

## MAGIC CIRCLE CHEST LIFT



### Starting Position

- Lie on your back with your knees bent and feet hip width apart
- Place the magic circle behind your head



### Movement

- Exhale. Lift your head and shoulders off the mat
- Let your head rest on the circle
- Sense a hinging action just under the sternum
- Inhale. Lower your spine without releasing the abdominal muscles to return to the starting position
- Repeat 5 -10 times



### Progression

- Start the exercise with your legs in a table top position
- Set your lower abdominal muscles to maintain your spine in a neutral position
- Exhale. Lift your head and shoulders off the mat as above
- Inhale. Lower your spine without releasing your abdominal muscles to return to the starting position
- Repeat 5 – 10 times

### Notes:

- Do not bear down or bulge your abdominal muscles out
- Make sure your neck and head muscles are relaxed onto the circle throughout the movement