

Mat 1

EXERCISE	STARTING POSITION	MOVEMENT DESCRIPTION	INTENTION
<p>The Hundred</p>	<p>Home Position - Supine. Legs in table top. Arms down by the sides, palms down.</p>	<p><i>(Exhale)</i> Lift the head, neck and shoulders off the mat, flexing the top of the spine in a “C” shape. Float the arms off the mat.</p> <p>Pump the arms straight up and down and <i>inhale for five counts and exhale for five counts until 100.</i></p>	<ul style="list-style-type: none"> ● Core and spine strength ● Abdominal strength ● Pelvic stability (stabilization of the spine) through co-contraction of the TA, pelvic floor, multifidus, and obliques ● Activation of the respiratory and circulatory systems ● Connection to the body through breath
<p>Roll Up</p>	<p>Home Position - Supine. Legs are sit bones distance apart and flexed feet on the mat. Arms stretched overhead, internally rotated (palms facing each other).</p>	<p><i>(Inhale)</i> Lift the arms over the shoulders and then lift head, neck and shoulders.</p> <p><i>(Exhale)</i> Sequentially roll up through the spine, keeping the spine rounded and arms reaching forward.</p>	<ul style="list-style-type: none"> ● Overall trunk mobility (through articulation in flexion) ● Abdominal strength

		<p><i>(Inhale)</i></p> <p><i>(Exhale)</i> Roll back down the same way, until the arms are over the shoulders. Then bring the arms back overhead.</p>	
<p>Single Leg Circle</p> <ul style="list-style-type: none"> • Hip On • Hip Off 	<p>Home Position - Supine. Legs straight on the mat and feet pointed.</p>	<p>Bend one knee and extend the leg straight up to the ceiling with a pointed foot.</p> <p>Hip On <i>(Inhale)</i> Externally rotate the leg and move the leg laterally, away from the body.</p> <p><i>(Exhale)</i> Continue the circle, sweeping the leg down and then to the midline, internally rotating the leg.</p> <p>End the circle with the foot to the ceiling in parallel. Repeat in each direction and then change legs.</p> <p>Root the opposite hip down, to anchor the pelvis.</p> <p>Hip Off Repeat the same routine, but allow the moving leg's hip to lift off the mat, stretching the side of the hip.</p>	<ul style="list-style-type: none"> • Strength and mobility of lower extremities • Trunk stability • Pelvic stability • Hip mobility • Abdominal strength • Differentiation of femur from pelvis

<p>Single Leg Stretch</p>	<p>Home Position - Supine. Legs in table top.</p>	<p><i>(Exhale)</i> Lift the head, neck, and shoulders off the mat in an upper back C-curve. Bring the right knee toward the chest, holding right hand to the outside of the right ankle, left hand on the inner right knee. Extend the left leg forward.</p> <p>Switch legs.</p> <p><i>(Inhale)</i> Repeat.</p> <p>Try a breathing pattern of two movements (each leg gets hugged in), per breath.</p>	<ul style="list-style-type: none"> ● Core and spine strength ● Pelvic stability ● Differentiation of femur from pelvis ● Balance between stabilization and mobility (trunk stability while moving legs)
<p>Double Leg Stretch</p>	<p>Home Position - Supine. Legs in table top.</p>	<p><i>(Exhale)</i> Lift the head, neck, and shoulders off the mat in an upper back C-curve. Bring the knees toward the chest, and hands on the shins.</p> <p><i>(Inhale)</i> Extend both legs forward as arms reach back in line with ears.</p> <p><i>(Exhale)</i> Circle the arms back to the shins as knees fold in.</p>	<ul style="list-style-type: none"> ● Core and spine strength ● Trunk stability ● Pelvic stability ● Differentiation of femur from pelvis ● Connection of scapula to the ribcage and pelvis ● Balance between stabilization and mobility (trunk

			stability while moving arms and legs)
Criss-Cross	Home Position - Supine. Legs in table top.	<p><i>(Exhale)</i> Lift the head, neck, and shoulders off the mat in an upper back C-curve. Bring the arms behind the head (fingers interlaced).</p> <p><i>(Inhale)</i> Extend one leg forward.</p> <p><i>(Exhale)</i> Twist the upper torso to the bent knee.</p> <p><i>(Inhale)</i> Switch to the other side.</p>	<ul style="list-style-type: none"> ● Core and spine strength ● Abdominal strength (targeting internal and external obliques) ● Pelvic stability (while in rotation of the torso)
Single Straight Leg Stretch	Home Position - Supine. Legs in table top.	<p><i>(Exhale)</i> Lift the head, neck, and shoulders off the mat in an upper back C-curve. Lift one leg to the ceiling, and walk the hands up to the ankle or the calf of the extended leg.</p> <p><i>(Inhale)</i> Extend the other leg to approx. 45 degrees or the “point of control.”</p>	<ul style="list-style-type: none"> ● Core and spine strength ● Trunk stability ● Functional movement and flexibility of the front and back of the legs ● Balance between stabilization and mobility (trunk

