension in the head and shoulders • Holding breath
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease the range of motion • Perform in full elbow extension • Adjust the height of the arm 	<ul style="list-style-type: none"> • Increase the height of the arm to bias the pectoralis minor muscle 	

Stretches

Side Bend



Exercise Start Position: Standing, kneeling or seated

Contraindications: n/a **Precautions:** Acute neck pain, acute low back or SIJ pain, acute shoulder injuries

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> Stretch the lateral muscles of the torso, particularly quadratus lumborum, erector spinae and latissimus dorsi Mobilize the spine into lateral flexion 	<p>Inhale: Lengthen the spine and reach both arms overhead</p> <p>Exhale: Hold the right wrist with the left hand, and laterally flex the spine to the left</p> <p>Inhale: Breathe deeply into the right rib cage and allow the side body to expand</p> <p>Exhale: Reverse the movement to return to center</p> <p>Inhale: Lengthen the spine</p> <p>Exhale: Hold the left wrist with the right hand, and laterally flex the spine to the right</p> <p>Inhale: Breathe deeply into the left rib cage and allow the side body to expand</p> <p>Exhale: Reverse the movement to return to center</p> <p>Inhale: Lower the arms down by the side to return to the start position</p>	<ul style="list-style-type: none"> Loss of pelvis stabilization, usually lateral tilt or rotation Weight shift of the pelvis, usually to the opposite side to the stretch Flexion of the spine, instead of isolated lateral flexion Lack of full spinal lateral flexion from cervical spine to lumbar spine Loss of scapula stabilization, usually excessive elevation Loss of neutral head and neck alignment Tension in the neck and shoulders Holding breath
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> Decrease range of motion Vary start position Vary arm position: hand behind head or crossed on chest Place one hand on floor for support while in lateral flexion 	<ul style="list-style-type: none"> Add rotation toward the mat or away from the mat once in lateral flexion 	

Stretches

Roll Downs



Exercise Start Position: Standing **Contraindications:** Acute low back pain or SIJ pain, inability to tolerate lumbar flexion, osteoporosis **Precautions:** Sciatic nerve tension, acute hamstring injuries, dizziness or vertigo, acute hip injuries

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> Stretch posterior chain, particularly hamstrings, calves, spinal extensors Mobilize the spine in flexion and extension Strengthen deep core muscles Connect the breath with the movement 	<p>Inhale: Lengthen the spine</p> <p>Exhale: Maintaining relaxed shoulders and arms, nod the chin toward the chest and articulate the spine, one vertebra at a time, into flexion to create a forward fold</p> <p><i>Hold for 30 seconds and breathe deeply into the stretch</i></p> <p>Inhale: Reverse the articulation, one vertebra at a time, to return to the start position</p>	<ul style="list-style-type: none"> Loss of segmental spinal articulation in roll down or roll up Posterior weight shift on roll down or roll up Excessive flexing of the knees Excessive elevation of the scapulae Tension in the neck and shoulders Gripping of the toes Holding breath
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> Decrease range of motion Flex knees as needed for tight hamstrings or sciatic nerve tension Vary arm position Vary width of stance 	<ul style="list-style-type: none"> Once in forward fold position, hold opposite elbows and sway the torso from side to side Hold hand weights to increase stretch Flex one knee at a time 	<p>Please swap top line of image with bottom line so that Jesse starts standing and then slowly rolls down to finish in a hamstring stretch.</p>

Stretches

Cat Cow



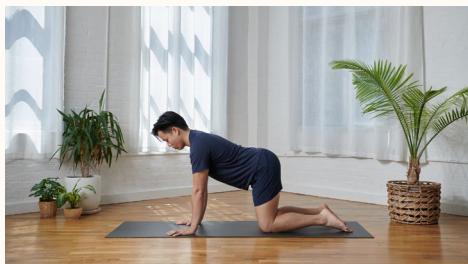
Exercise Start Position: Quadruped **Contraindications:** n/a

Precautions: Acute low back pain or SIJ pain, acute neck pain, acute shoulder or upper limb injuries, acute wrist injuries or inability to weight-bear through the wrist, acute knee injuries

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen scapula stabilizers • Strengthen wrists • Strengthen deep abdominal muscles • Mobilize the spine into flexion and extension • Improve lumbopelvic mobility • Connect the breath with movement • Retrain head and neck alignment 	<p>Inhale: Tilt the pelvis forward and continue to articulate the spine, one vertebra at a time, into extension</p> <p>Exhale: Tuck the tailbone under, and reverse the articulation of the spine, one vertebra at a time, to find flexion</p>	<ul style="list-style-type: none"> • Loss of full spinal articulation into flexion and extension • Loss of deep abdominal connection / doming of rectus abdominis • Flexing of the elbows or hyperextension • Loss of alignment of hand under shoulder and knees under hips • Loss of scapula stabilization • Loss of neutral head and neck alignment • Tension in the neck and shoulders • Holding breath
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Move through just flexion or extension range • Perform on fisted hands or forearms • Add a block under forearms • Perform on an incline (such as standing with hands on wall) to decrease the load • Padding under knees for comfort 	<ul style="list-style-type: none"> • Incorporate lateral spinal flexion • Perform in a circular motion incorporating spinal flexion, rotation, and extension 	

Stretches

Thread the Needle



Exercise Start Position: Quadruped **Contraindications:** n/a **Precautions:** Acute low back pain or SIJ pain, acute neck pain, acute shoulder or upper limb injuries, acute wrist injuries or inability to weight-bear through the wrist, acute knee injuries

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> Stretch anterior chest and shoulder, particularly pectoral muscles Stretch through posterior shoulder muscles Strengthen scapula stabilizers Strengthen wrists Strengthen deep abdominal muscles Mobilize the spine into rotation Increase shoulder joint mobility Improve lumbopelvic mobility Connect the breath with movement Retrain head and neck alignment 	<p>Inhale: Reach the right arm up toward the ceiling, rotate the spine, and look to the top hand</p> <p>Exhale: Thread the arm underneath the torso to rest the right shoulder on the mat</p> <p><i>Repeat as many times as desired, then hold in the twisted position with the head resting on the mat. Option to reach the left arm away from body to deepen the stretch. Hold for 30 seconds and breathe deeply into the stretch.</i></p> <p>Inhale: Return the left hand back to its start position</p> <p>Exhale: Reverse the movement to press into the left hand, unthread the right arm, and return to start position</p> <p><i>Repeat to the other side</i></p>	<ul style="list-style-type: none"> Loss of deep abdominal connection / doming of rectus abdominis Rotation of pelvis Lateral weight shift of pelvis Lack of thoracic rotation Head not following the rotation of the spine Loss of alignment of hand under shoulder and knees under hips Loss of scapula stabilization Loss of neutral head and neck alignment Tension in the neck and shoulders Holding breath
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> Decrease range of motion Perform on fisted hands or forearms Padding under knees for comfort 	<ul style="list-style-type: none"> Hold weight in moving arm to increase the stretch 	

Stretches
Book Openings



Exercise Start Position: Side lying with the head resting on a block or pillow, legs: hips and knees flexed to 90 degrees, arms: resting on the mat with the shoulders flexed to 90 degrees and elbows extended
Contraindications: n/a **Precautions:** Acute neck pain, acute shoulder or upper limb injuries

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> Mobilize the spine into thoracic rotation Stretch anterior chest and shoulder muscles, particularly pectoral muscles Increase shoulder joint mobility Mobilize rib cage and assist with lateral breathing 	<p>Inhale: Reach the top arm up toward the ceiling and allow the gaze of the eyes to follow the hand</p> <p>Exhale: Continue to reach the hand behind the body and rotate the spine until both shoulders are reaching toward the mat</p> <p><i>Hold for 30 seconds and breathe deeply into the stretch</i></p> <p>Inhale: Reverse the movement to return to the start position</p>	<ul style="list-style-type: none"> Loss of deep abdominal connection / doming of rectus abdominis Rotation of pelvis Lack of thoracic rotation Movement of the arm without thoracic rotation Head not following the rotation of the spine Tension in the neck and shoulders Holding breath
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> Decrease range of motion Flex the elbow into a bow and arrow motion Perform with elbow flexed and hand behind head Vary degree of hip flexion Place bottom hand onto knees to stabilize 	<ul style="list-style-type: none"> Hold weight in moving arm to increase the stretch Hold resistance band between the hands to create active muscle recruitment into rotation Extend the top knee during rotation Increase flexion of the top hip Hold the top knee down with the opposite arm to increase the stretch 	

