

Swedish Drill Revisited III

p.35

Heel raising with
foot forward placing.

Attention!

Card 3 of 3

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Dawn Duran, PT, MHS
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Bridging in back lying.

Bridging in back lying.
Half kneel.
Left (or right) foot forward – place.
Tall kneel – place.
Stomach lying– place.
Back lying, rolling towards
right (or left) – place.

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Card 2 of 4

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Bridging in back lying.

Knee – bend! 1, 2.
Arms, palms down,
into floor – place.
side – raise.
Lower.
[Repeat 5 times, then...]
Knee – straighten! 1, 2.

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Airplane arms in
stomach lying.

Airplane Arms in
stomach lying.
Stomach lying,
rolling towards the
right (or left) – place.

Card 1 of 4

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Airplane arms in
stomach lying.

Arms at sides,
palms face in – place.
Arms reach out,
palms face down – place.

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Airplane arms in
stomach lying.

Arms reach forward,
palms face in – place.
[Continue to provide cueing for palm
position as long as necessary,
then say...]
Arms reach out – place.

Card 3 of 4

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