

Movement Preparation CORE PROGRESSIONS

CIRQUE DU SOLEIL.



SKY-CENTRE-SIDE-CENTRE (SLOW PACE)



Start position: Sit on floor, knees bent to 90, toes to sky, then lift heels off ground. Hands cupped at belly-button (Centre), as if holding bowling ball. Pause momentarily in each position.

Movement: Centre, Sky (overhead), Centre, Side (twist left), Centre, Sky, Centre, Side (twist right), Centre. Repeat in steady & controlled pace.

SKY-CENTRE-SIDE-CENTRE (FAST PACE)



Start position: Assume Sky-Centre-Side-Centre position.

Movement: Repeat sequence quickly but in a controlled manner: Sky (overhead), Centre, Side (twist to left), Centre, Sky, Centre, Side (twist to right), Centre.

BENT-KNEE TO 'V'



Start position: Assume Sky-Centre-Side-Centre CENTRE position.

Movement: Extend both arms above head (SKY), while extending both knees from 90. Pause for 1 sec. Return to start position. Repeat in a steady, controlled manner.

Level I

Level II

Level III

FRONT PLANK



Start position: Lie face-down on floor. Prop self up using forearms and toes as points of contact. Elbows below shoulders. Feet are shoulder-width apart. Shoulders aligned with hips and ankles - straight like a board.

Movement: Static hold.

BENT KNEE V SIT with HEEL CUP



Start position: Assume Sky-Centre-Side-Centre CENTRE position.

Movement: Use cupped right hand to rotate and reach to gently touch right heel. Return to start position. Repeat on left side. Continue in a steady, controlled manner.

SUPERMAN DYNO (FAST PACE)



Start Position: Assume front plank. Feet wider than normal.

Movement: Similar to Superman Dyno Slow, except now complete more explosively (dynamically) and without pause between repetitions.

UP-UP-DOWN-DOWN (SLOW PACE)



Start position: Assume front plank position.

Movement: Press left forearm off ground by extending left elbow, so supported by left hand (UP). Repeat on right side (UP). Return to start plank position (DOWN R then DOWN L). Repeat at slow pace in control.

UP-UP-DOWN-DOWN (FAST PACE)



Start position: Assume front plank.

Movement: Complete same sequence as Up-Up-Down-Down (SLOW PACE). However, now, complete each rep quickly, but still in control. Also try to alternate which arm goes UP first.

SUPERMAN CRUNCH



Start Position: Assume Front Plank. Extend left arm as in Pointers (level 1). Place feet slightly wider than normal.

Movement: Touch left elbow to right knee, at position just above belly-button. Return to start position. Complete 2 reps, then repeat on opposite side. Continue pattern.

POINTERS (SLOW PACE)



Start Position: Assume front plank. Feet slightly wider than normal.

Movement: Shift weight support to left arm. Extend right arm to point forward. Hold 1/2 sec. Return to start position. Shift weight to right. Repeat on opposite arm. Controlled.

SUPERMAN DYNO (SLOW PACE)



Start Position: Assume front plank. Feet slightly wider than normal.

Movement: Extend right arm to point forward, while raising left foot just off ground. Pause 1 sec. Now, dynamically, switch your arms and feet ("jump"). Pause and Repeat.

STAYIN ALIVE



Start Position: Assume Front Plank. Feet slightly wider.

Movement: Extend right hand and then diagonally to side (2 o'clock), while pointing left foot diagonally (8 o'clock) to opposite side. Pause 1 sec. Return to start. Repeat for other side (left hand and right foot).

SUPERMAN



Start Position: Assume front plank. Feet wider than normal.

Movement: Start by doing a right arm pointer, then lift left foot off (1"). Return to start front plank position. Perform left arm pointer with right foot off. Repeat pattern.

SIDE PLANK ROLLOVERS with HEEL TO SKY



Start position: Assume Side Plank Right.

Movement: From side plank, raise left foot (keep leg straight, push heel to sky) so ankle is slightly above shoulder, as if spreading legs apart. Slowly return foot to start position. Do 2 reps. Roll to left side and repeat.

STAR PLANK with HEEL TO SKY



Start position: Assume Star Plank Left.

Movement: From star, lower right leg (keep straight) so ankle taps left ankle, as if clicking heels. Return to start position. Complete 2 reps. Then roll to right side and complete 2 reps of heel to sky. Repeat in a steady, controlled pattern.

