

Track 5 / Core



Final Descent

QUICK TIPS

Option to drop to elbows for sore shoulders or wrists in the Down Dog

SET UP

Mat lengthways and The Dead Bug set up



- 1 8 x Alternate heel dig (don't bend the knee as you lower the leg) ○○○○○○○○
- 2 8x Bug Reach (Knees and arms reach and then lengthen n lift butt a fraction off the floor)
○○○○○○○○
- 3 8 x Alternate Twists (Aim shoulder to knee) ○○○○○○○○
- 4 4 x Bug Roll ○○○○○○○○
- 5 Transition to Down Dog with very bent knees ○○○○○○○○
- 6 4 x Hover knees off floor and push back into Down Dog with bent knees ○○○○○○○○
- 7 8 x Twisted Plank ○○○○○○○○
- 8 Drop to elbow to floor and play in plank (option to drops knees) ○○○○○○○○

Make a note: