

Flying Lunge

Materials needed : Yoga block, half roller, solid book size of a yoga block but not heavy

Important : Exhale on the block lift – keep the movements slow and keep to a 5/10 intensity

Do's & don'ts to watch out for if your core isn't stable.

1. Don't arch your back to get arms backwards
2. Do not thrust your ribs up
3. Don't bunch up the shoulders
4. Lengthen block to feet then lift up.
5. Don't grip block with fingers.

Methods

High lunge / shoulder rotations without block

Pelvis neutral, ASIS (sticky out hip bones facing forward)

1. Come into a stagger stance. Arms out to sides shoulder height, reach arms back to feel the opening of the shoulders – Start to rotate **shoulder** backwards – forwards, the hands will rotate after shoulders x 5



High lunge / shoulder rotations with block

Pelvis neutral, ASIS (sticky out hip bones facing forward) You may go into a deeper back leg bend for this one. See how it feels both ways for you

Let's start!

1. High lunge, arms out to shoulder level, palms up, pelvis neutral, rotate shoulders/palms back and to front x 5
2. Block behind with both palms holding block, block down to back of knee, then slowly lift block with straight arms
3. Hold for a count of 3-5 come out of it and repeat block movement x 5 Remember to breath!

