

General Movement

Level 3



General Movement Circuit Level 3

Although a couple of the same exercises are utilised, general movement circuit level 3 is a slight step up in difficulty from Level 2 and has the addition of more dynamic movements. Please do not force yourself into any position. **Each side = E/S.**

Complete 1-2 Rounds

1. 20-30sec Hip Flexor Stretch E/S
2. 6-10 Ankle Walk Outs E/S
3. 6-10 Lying Straight Leg Raises E/L
4. 5-8 Boxed Hip Rotations E/S
5. 4-6 T-Spine Openers E/S
6. 4-6 World Best Stretch E/S
7. 3-5 Seated Hip Flow E/S

[Click here: Level 3 movement video demo](#)

The instructions below can be used to further guide you.

1. Hip Flexor Stretch (20-30sec E/S)

- Gently assume position with knee on ground
- Use chair as a balance
- Slightly engage glute on side of which knee is on ground
- Prevent over extending from back by ensuring pelvis is 'tucked under'
- Hold for recommended time



2. Ankle Walk Outs (6-10 E/S)

- Start in a push up position
- Raise hips up so you are slightly inverted
- Maintain reach through the floor with your upper body
- Gently start walking out the ankles in place
- Feel slight stretch in back of lower limb as heel move towards floor



3. Lying Straight Leg Raises (6-10 E/S)

- Start on the flat of your back
- Hands will be placed beside you
- Slowly raise leg whilst at the same time 'pulling' toes towards you
- Feel slight stretch in the back up the upper limb
- Return to starting position
- Repeat on opposite side



4. Boxed Up Hip Rotations (5-8 E/S)

- Start on all fours on the floor in a 'boxed up' position
- Palms directly under shoulder,
- Knees under your hips & keep back flat
- Raise one knee off floor and rotate hip
- Complete on opposite side



5. T-Spine Opener (4-6 E/S)

- Start in a side lying position as show
- Your hips should be 'stacked' over your hips
- Reach out your arms, placing upper palm on opposite palm
- Slowly reach open rotating in the opposite direction
- Maintain your hips stacked as your breathe throughout this movement



6. World Best Stretch E/S (4-6 E/S)

- Start on all fours on the floor in a 'boxed up' position
- Slowly bring one foot outside palm
- Opposite arm should keep you balance
- Slowly rotate inwards and touch your elbow off the inner lower limb
- Rotate open with arm reaching up
- Complete on opposite side



7. Seated Hip Flow (3-5 E/S)

- Sit on Floor with your hands behind as support
- Put heels on ground, toes pointing up just outside your hips
- Slowly turn towards your Left side letting both knee rotate towards floor
- Return to the centre and repeat the opposite side