		<p><i>(Exhale)</i> Pull on the ceiling leg twice with a double pulse to stretch the back of the leg.</p> <p><i>(Inhale)</i> Switch to the other leg and repeat, while keeping the dynamic neutral.</p>	<p>stability while moving extremities)</p>
<p>Double Straight Leg Stretch</p>	<p>Home Position - Supine. Legs in table top.</p>	<p><i>(Exhale)</i> Straighten the legs toward the ceiling with toes pointed. Lift the head, neck, and shoulders off the mat in an upper back C-curve. Bring hands behind head (fingers interlaced), elbows in line with scapula.</p> <p><i>(Inhale)</i> Lower legs away from the body to the “point of control,” with all anchor points on the mat, and maintaining a C-curve of the upper back.</p> <p><i>(Exhale)</i> Bring the legs back up.</p>	<ul style="list-style-type: none"> ● Core and spine strength ● Trunk stability ● Abdominal strength (lower and upper abdominals) ● Balance between stabilization and mobility (trunk stability while moving extremities)
<p>Bridge</p> <ul style="list-style-type: none"> ● Bridge ● Knee Fold ● Lower/Lift 	<p>Home Position - Supine. Knees bent, sit bones distance apart, and feet flat on the mat.</p>	<p>Bridge</p> <p><i>(Exhale)</i> Move the pelvis up, rolling through the spine to the shoulder blade anchor points.</p> <p><i>(Inhale)</i> Stay lifted in the bridge position.</p>	<ul style="list-style-type: none"> ● Overall trunk mobility and lateral strength (through articulation of the spine) ● Strength of the

		<p><i>(Exhale)</i> Sequentially roll down through the spine to return to the mat.</p> <p>Knee Fold Lift one leg to 90 degrees of hip flexion.</p> <p><i>(Inhale)</i> Lower the foot to the floor without lowering the hips.</p> <p>Lower/Lift Extend one leg maintaining a level pelvis.</p> <p><i>(Inhale)</i> Lower the leg toward the mat to the “point of control.”</p> <p><i>(Exhale)</i> Lift the leg back up.</p>	<p>lower posterior chain (hamstrings), glutes and adductors</p> <ul style="list-style-type: none"> ● Spine strength ● Balance and weight shifting ● Pelvic stability (finding dynamic neutral with fewer anchor points)
<p>Rolling Like a Ball</p>	<p>Home Position - Sit balanced between the sit bones and tailbone. Feet together, knees apart with toes pointed and slightly touching the mat (balance point). Hands on top of the shins. Bring the torso into an <i>engaged flexion</i>, nodding the head into the knees.</p>	<p><i>(Inhale)</i> Rock back to the shoulder blades, maintaining an even curve through the spine while rolling back.</p> <p><i>(Exhale)</i> Maintain the C-curve and begin rolling forward, back to the starting position (balance point).</p>	<ul style="list-style-type: none"> ● Overall trunk mobility and lateral strength (through the massage of the spine) ● Abdominal strength

<p>Spine Stretch</p>	<p>Home Position - Sit tall on top of the sit bones, with the entire spine stacked and aligned. Legs straight and separated slightly wider than shoulders, with ankles flexed. Arms extended forward, shoulder width apart.</p>	<p><i>(Exhale)</i> Nod the head forward, and sequentially, roll the spine, flexing the upper back, and keeping the arms at shoulder height. Keep the sit bones anchored on the mat.</p> <p><i>(Inhale)</i> Reverse the spinal motion and roll the spine back up to starting position.</p>	<ul style="list-style-type: none"> ● Overall trunk mobility and lateral strength ● Stretch and articulation of the spine ● Engaged flexion (learn to flex the spine while maintaining a stretch) ● Hamstring stretch
<p>Saw</p>	<p>Home Position - Sit tall on top of the sit bones, with the entire spine stacked and aligned. Legs straight and separated slightly wider than shoulders, with ankles flexed. Arms extended at shoulder height, at approx. 45 degree open (reaching out from the shoulders).</p>	<p><i>(Inhale)</i> Rotate the ribcage to the right, while rotating the right arm internally (thumb down), with the left arm following the spine, reaching toward the right foot (thumb up).</p> <p><i>(Exhale)</i> Roll down and reach deeper toward the left hand, reaching forward with three “saw-like” sliding movements.</p> <p><i>(Inhale)</i> Roll back up, stacking the spine and maintaining rotation, then return to the starting position. Repeat on the other side.</p>	<ul style="list-style-type: none"> ● Overall trunk mobility and lateral strength ● Trunk mobility and flexibility (increase flexibility and rotation capacity of the spine) ● Hamstring stretch ● Shoulder mobility and ROM

<p>Side-Lying Leg Series</p> <ul style="list-style-type: none"> ● Leg Lifts ● Circles (small & large) ● Side Kicks ● Bicycle 	<p>Home Position - Lie on side with shoulders and hips stacked. Legs slightly in front of the body. Support head with bottom hand and lift the underside waistline. The other hand can press into the mat for support, like a kickstand.</p>	<p>Leg Lifts <i>(Inhale)</i> Lift the top leg hip height. <i>(Exhale)</i> Lower leg. Leg may be in parallel or turned out.</p> <p>Small Circles <i>(Inhale)</i> Circle the top leg in front of and behind the bottom leg while remaining hip height.</p> <p>Large Circles With both legs in turn out position and pointed toes, make as large of a circle as possible while maintaining a stable pelvis. <i>Inhale</i> to start the circle, and <i>Exhale</i> to finish.</p> <p>Side Kicks Lift the top leg to hip height. <i>(Exhale)</i> Kick the leg forward with a flexed foot for a double pulse. <i>(Inhale)</i> Point the foot, then stretch the leg back.</p> <p>Bicycle <i>(Exhale)</i> Bend the top knee toward the chest keeping</p>	<ul style="list-style-type: none"> ● Strength and mobility of lower extremities ● Trunk stability ● Strengthen all sides of the legs ● Stretch hamstrings and psoas (Bicycle)
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Side-Lying Banana	<p>Home Position - Lie on side with the shoulders, hips, and legs lined up. Bottom arm extended and head resting on the bicep. The other hand can press into the mat for support, like a kickstand.</p>	<p><i>(Exhale)</i> Lift bottom arm, torso, head (as one unit) and legs off the mat, at the same time, bending at the side into a banana shape.</p> <p><i>(Inhale)</i> Lower.</p>	<ul style="list-style-type: none"> ● Overall trunk mobility and lateral strength ● Abdominal strength (strength and mobility of the lateral torso) ● Pelvic stability ● Hip abductors and adductors strength
Swan & Swan Dive	<p>Home Position - Prone. Forehead on the mat. Palms under shoulders with elbows bent. Legs straight and separated hip bone distance apart.</p>	<p>Swan <i>(Inhale)</i> Lift the head, neck and chest off the mat, while extending the arms and pressing the palms, hips, and feet into the mat. At the top of the extension, reach longer through both ends of the spine (head and tail in opposite directions).</p>	<ul style="list-style-type: none"> ● Prone spine and core strength ● Trunk mobility (strengthen back extensors) ● Stretch the spinal flexors (abdominals)

		<p><i>(Exhale)</i> Roll back down, lengthening the spine as the body returns to the mat.</p> <p>Swan Dive <i>(Inhale)</i> Lift the head, neck and chest off the mat, while extending the arms and pressing the palms, hips, and feet into the mat. At the top of the extension, reach longer through both ends of the spine (head and tail in opposite directions). Just as in Swan Dive.</p> <p><i>(Exhale)</i> Release the arms and the legs, as you dive forward with the arms, keeping the legs lifted.</p> <p><i>(Inhale)</i> Press the hands back onto the ground, lowering the legs down and coming back to the top of the swan.</p> <p><i>Continue for a desired number of reps and lower the torso back down.</i></p>	
<p>Single Leg Kick</p>	<p>Home Position - Prone. Press the forearms into the mat. Lift the chest and rib cage off the mat with the head and tail reaching in opposite directions. Elbows under shoulders and</p>	<p><i>(Exhale)</i> Bend one knee (stretching the front of the hip joint) and pulse flexed heel to the (same side) glute two times.</p>	<ul style="list-style-type: none"> ● Strength of the lower posterior chain ● Scapular stability (learn to support)

