



HANDY HANDS

8m 31s



Our hands are so handy! We can use them to help us breathe, push, roll, lift and stretch.
Join us now to try each of these...

Movement	Seated modifications	Other modifications	Progressions	Watch points
Cobra Lift	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.	<u>Standing</u> : 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.	Do the Cobra Lift with your hands on the floor instead of your forearms. Only straighten your arms as feels comfortable for your back (don't force the backbend). Lower back down if you feel any pain or discomfort.	* Legs long * Neck relaxed * Shoulders pulled down and back * Elbows close to the body (not pointing outward) * Be gentle. Don't push yourself too high or force this backbend. Focus on pushing your chest forward, and allow the lift to come as a natural extension of your spine.



Movement	Seated modifications	Other modifications	Progressions	Watch points
Crocodile Roll	Reach your hands up into the air. Twist your upper body (i.e. from your waist up) around to the left and then to the right.	Lie on your back with your legs flat on the floor. Put your arms on the floor out to the sides. Squeeze your tummy muscles and roll your hips and legs over onto the left side and then onto the right. Keep your upper body flat on the floor.	Try the Crocodile Roll with your eyes closed	* Body strong and straight throughout the movement * Squeezing feet together to switch on buttock muscles * Tummy muscles squeezed
Dolphin Arch	Reach your arms up over your head. Lift your chest up towards the sky and hold for as long as you can.	Do the Dolphin Arch by lifting just the upper body by itself, and then just the lower body.	Try the 'Superman' dolphin - Stretch your arms straight out in front of you and lift them off the floor when you lift your chest.	* Legs straight * Chest and legs lifting off the floor at the same time * Neck relaxed, and shoulders pulled down and back
Snail Curl	Curl your upper body forwards like a snail hiding in its shell	Do the Snail Curl with... - Your arms by your side - Your head resting on your fists or a firm pillow, or - A folded towel or blanket on top of your feet	Move your knees wider apart to feel a deeper stretch in your hips	* Head down. If your head can't reach the floor, rest it on your fists or a firm pillow.