BABY SWAN & SWAN

Starting Position: Lie on stomach. Hands under shoulders or by lower ribs. Elongated spine. Pubic bone gently pressed towards floor.

Instructions: Baby Swan

1. Exhale: Press hands into floor and reach elbows towards feet. Hover head and lift sternum slightly off mat. Lower ribs will stay on mat.
2. Inhale: Hold.
3. Exhale: Return to starting position.
4. Repeat for __ repetitions.

Instructions: Swan

5. Exhale: Press hands into floor and reach elbows towards feet. Straighten elbows without locking them rolling onto thighs/knees.
6. Inhale: Hold.
7. Exhale: Return to starting position.
8. Repeat for __ repetitions.

Tips:

Tricep Engagement 1: Push hands into floor to help pull heart forward.
Tricep Engagement 2: Imagine pulling elbows/hands towards feet.
Decompression: During exercise attempt to lengthen spine.
Elbows Unlocked.
Shoulder Depression: Maintain shoulders away from ears.

Variations:

Head Hover: Start with hands under head and lift head and upper spine.
Goal Post Arms: Place arms in 90-degree elbow bend on floor. Press forearms down to elevate head and upper spine.
Seated Swan: Press hands down into table/desk and lift heart towards the ceiling.
Standing Swan: Press hands into a counter and lift heart towards ceiling.