	legs straight.	<i>(Inhale)</i> Point the toes, extend the leg, and bring it back to the mat. Repeat with the other leg.	<p>the body with the serratus anterior and lower trapezius)</p> <ul style="list-style-type: none"> ● Stretch hip flexors (while working hamstrings)
Double Leg Kick	Home Position - Prone. Hands clasped on the low back, and shoulders and elbows touching the mat. Legs are straight, hip bone distance apart, and the head is turned to one side.	<p><i>(Exhale)</i> Bend both knees and pulse with flexed heels to the glutes two times.</p> <p><i>(Inhale)</i> Extend the legs back to the mat into a hover, while externally rotating the shoulders, pulling the hands back toward the feet and lifting the chest off the mat. Lower torso to the mat turning head to the opposite side and repeat.</p>	<ul style="list-style-type: none"> ● Strength of the lower posterior chain ● Scapular stability (learn to support the body with the serratus anterior and lower trapezius) ● Stretch hip flexors (while working hamstrings) ● Strengthen the spinal extensors ● Pelvic stability (during movement of the limbs) ● Shoulder mobility and ROM
Swimming	Home Position - Prone. Arms straight and overhead on the	<i>(Inhale)</i> Lift the chest, legs, and arms off the mat. Lift	<ul style="list-style-type: none"> ● Spine and core strength

	mat, shoulder-width or slightly wider apart. Palms facing down. Legs extended back, hip bone distance apart.	the right leg and left arm up higher and switch with a quick motion. <i>Breath count is similar to The Hundred - inhaling for a few counts and exhaling for a few counts.</i>	<ul style="list-style-type: none"> ● Trunk strength (strengthen the back and entire posterior chain) ● Trunk stability (during movement of the arms and legs) ● Weight shifting and balance
Seal	Home position - Sit balanced between the sit bones and tailbone. Legs in turn out and soles of the feet together, off the floor. Arms under calves and hands holding the outside of ankles. Bring the torso into an <i>engaged flexion</i> , nodding the head into the knees.	<i>(Inhale)</i> Rock back to shoulder blades, lightly beat the soles of the feet together three times. <i>(Exhale)</i> Rock smoothly back to the starting position and lightly beat the soles of the feet together three times.	<ul style="list-style-type: none"> ● Overall trunk mobility and lateral strength ● Trunk mobility and flexibility (massage the spine and increase spine flexibility) ● Abdominal strength
Plank	Home Position - Place the hands under shoulders and extend one leg back at a time, straightening both legs and flexing both feet.	Maintain a straight line through the spine, from the crown of the head toward the tail. Continue to stabilize the trunk and pelvis, maintaining a “torso hug.”	<ul style="list-style-type: none"> ● Shoulder girdle health ● Trunk stability ● Scapular stability ● Coherence (total body awareness and connection between all body

			parts)
<p>Push Up</p>	<p>Home Position - Stand tall with feet hip bone distance apart. Arms by sides.</p>	<p><i>(Exhale)</i> Start nodding the head down to begin a roll down through the spine.</p> <p><i>(Inhale)</i> Walk out on hands until the body is stretched long in a plank position.</p> <p><i>(Inhale)</i> Keep the trunk stable while bending the elbows and lowering the chest down to the mat.</p> <p><i>(Exhale)</i> Lift the body off the mat as one unit. Repeat 2-5 more times.</p> <p>Lift the hips by curling the tail under and rounding the spine. Walk the hands back to the feet.</p>	<ul style="list-style-type: none"> • Shoulder girdle health • Trunk stability • Scapular mobility and stability • Strengthen abdominals, back, chest, shoulder girdle and arms
<p>Standing Series</p> <ul style="list-style-type: none"> • Lunge • Squat 	<p>Home Position - Stand tall with feet hip bone distance apart. Arms by the sides.</p>	<p>Lunge</p> <p><i>(Inhale)</i> Take a long step back with the left foot, lower the left knee to the floor under the left hip.</p> <p><i>(Exhale)</i> Step that left leg forward to the starting position.</p> <p><i>Repeat until the set is complete and switch to the</i></p>	<p>Lunge</p> <ul style="list-style-type: none"> • Strength and mobility of lower extremities • Weight shifting and balance (integral part of walking and moving through space) • Trunk stability

		<p><i>other side.</i></p> <p>Squat <i>(Inhale)</i> Bend the knees and hinge at the hips to squat down to the deepest squat possible, while maintaining trunk stability, neutral pelvis, and feet on the floor. Knees should be just slightly over the ankles.</p> <p><i>(Exhale)</i> Press into the feet and straighten the legs back to the starting position.</p>	<ul style="list-style-type: none"> ● Mobility and stability of the lower extremities (including ankle, knee, hip) <p>Squat</p> <ul style="list-style-type: none"> ● Strength and mobility of lower extremities ● Trunk stability ● Strength and flexibility of anterior and posterior lower body chain ● Strength of the lower posterior chain (strengthen glutes, hamstrings, quadriceps while maintaining trunk core stability)
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