SIDE PLANK RIGHT



Start position: Lie on right side with legs straight. Prop self up onto right elbow & forearm. Shoulders, elbows, hips, knees, and ankles all aligned. Raise left hand to sky or keep hand to side.

Movement: Static hold.

STAR PLANKS



Start position: Assume Side Plank Left. Prop self onto left hand (not elbow). Shoulders, elbows, hips, knees, and ankles aligned. Raise right hand and leg to sky, so body resembles a star.

Movement: Static hold. Switch to right side half way.

STAR PLANK DYNOS



Start position: Assume Star Plank Right.

Movement: Hold for 1 sec, then, dynamically, "jump" on to left side and assume star plank left position. Hold for 1 second. Continue in quick, yet controlled pattern. Progress from a quick roll-over to a real jump.

SIDE PLANK LEFT



Start position: Lie on left side with legs straight. Prop self up onto left elbow & forearm. Shoulders, elbows, hips, knees, and ankles all aligned. Raise right hand to sky.

Movement: Static hold.

STAR PLANK ROLLOVERS (SLOW PACE)



Start position: Assume Star Plank on right side.

Movement: Hold for 1-2 sec, then roll on to left side and assume Star Plank Left position. Hold for 1-2 seconds. Repeat in a steady, controlled pattern. You will go through a 4 point position during the roll (both hands & feet on ground).

TABLE TOP RUSSIAN KICKS DYNO



Start position: Assume Table Top.

Movement: Complete same sequence as Table Top Russians (Slow). However, complete each rep dynamically ("jump") and without pause between reps. As if doing a Ukrainian or Georgian dance.

SIDE PLANK ROLLOVERS



Start position: Assume side plank right position with free hand held high.

Movement: Roll on to left side by placing left elbow to where right elbow is on ground achieving a plank left position. Hold momentarily. Repeat in opposite direction.

TABLE TOP HEEL TO SKY



Start position: Assume Table Top.

Movement: Raise right leg (keep straight) to sky, as if kicking a ball from the air, then lower to tap heel on floor. Return to start position. Perform movement for left leg. Repeat in steady, controlled manner.

STRETCH CLOCKS



Start Position: Assume Clock Right. However, move hands slightly more forward (above head) than in Level 2.

Movement: Complete Clock Right (Slow) movement for 360 degrees (one revolution), then switch to Clock Left (Slow) for 360.

TABLE TOP



Start position: Lie face-up on floor. Place hands below shoulders, with hands in most comfortable position. Place feet (ankles) below knees. Raise hips and back off ground, so stomach and legs create a flat "table".

Movement: Static Hold

CLOCK RIGHT (SLOW PACE)



Start Position: Assume front plank. Move hands slightly more forward than normal (just above head).

Movement: Move right hand to 2 o'clock position and left leg to 8 o'clock position. Then, bring left arm to right arm and right leg to left leg. Rotate around steady & controlled.

JUMP CLOCKS



Start Position: Assume Clock Right position but with hands above head.

Movement: Rotate right about 5-15 degrees with a total body "jump" movement. Continue jump rotations for one revolution. Then reverse direction and jump left.

TABLE TOP RUSSIAN KICKS (SLOW PACE)



Start position: Assume Table Top position.

Movement: Extend right knee and point toe, so supporting on right & left hands and left foot. Hold 1 sec. Return to start table top position. Extend left knee. Repeat in a steady, controlled manner.

CLOCK LEFT (SLOW PACE)



Start Position: Same as Clock Right.

Movement: Move left hand to 10 o'clock position and right leg to 4 o'clock position. Then, bring right arm to left arm and left leg to right leg. Rotate around steady & controlled.

SLAM AND TWIST



Start position: Lie on back with legs on bench. Hips and knees at 90 degrees. Hold hands to ears with elbows wide.

Movement: Sit-up quickly, slam chest to thighs. Lower trunk midway back to floor. Slam up again. Lower trunk midway again. Twist trunk, 3 times each to right and to left (stay tall). Return to start position with head back on ground. Repeat.

PROGRESSION:

Start at Level I, try all ten exercises for 10 seconds, rest between each when needed.

Progress to 15, then 20, then 25, and finally 30 seconds. Again, only resting when needed.

Once you can complete every exercise for 30 seconds consecutively (a 5 min routine), progress to next level.

Suggested frequency is once daily, 3 to 5 times per week. A maximum of twice daily, 7 days per week.