

# **General Movement**

## **Level 2**



## General Movement Circuit Level 2

This circuit is a step up in difficulty and requires you to move from the floor and back up to standing as you progress through. Please focus on the quality of each repetition.

**Each side = E/S**

### Complete 2-3 Rounds

1. Seated Hip Flow E/S
2. Cat Camels
3. T-Spine Openers E/S
4. Boxed Scapula Push Ups E/S
5. Knee to Wall Ankle E/S
6. Neck Rolls

[Click here: Level 2 movement video demo](#)

The instructions below can be used to further guide you.

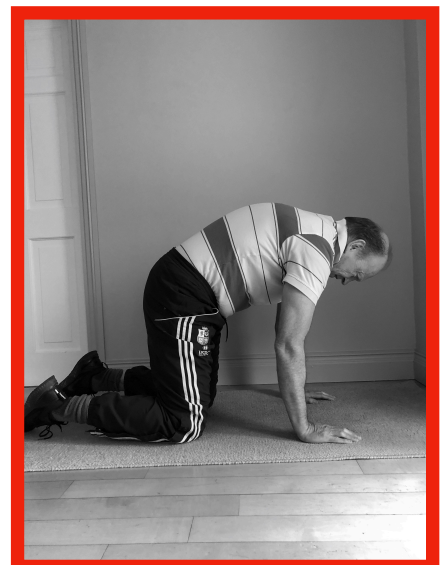
#### 1. Seated Hip Flow (3-5 E/S)

- Sit on Floor with your hands behind as support
- Heels on ground, toes pointing up just outside your hips
- Slowly rotate knees to one side
- Return to the centre and repeat the opposite side



#### 2. Cat Camels (5-10 reps)

- Start with hands under shoulders, knees under your hips, back is flat.
- Relax your head by allowing it to drop whilst rounding your back by reaching through the floor until you feel a comfortable stretch
- Repeat in the opposite direction by lifting buttocks towards ceiling gently overextending by dropping your stomach to the floor



### 3. 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
- Repeat on opposite side



### 4. Boxed Scapula Push Ups (6-10 reps)

- Start on all fours on the floor in a 'boxed up' position
- Palms directly under shoulder, knees under your hips, back is flat
- Reach through the floor bringing shoulder blades forward + return to start position
- Hips stay straight with core braced as your reach
- Pull shoulder blades back together



### 5. Knee to Wall (6-10 E/S)

- Place hands against wall in a 'split stance'
- Front foot starts flat on floor
- Gently push knee forwards, feeling stretch in back of lower limb
- Return to start position
- Repeat on opposite side



## 6. Neck Series (5 Each Way)

- Sit tall on a chair with a straight back
- Turn head to the left and back to the right 5 times each way
- Look up,look down 5 times each way
- Slowly 'roll' neck in circles 5 times each way to finish

