

MASTERING - THE SPINE CORRECTOR

PREP

SIT ON SEAT CLOSE EYES

OPEN EYES -- PRESS UP. SLIDE DOWN TO EVEN HIPS AND PELVIS

NOTES: _____

HIP LIFTS

Sit on Spine corrector in Diamond position.

Hip Lifts.

Press Pole away.

NOTES: _____

ABDOMINAL CONTRACTIONS UNDER POLE

Sit on spine corrector, knees bent or in diamond position. Stretch back over spine corrector. Lift pole to ceiling. Contract upper body under pole.

NOTES: _____

SIDE STRETCH FRONT AND BACK

Sit on spine corrector in diamond position. Stretch over calf.

Stretch over back of spine corrector.

Rotate front to back

NOTES: _____

SWEEP WITH ROTATION AND CONTRACTIONS

Sit on Spine Corrector facing front in diamond position. Place hands behind head.

Contract and round back over spine corrector to shoulder level.

Sweep

Sweep to side. Sweep to center and to other side.

Rotation

Sweep to side. Roll up and rotate chest to floor.

Contractions

Stay in center.

Contract up and back.

NOTES: _____

SIDE PULL SERIES

Side on side of Spine Corrector

Oblique lifts

Mermaid

NOTES: _____

DIAMOND SPINE OVER BARREL

Sit on Spine Corrector with feet in diamond position.

Round over front.

Roll torso over barrel

Lift one arm. Lower

Repeat with other arm

Both arms

NOTES: _____

TRADITIONAL SIDE LEG SERIES

Point Up /Flex Down

Sweep Front and Back with Point and Flex

Bicycle and Reverse

Bent Lifts

Bend and Extend with Straight Leg Lower and Lift

NOTES: _____

SWAN

Swan with Twist

Swimming Prep

Leg Beats with Arms at Sides of Body

Leg Beats with Arms at Shoulder Level

NOTES: _____

OVER THE BARREL – Hip Opening and Modified Short Spine Series

Buttocks Curls Legs Diamond

Modified Short Spine

NOTES: _____

CAN CAN SERIES

Roll through Hips to Straighten Legs
Roll Through Hips to Straighten with 4 Extensions to side and back
Roll Through Hips to Straighten with Extension to side with leg over and bend

NOTES: _____

HELICOPTER

Lift legs to ceiling.
Open legs front and back. Circle to sides.
Circle to front and back.

NOTES: _____

TEASER

Bring legs in to chest in small v position.
Beat/beat/extend
Bring legs in to chest/extend (beat/beat/extend) to full roll back and up keeping legs still and lifted
Bring legs in to chest/beat/beat/extend to full roll back and up lowering and lifting straight legs

NOTES: _____

FULL ROLL BACKS AND CIRCLES

Sit in diamond position. Stretch over spine corrector. Roll Up.
Round over front. Sweep to side. Sweep to back and over other side. Round over front.
Reverse circle.

NOTES: _____

