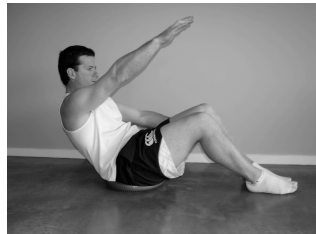


## AIR DISC EXERCISES 2



### ROLL DOWN

- Sitting on the air disc, knees bent
- Engage your core and slowly roll your spine down towards the mat, maintaining a 'c' shape curve. Then roll back up



### PROGRESSION

- Roll down slowly as above
- Engage your core as you raise one arm up towards the ceiling maintaining the 'c' curve in your lower back. Hold then return to the starting position



### ROLL DOWN AND TWIST

- Roll down slowly as above
- Maintain the 'c' curve in your lower back as you reach one arm out and twist to the side. Hold then return to the starting position

Notes: