

The May Five

Plank:

- From hands and knees, step back into a plank.
- Make a straight line through your ear, shoulder, hip and knee (drop to your knees if you need to).
- Hold for one minute.
- Core strength, shoulder and back strength and stabilization.

Flight:

- Start lying on your tummy with arms by your side. Lift your belly button and slide your shoulder blades down your back.
- Reach back through your fingers and toes. Lift your chest to come up into a small back extension.
- Hold for five breaths.
- Strengthens back extensors, abdominals, opens shoulders.

Roll Over:

- On your back with legs in the air, knees bent.
- Exhale as you press your legs up towards the ceiling.
- Inhale and hold here. Exhale as you slowly roll down.
- Relax your neck and reach through your fingers, keeping arms on the ground.
- Strengthens lower abdominals, stretches hamstrings.

Seal:

- Sit up tall, bend your knees and put your feet on the floor. Scoop your abdominals to round your low back. Lift your feet and hold on to your ankles.
- Slowly roll back onto your upper back, then roll back up to sitting.
- Hollow out your abdominals to round your back so that you roll smoothly.
- Strengthens abdominals, works spine flexibility, muscle control.

Side Angle:

- Stand in a lunge with right foot front, hips and shoulders facing the left.
- Rest your right arm on your right thigh, left arm reaches to the ceiling. Make sure your shoulders are relaxed and both sides of your waist are long.
- Hold for five breaths.
- Strengthens legs, opens hips, and stretches shoulders.