

## SNAKE (HIPS)

Warm up >> include cobra presses

**1/2 spring**

Rec fem stretch 90 sec L/R

Chest expansion - thigh stretch

**3 spring**

Elephant to arabesque (with twist)

**1 1/2 spring**

Hip Rolls

Snake Pikes

Reverse chest expansion

Snake

**1 spring** low footbar

**1 spring** high footbar

**1/2 spring** low footbar

**1/2 spring** high footbar

**0 spring** low footbar

**0 spring** high footbar

Feet in straps pigeon stretch 90 sec L/R



**CONTROLOGY**  
COLLECTIVE