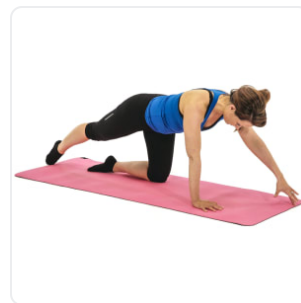
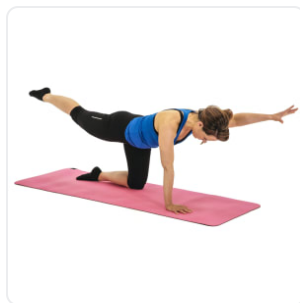
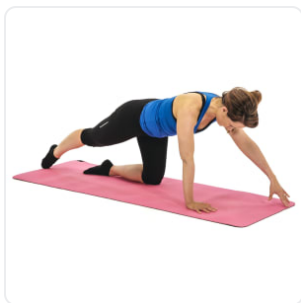
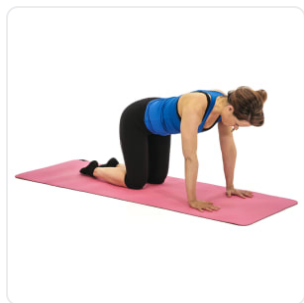
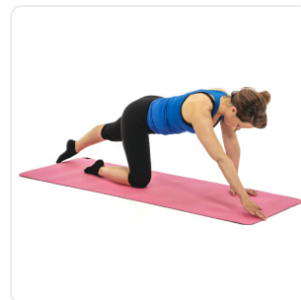
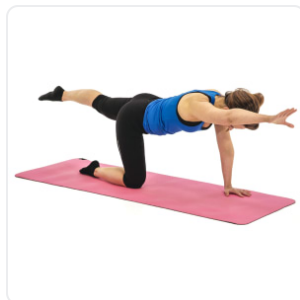
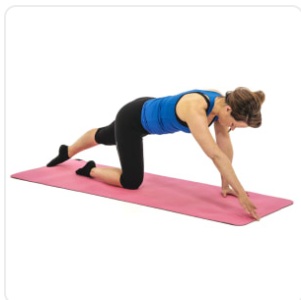
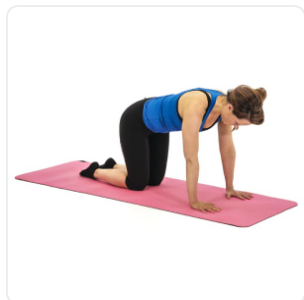


## SPINAL JPAC WEEK 8

### Swimming Level 4



### Description

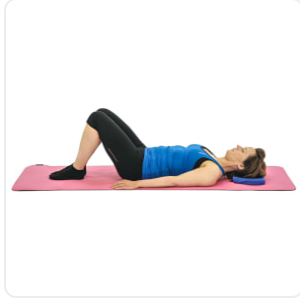
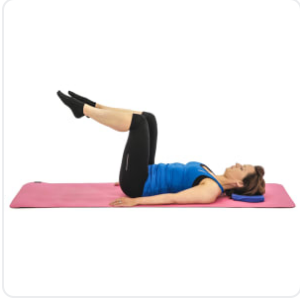
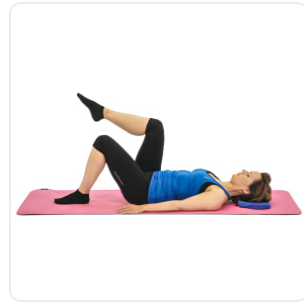
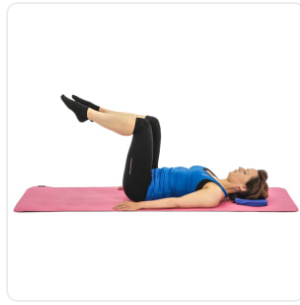
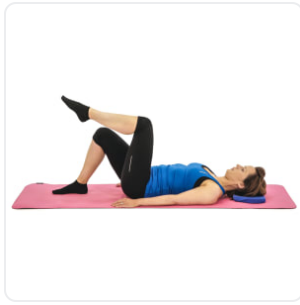
1. Rest on hands and knee both hip-width apart then inhale and engage the abdomen
2. Exhale and push one arm forward and the opposite leg behind stretching both far away from you
3. Inhale and lower to the ground then repeat with the other arm and leg

Sets: 1-3

Reps: 15-20

Tempo:

## Scissors Level 2



### Description

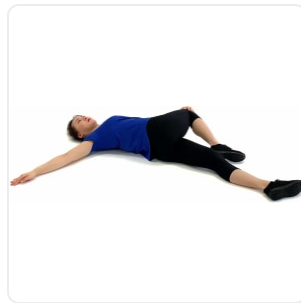
1. Lie on your back with knees bent then inhale
2. Exhale and slide one heel towards you into the tabletop position followed by the other leg
3. Inhale and hold this position
4. Exhale and lower the left foot touching toes to the mat
5. Inhale and return to the tabletop position
6. Repeat with the right leg

Sets: 1-3

Reps: 10-15

Tempo:

## Lumbar Rotations In Supine



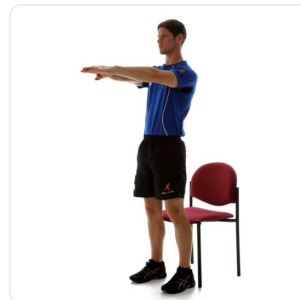
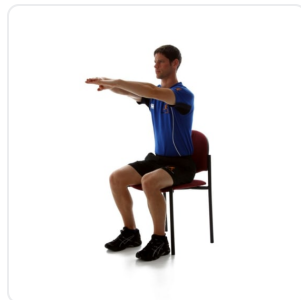
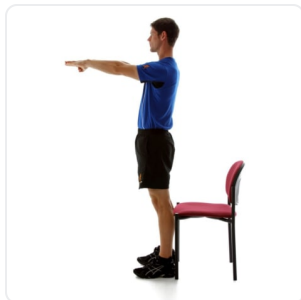
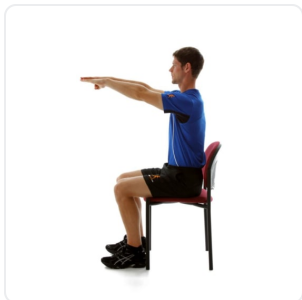
### Description

1. Lay on your back and raise one knee toward your chest
2. Hold the knee with your opposite hand
3. Pull the knee to the floor on the opposite side of the body
4. Repeat with the other leg

**Time:** 30-60sec

**Sets:** 1-3

## Squat with Chair



### Description

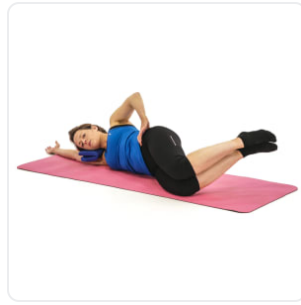
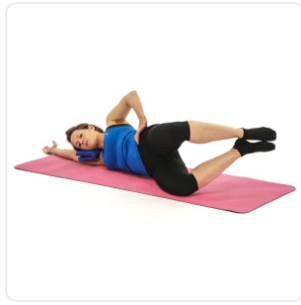
1. Sit on a chair with arms raised in front and feet flat placed shoulder width apart on the floor
2. Drive the hips up into standing
3. Lower the hips back to the chair

**Sets:** 1-3

**Reps:** 10-15

**Tempo:**

## Clam Level 2



### Description

1. Lie on your arm in side-lying with the knee bent and hip flexed to 45 degrees
2. Inhale to prepare the abdomen and hips
3. Raise the heels of both legs up off the floor
4. Exhale and lift the top knee
5. Inhale and lower the knee

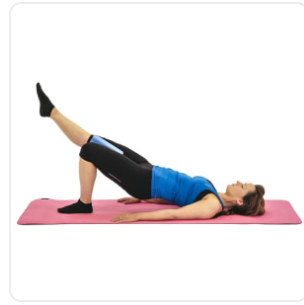
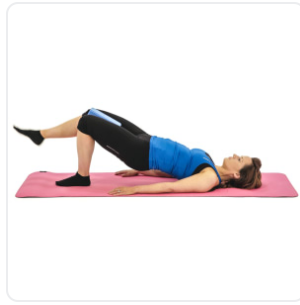
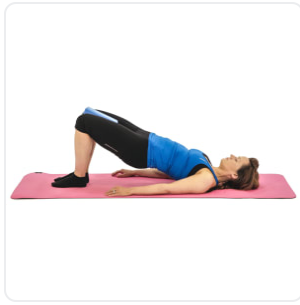
**Sets:** 1-3

**Reps:** 10-12

**Time:**

**Tempo:**

## Shoulder Bridge Level 2



### Description

1. Lay on your back with knees bent and inhale to prepare
2. Exhale and raise the hips off the floor then peel the spine off the floor
3. Inhale and hold this position on the shoulder blades then lift and straighten one leg
4. Exhale then place the foot back on the floor and lower the spine fluidly until the hips reach the floor

Sets: 1-3

Reps: 10-15

Time:

Hold:

Tempo: