



1. Start with elbows forming a triangle on the floor at you head. Raise your right leg off the ground in a high arc moving to the right. Forearms and head support you.

2. Using the momentum from the right leg, bring your left off the ground in the same high arc. Both feet will be high in the air at the mid point.

3. When moving to the right, right foot moves first and lands first. Moving left, left moves and lands first.

3. This is the ending position, your body should be about 90 degrees from where you started. Elbows and forearms remain in the same position. Repeat in the opposite direction.

Full Backbridge

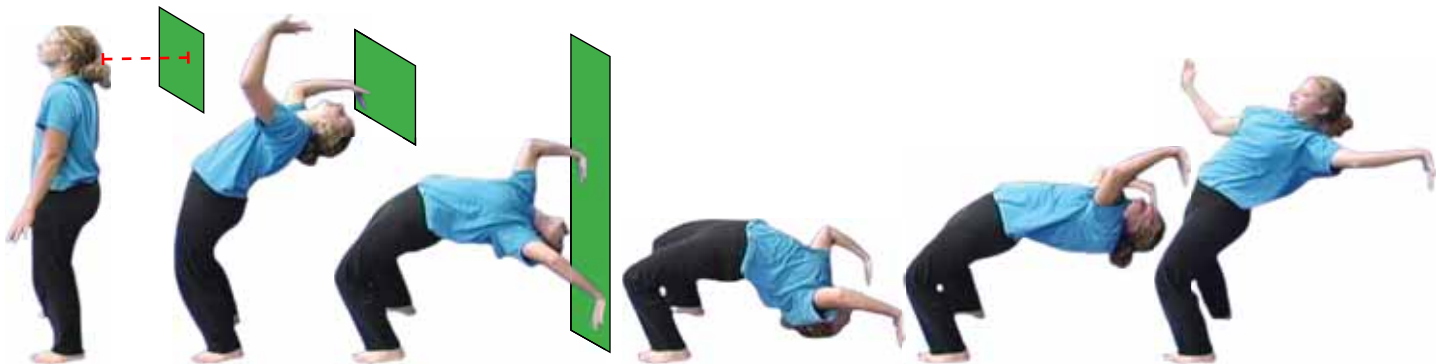


1. Start on the back, feet close to the glutes.

2. Place arms over the head, hands inverted and pointing to the feet.

3. Push yourself clear of the floor using the legs, arms, and back muscles. Stabilize a moment or two, then return to position #1 and repeat. You may also hold for longer durations at position #3 to condition further.

Painbows



1. Start one step away from wall (vary this depending on your flexibility.)

2. Reach back and make contact with the wall. Arc head back to avoid contact with it.

3-4. Keeping your feet in one place, crawl down the wall with your hands. **(Only go down as far as you can safely push back up)** The goal is to be able to arc and move down your head safely to the floor.

5. Using your hands, push your way back up the wall.

6. Make your way back to position #1 and repeat for the required repetitions.