Stretches

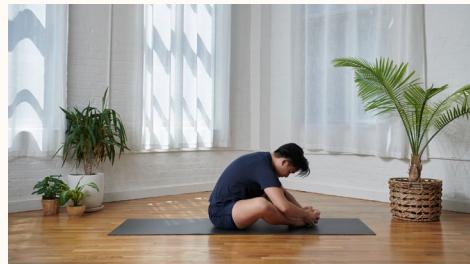
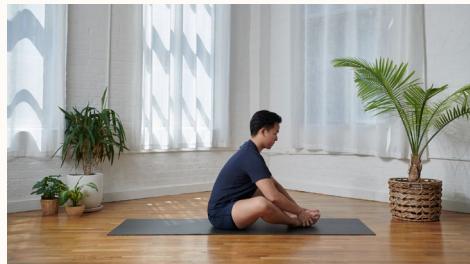
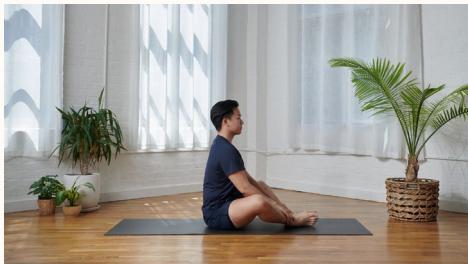
Seated Side Stretch



Exercise Start Position: Seated with one leg in front with hip externally rotated and knee flexed, opposite leg with hip internally rotated and knee flexed, placed behind the body **Contraindications:** Acute neck pain **Precautions:** Acute low back pain, pelvic girdle pain, acute hip or knee injuries, osteoporosis, acute shoulder or upper limb injuries

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Strengthen abdominal muscles, particularly obliques • Stretch and mobilize the lateral torso, particularly latissimus dorsi and intercostal muscles • Mobilize the spine in lateral flexion • Mobilize rib cage and assist with lateral breathing 	<p>*Cueing example with right leg in front</p> <p>Inhale: Lengthen the spine, reach the arms to the sides of the room, and ground down through the left hip</p> <p>Exhale: Reach the right arm up toward the ceiling and overhead and laterally flex the spine to the left as the left hand reaches to the mat</p> <p>Inhale: Breathe deeply into the right rib cage, allowing the side body to expand</p> <p><i>Hold for 30 seconds and breathe deeply into the stretch</i></p> <p>Exhale: Reverse the movement to return to the start position</p>	<ul style="list-style-type: none"> • Loss of pelvis stabilization, usually lateral tilt or rotation • Movement initiating from a hinge, rather than lateral flexion of the spine • Lack of full segmental spinal articulation into lateral flexion • Locking of the supporting elbow • Loss of scapula stabilization • Flaring of rib cage • Rotation or forward flexion of the spine • Lifting of opposite sitz bone off the mat • Holding breath
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease the range of motion • Sit on a pillow or block, cross legs, or low kneeling • Vary the upper arm position • Side bend the body with top hand behind head 	<ul style="list-style-type: none"> • Laterally flex the spine the opposite way • Add spinal rotation toward the mat once in lateral flexion 	

Stretches
Butterfly Stretch



Exercise Start Position: Seated, hips externally rotated, knees flexed, ankles dorsiflexed with soles of feet touching

Contraindications: Acute hip and groin injuries, pubic symphysis pain **Precautions:** Acute low back pain

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> • Stretch hip adductor muscles • Stretch deep hip rotator muscles • Increase hip joint mobility 	<p>Inhale: Lengthen the spine</p> <p>Exhale: Holding onto the feet and maintaining neutral spine for as long as possible, hinge at the hips to lean the torso forward</p> <p><i>Hold for 30 seconds and breathe deeply into the stretch</i></p> <p>Inhale: Reverse the movement to return to the start position</p>	<ul style="list-style-type: none"> • Excessive spinal flexion • Excessive inversion of the ankles • Flexion of the lumbar spine • Tension in the neck and shoulders • Holding breath
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> • Decrease range of motion • Move feet closer or further away from pelvis for comfort • Blocks under knees for comfort 	<ul style="list-style-type: none"> • Allow full spinal flexion • Incorporate spinal extension • Press knees down with the elbows • Add lateral spinal flexion and rotation • Block under feet to increase range of motion 	

Stretches

Figure 4 Stretch



Exercise Start Position: Active rest

Contraindications: n/a **Precautions:** Acute hip injuries, acute low back pain or SIJ pain, sciatic nerve tension

