

SPINE CORRECTOR EXERCISES

BASIC

The reach
Breathing with bar
Arm Circle Series

Over Head Legs

Walking
Small Circles
Beats
SpokesArcs
Large Circles
Scissors

Shoulder Bridge

Dips
Splits
Bicycle

Rolling In/Out

Corkscrew
Neck Stretch

Hanging (forward stretch)

Coccyx Curl (legs off)
Rest

INTERMEDIATE

The reach
Breathing with bar
Arm Circle Series
Mermaid
Side Sit Up
Side Arm Series

Over Head Legs

Walking
Small Circles
Beats
Arcs
Large Circles
Scissors
Fish with Arm

Shoulder Bridge

Figure 8's
Splits
Bicycle
Low Bridge

Rolling In/Out

Corkscrew
Jackknife

Teaser Series
I, II

Swan 10 (classical arm pattern)
Swan Dive (Rocking) (little finger reach to lift and look up)
Grasshopper
Swimming

Hanging (sit in well with legs over hump.

Coccyx Curl
Rest

ADVANCED

The reach
Breathing with bar
Arm Circle Series
Mermaid
Side Sit Up
Side Arm Series
Side Leg Extension
Side Leg Swing

Over Head Legs

Walking
Small Circles
Beats
Arcs
Large Circles
Scissors
Fish with Arm

Shoulder Bridge

Helicopters
Splits
Bicycle
Low Bridge
High Bridge

Rolling In/Out

Corkscrew
Control Balance
Dismount/Balance
Teaser Series
I, II, III
Hip Circles
Can Can (up open, toes, knees) teaser II position

Swan

Swan Dive

Grasshopper
Swimming

Hanging

Coccyx Curl
Rest