

Contract up and back.

SPINE CORRECTOR FINDING YOUR CORE

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SEATED HIP ALIGNMENT	
BREATH AND SPINE	
CORRECTOR PATTERNS	
Sit on spine corrector with feet together and knees bent.	
Round forward. Breathe with abdominal contractions.	
Stretch torso on diagonal. Breathe into one side. Change inhales and exhales.	
Lower breath into deeper layers and lower breath to lower lungs.	
Repeat with side stretch and pole.	
SIDE STRETCH	
WITH ROTATION	
Sit on Spine Corrector facing side. Extend top leg to front. Bend other leg to right angle. Lift back arm to ceiling.	
Lift front arm to shoulder level.	
Side Stretches.	
Stretch over side of barrel. Lift up to ceiling. Rotation.	
Place back arm down on floor.	
Lift front arm. Rotate torso and reach front arm to other hand.	
Rotate and lift torso reaching arm to floor over extended leg.	
Keep hips stable and anchored. Do not rotate hips with movement.	
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.	
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NOTES:



traditional Matwork	ON
THE SPINE CORRECTOR	

Level 1—Single Leg Pull—Double Count

Level 1—Single Leg Pull—Single Count

Level 2—Criss Cross

Level 3—Double Leg Pull—Double Count

Level 3—Double Leg Pull—Single Count

SPINAL ROTATION IN FLEXION WITH LENGTHENING

Round over center

Sweep to side with pole assist

Contract and rotate

Pull pole away from client on rotation like the tiller of a boat

Change breath pattern

Side Stretch to front

Side Stretch to Back

Side Stretch front to back with pole on floor $% \left\{ 1,2,...,2,...,2,...\right\}$

side stretch front to back keeping pole on floor

Rotate to side stretch keeping pole off floor

ASYMMETRICAL SCAPULAR WORK

Scapular depression seated with pole front Scapular depression with pole overhead Scapular depression in flexion

SIDE BEND WITH HIP LIFT BREATH CHANGE

Stretch to side with pole on floor, hand around pole(not on floor) Lift hip/lower stretching away from pole (inhale up/exhale down) Maintain side stretch — tip pole away from client (inhale/exhale) Change breath pattern

SEATED FOURTH

Arm reach from pole with assisted stretch Assisted body lift Bent knee hip lift

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EXTE	NSION	SERIES

Lie on his stomach over spine corrector Place hands on floor under shoulders. $\,$

Push-ups.

Double arm push-ups.

Single arm push-ups.

Push-up with rocking.

SWAN

Place hands on floor lift to extension.

His hands behind back lift to extension.

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NOTES:			