

SNAKE 1 (Shoulder Focus)

Warm Up cat/pike/chicken/pulls

Including cobra on bed/extender mat and
hitchhiker thumb arm circles

1/2 sp

Flying footwork and hip lift holding uprights

2 sp

Semi circle

2 sp

Long back stretch >> tendon stretch

1-2 sp

Chest expansion (hitchhiker arm circles first)

Thigh stretch>> chariot stopper

Camel on high feet/low feet

Front split low footbar

1 sp

Cleopatra

1 sp

Two hands mermaid

2 sp

Snake basic

1 sp

Snake high footbar

1 sp

Snake high footbar

2 sp



CONTROLOGY
COLLECTIVE