



Scissors

Focus: Increase the thoracic spine and flatten abdominals

Reps: x 10



Start position, lying on back, both legs out stretched in front of you in a long line. Head is elevated from floor. Arms are straight by side. Pelvis in neutral. Eyes are gazing at knees



Exhale scissor legs, bringing one leg towards you, touching either side of thigh with hands. Lower the other leg away from you and gently pulse the legs x 2 (like a scissors).



Inhale in the center to swap legs and exhale to lower and repeat above sequence.

Ensure pelvis stays neutral through out the move. There should be no bouncing at the pelvis, if so your legs are to low!