



## **BREATH AND SPINE CORRECTOR PATTERNS**

Sit on spine corrector with feet together and knees bent. Round forward.

Breathe with abdominal contractions.

Stretch torso on diagonal. Breathe into one side. Change inhales and exhales.

Lower breath into deeper layers and lower breath to lower lungs.

Repeat with side stretch and pole.

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## **SIDE STRETCH WITH ROTATION**

Sit on Spine Corrector facing side. Extend top leg to front. Bend other leg to right angle. Lift back arm to ceiling. Lift front arm to shoulder level.

### **Side Stretches**

Stretch over side of barrel. Lift up to ceiling.

### **Rotation**

Place back arm down on floor.

Lift front arm. Rotate torso and reach front arm to other hand.

Rotate and lift torso reaching arm to floor over extended leg.

Keep hips stable and anchored. Do not rotate hips with movement.

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**SWEEP WITH ROTATION AND CONTRACTIONS**

Sit on Spine Corrector facing front in diamond position. Place hands behind head.  
Contract and round back over spine corrector to shoulder level.

**Sweep**

Sweep to side. Sweep to center and to other side.

**Rotation**

Sweep to side. Roll up and rotate chest to floor.

**Contractions**

Stay in center.

Contract up and back.

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## **TRADITIONAL MATWORK ON THE SPINE CORRECTOR**

Level 1 -- Single Leg Pull – Double Count

Level 1 -- Single Leg Pull – Single Count

Level 2 -- Criss Cross

Level 3 -- Double Leg Pull – Double Count

Level 3 -- Double Leg Pull – Single Count

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## **SPINAL ROTATION IN FLEXION WITH LENGTHENING**

Round over center

Sweep to side with pole assist

Contract and rotate

Pull pole away from client on rotation like the tiller of a boat

Change breath pattern

Side Stretch to front

Side Stretch to Back

Side Stretch front to back with pole on floor

side stretch front to back keeping pole on floor

Rotate to side stretch keeping pole off floor

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**ASYMMETRICAL SCAPULAR WORK**

Scapular depression seated with pole front

Scapular depression with pole overhead

Scapular depression in flexion

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**SIDE BEND WITH HIP LIFT** (breath change)

Stretch to side with pole on floor, hand around pole(not on floor)

Lift hip/lower stretching away from pole (inhale up/exhale down)

Maintain side stretch – tip pole away from client (inhale/exhale)

Change breath pattern

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**SEATED 4<sup>TH</sup>**

Arm reach from pole with assisted stretch

Assisted body lift

Bent knee hip lift

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**TRADITIONAL SIDE LEG SERIES**

Level 1 – Point Up /Flex Down

Level 2 – Sweep Front and Back with Point and Flex

Level 2 – Bicycle and Reverse

Level 3 – Bend and Extend with Straight Leg Lower and Lift

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**OVER THE BARREL – Hip Opening and Modified Short Spine Series**

Level 1 – Feet on Seat Hip curls and Swings

Level 2 – Buttocks Curls Legs Extended

Level 3 – Bend to Extend and Lift with Straight Legs in Parallel

Level 1 – Legs in Parallel V Position – hip curls and swings

Level 2 – Diamond Buttocks Lifts

Level 3 – Modified Short Spine

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**CAN CAN SERIES**

- Level 1 – Roll through Hips to Straighten Legs
- Level 2 – Roll Through Hips to Straighten with 4 Extensions to side and back
- Level 3 – Roll Through Hips to Straighten with Extension to side with leg over and bend

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**PUSH-UP AND LEG AND BACK EXTENSION SERIES**

- Double Arm Push-up
- Single Arm Push-up
- Rocking
- Diamond Leg Lifts
- Diamond Pulses
- Diamond Leg Lifts with Extensions
- Swan
- Grasshopper

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## **THE HUNDRED**

Sit on Spine Corrector with legs over barrel.

20 beats with 5 inhales/5 exhales

20 beats with 5 inhales/5 exhales – extending legs low

20 beats with 5 inhales/5 exhales – lifting legs a little higher

20 beats with 5 inhales/5 exhales – lefting legs a little higher

20 beats with 5 inhales/5 exhales – lifting legs to teaser position

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