

# Purestretch Mix n Match 6

(1)



(2)



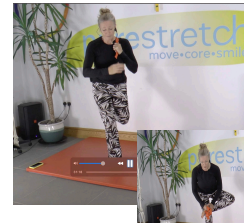
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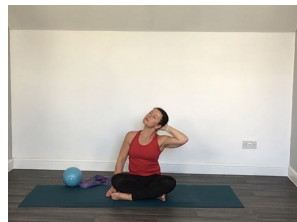
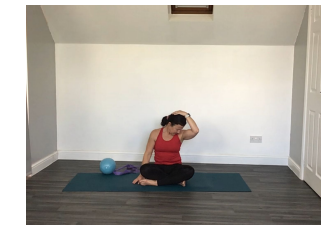


(5)



1. Starting with Hip Thrusts and then moving to lunges, hold the last lunge and turn the foot in front on its side, option to lift the knee off the floor. Sit back into an easy hip fold and rock, progress by moving the foot and rock again. Play with the pose. Grab the foot and pull the bent leg back for a quad stretch, then settle in this to open the hips. 2. Play in a wide seat and then add a swan and back stretch sequence, repeat on the other side and finish on a seated forward fold. 3. Play with the Lasso circling on each side and pulling the band behind the head. Hook the band around the feet and pull and push then pull the legs towards the ceiling. Start to curl forward and back, then land with the elbows on the floor and teach the lazy Barman. Push yourself back up and hook through one of the bent legs and rock gently. 4. Play with windscreen wipers, then introduce the dead bug but bring him back to life! 5. Roll yourself up to standing and play with the balance sequence, then end by facing front and introducing deep breaths, standing side slides and swaying trees.

# Purestretch with Ceri 2



6. Side sitting hip raise - reach over and thread thru -arm opener (leg ext option ) x 6
7. Side lying - sweep back - leg circles - hold leg and open stretch
8. Side can can x 4 - flex and point x 4 - hold stretch
9. Can can in Supine - pixie rolls and repeat everything O/S
10. Core challenge
11. Open V - add quad stretch repeat O/S
12. Wrist and neck stretch