

Dynamic Movement control

BENT ARM PLANK TO SQUAT

- Begin in plank position (push up), hands under shoulders, long spine through head and long body through the heels.
- Breathing out, lower the body close to the ground, 1-5 cm above with chest.
- Keep elbows close to the body, maintain plank position.
- Breathing out again, explode through the arms.
- Swing feet under chest to land evenly on both feet in a squatting position.

Benefits

- Weight bearing through bones in the arms and legs.
- Whole body coordination.
- Develops inner focus.
- Develops resilience.

Beginners Advice

- Be long through elbows in bent arm plank.
- Maintain breathing through out activity.

Challenge

- Land feet in position of hands.
- Feel the world disappear from underneath the hands.

Adjustments / What to look for

- Once completed, explode back through the legs, lengthen body and land back in Plank (starting) position.
- No arched spines.
- Segmented movement, want to move as one piece.