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> Stretch the gluteal muscles, particularly gluteus medius Stretch the deep hip rotators, particularly piriformis Stretch posterior chain, including lumbar extensor muscles Increase hip joint mobility 	<p>Inhale: Flex the right hip to lift the leg to a tabletop position and then externally rotate the hip to cross the ankle over the left knee</p> <p>Exhale: Reach the hands around the left upper leg and draw the shape in toward the chest</p> <p><i>Hold for 30 seconds and breathe deeply into the stretch</i></p> <p>Inhale: Reverse the movement to return to the start position, then repeat to the other side</p>	<ul style="list-style-type: none"> Excessive lumbar spine flexion Lateral pelvic tilt Loss of neutral ankle position on stretching side Loss of neutral head and neck alignment Tension in the neck and shoulders Holding breath
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> Decrease range of motion Perform first half of stretch, keeping one foot in contact with mat Pillow under head Vary degree of hip flexion 	<ul style="list-style-type: none"> Standing variation Press the elbow against the knee Add spinal rotation Perform side lying 	

Stretches
Hamstring Stretch



Exercise Start Position: Seated with legs extended **Contraindications:** Acute hip injuries, acute low back pain

Precautions: Osteoporosis, acute hamstring injuries, sciatic nerve tension

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> Stretch the posterior chain, particularly hamstring muscles 	<p>Inhale: Lengthen the spine</p> <p>Exhale: Maintaining neutral for as long as possible, hinge at the hips to lean the torso forward and slide the hands down the legs</p> <p><i>Hold for 30 seconds and breathe deeply into the stretch</i></p> <p>Inhale: Reverse the movement to return to the start position</p>	<ul style="list-style-type: none"> Lateral tilt of pelvis or weight shift Excessive lumbar flexion Loss of scapula stabilization, usually excessive protraction or elevation Loss of neutral head and neck alignment Tension in neck and shoulders Holding breath
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> Decrease range of motion Sit on small pillow or block Hold onto strap that is wrapped around feet Flex knees as needed for sciatic nerve tension Add plantarflex the ankles to decrease the neural tension 	<ul style="list-style-type: none"> Plantarflex and dorsiflex the ankles for a neural stretch Add spinal extension Add spinal rotation Reach the hands to one leg at a time 	

Stretches

Quad Stretch



Exercise Start Position: Standing with feet sitz bones distance apart

Contraindications: Acute knee or quadricep injuries **Precautions:** Poor balance, low back pain and SIJ pain

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> Stretch quadricep and hip flexor muscles Increase knee joint mobility 	<p>Inhale: Lengthen the spine</p> <p>Exhale: Maintaining a neutral pelvis, flex one knee to bring the heel toward the buttocks and place the foot in the same hand</p> <p>Inhale: Position the knees next to one another</p> <p>Exhale: Posteriorly tilt the pelvis to deepen the stretch</p> <p><i>Hold for 30 seconds and breathe deeply into the stretch</i></p> <p>Inhale: Release the leg to return to the start position</p>	<ul style="list-style-type: none"> Loss of neutral spine Loss of pelvis stabilization, usually anterior pelvic tilt or hitching Flaring of the rib cage Loss of abdominal connection Abduction of stretching leg Hip flexion on stretching side Tension in the neck and shoulders Loss of balance
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> Decrease range of motion Add hand support for balance Rest ankle on a chair / barrel for added support Perform in side lying 	<ul style="list-style-type: none"> Separate the knees Add extension and flexion of the lumbar spine 	

Stretches

Calf Stretch



Exercise Start Position: Standing with feet sitz bones distance apart

Contraindications: n/a **Precautions:** Acute calf or ankle injuries

GOALS	BREATH & ACTION	WATCH POINTS
<ul style="list-style-type: none"> Stretch posterior chain of lower body, particularly calf muscles Increase ankle joint mobility Improve lower limb biomechanics 	<p>Inhale: Step one foot behind into a narrow lunge position with both heels on the mat</p> <p>Exhale: Maintaining an upright torso, flex the front knee to stretch the calf of the back leg</p> <p><i>Hold for 30 seconds and breathe deeply into the stretch</i></p> <p>Inhale: Return to the start position</p>	<ul style="list-style-type: none"> Loss of neutral spine Loss of pelvis stabilization, particularly rotation Lateral weight shift External rotation of the back leg Flexing of the back knee Lifting of the heels Gripping of the toes Loss of balance
MODIFICATIONS	VARIATIONS / PROPS	NOTES / IMAGERY / FUNCTION
<ul style="list-style-type: none"> Decrease range of motion Perform against a wall Allow the back heel to lift Perform seated with theraband or towel to make the stretch passive 	<ul style="list-style-type: none"> Widen the lunge position Flex the back knee to bias soleus muscle and deepen ankle dorsiflexion stretch 	

Notes

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