

Combination Exercises

Combine the following Level 1 exercises to make a Level 2 or 3 exercise

Supine (face up)

Scissor arms with leg slide

Chest fly with leg slide

Arm circles with leg slide

Four point kneeling

Combined leg and arm slide

Combined leg and arm raise ('Superman', Level 3)

L2a: Modified Table Top Position

- Lie supine with knees bent to 90°, feet flat on floor, arms relaxed to sides
- Inhale
- Exhale, draw navel to spine and lift **one** foot off floor drawing knee towards chest. Let pelvis tilt so that back comes into contact with floor
- Repeat with other leg, keeping back in contact with floor
- Ensure that knees are towards chest and lower legs are parallel to floor

Notes:

- Initially, it may be necessary to hold first knee in correct position before lifting second knee
- A true 'Table Top' has knees held directly over hips. This exercise is very demanding and should be progressed very gradually
- Make position easier by moving knees towards chest

