Hundreds
Start position – Neutral spine, supine

Engage the core

Level 1:
Inhale to prepare, exhale lift both hands from the floor palms down. Imagine a puddle of water either side of your hips, start pulsing the arms up and down as though you are splashing the water. Inhale for 5 pulses, exhale for 5 pulses. Maintain a neutral spine.

Level 2:
Bring the right leg into single table top, exhale lift both hands from the floor palms down. Imagine a puddle of water either side of your hips, start pulsing the arms up and down as though you are splashing the water. Inhale for 5 pulses, exhale for 5 pulses. Repeat again but with the left leg in single table top. Maintain a neutral spine.
Hundreds

Start position – Neutral spine, supine

Engage the core

Level 3:

Bring the legs into double table top. exhale lift both hands from the floor palms down. Imagine a puddle of water either side of your hips, start pulsing the arms up and down as though you are splashing the water. Inhale for 5 pulses, exhale for 5 pulses, whilst maintaining a double table top position and neutral spine.

Level 4:

Bring the legs into double table top and lift the head into abdo prep. exhale lift both hands from the floor palms down. Imagine a puddle of water either side of your hips, start pulsing the arms up and down as though you are splashing the water. Inhale for 5 pulses, exhale for 5 pulses, whilst maintaining a double table top position and neutral spine.
Hundreds

Start position – Neutral spine, supine

Engage the core

Level 5:

Bring the legs into double table top and lift the head into abdo prep, exhale straighten the knees. Next breath out lift both hands from the floor palms down. Imagine a puddle of water either side of your hips, start pulsing the arms up and down as though you are splashing the water. Inhale for 5 pulses, exhale for 5 pulses, whilst maintaining a double table top position and neutral spine.