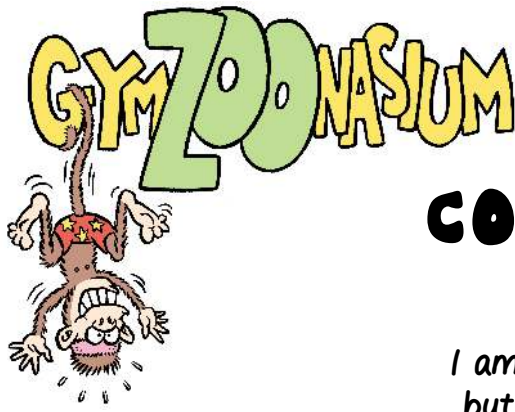




COBRA LIFT

*I am a shy kind of snake,
but if I'm under threat,
I'll puff my neck and lift up tall
and make you sweat I bet!*

PURPOSE

- Stretches legs (hip flexors)
- Improves lower back mobility



INSTRUCTIONS



1. Lie on your tummy with your forearms on the floor beside your shoulders
2. Push the tops of your feet into the floor to lift your knees off the floor
3. Squeeze your elbows into the sides of your body; squeeze your shoulders back and down; and squeeze your tummy muscles
4. Push your forearms into the floor to lift your chest up and forwards



WATCH FOR

- Legs long
- Neck relaxed
- Shoulders pulled down and back
- Elbows close to your body
- Being gentle. Don't push yourself too high. Focus on pushing your chest forward, and allow the lift to come as a natural extension of your spine.



MODIFICATIONS

- Standing: Stand facing a wall and place your hands on the wall. Squeeze your elbows into your sides. Press against the wall, pull your shoulder blades down and back, and push your chest out.

- **Seated:** Place your hands behind your head, to keep it supported. Squeeze your tummy muscles and pull your shoulder blades down and back. Lean your head and shoulders back slightly and push your chest up towards the sky.



MORE CHALLENGING

- Do the Cobra Lift with your hands on the floor instead of your forearms.



MAKE IT MULTI-SENSORY



- Can you 'hiss' like a snake? Breathe in as you lift up to cobra pose. Then, as you lower your chest back to the floor make a 'hissssss' sound as you breathe out through your mouth.
- Did you know snakes use their forked tongues to smell? Imagine you are a snake slithering along the floor. Lift your head up to smell the world around you. What can you smell?



FUN FACTS

- Cobras can lift up the front third of their body and still move forward to strike.
- Cobras can deliver enough venom in one bite to kill 20 people!



FUN AND GAMES

