

Purestretch with Beat - Album 5

Track 4 / Shoulder  Steps in Sync

○ = 4 beats

QUICK TIPS

The mat can face either way, option for soft ball for behind the back

SET UP

You'll need a strap. Sitting on the floor with both knees bent, slightly leaning back so engage the core

○○○○○○○○○○○○○○○○○○○○

- 1 4 Lasso one way / 4 Lasso other way ○○○○ / ○○○○
- 2 8 Pull backs (take arms behind and then hover over the head (sit tall) ○○○○○○○○
- 3 Pull Push (place strap across feet, tuck chin in and pull, option to add rock) ○○○○○○○○
- 4 Assisted V (pull legs towards the ceiling and squeeze shoulder blades) ○○○○○○○○
- 5 Core rock (on last one settle elbows to the floor) ○○○○ ○○○○
- 6 Lazy Barman ○○○○ ○○○○
- 7 Push Pull (link arm through one bent leg option to add rock, repeat on other side
○○○○○○○○○○ ○○○○○○○○
- 8 Finish with core rock and open shoulders ○○○○ ○○○○

Make a note: