

## Hundreds

Start position – Neutral spine, supine

Engage the core

### Level 1:

Inhale to prepare, exhale lift both hands from the floor palms down. Imagine a puddle of water either side of your hips, start pulsing the arms up and down as though you are splashing the water. Inhale for 5 pulses, exhale for 5 pulses. Maintain a neutral spine.



### Level 2:

Bring the right leg into single table top, exhale lift both hands from the floor palms down. Imagine a puddle of water either side of your hips, start pulsing the arms up and down as though you are splashing the water. Inhale for 5 pulses, exhale for 5 pulses. Repeat again but with the left leg in single table top. Maintain a neutral spine.



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### Level 3:

Bring the legs into double table top. exhale lift both hands from the floor palms down. Imagine a puddle of water either side of your hips, start pulsing the arms up and down as though you are splashing the water. Inhale for 5 pulses, exhale for 5 pulses, whilst maintaining a double table top position and neutral spine.



### Level 4:

Bring the legs into double table top and lift the head into abdo prep. exhale lift both hands from the floor palms down. Imagine a puddle of water either side of your hips, start pulsing the arms up and down as though you are splashing the water. Inhale for 5 pulses, exhale for 5 pulses, whilst maintaining a double table top position and neutral spine.



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Level 5:

Bring the legs into double table top and lift the head into abdo prep, exhale straighten the knees. Next breath out lift both hands from the floor palms down. Imagine a puddle of water either side of your hips, start pulsing the arms up and down as though you are splashing the water. Inhale for 5 pulses, exhale for 5 pulses, whilst maintaining a double table top position and neutral spine.

