

swan

Springs: 1 middle

SET UP: Place one hand on the seat and one on the pedal. Lower your belly onto the chair and press the pedal to the floor. Place both hands on the pedal. Position your shoulders directly above your wrists. Your legs are extended and can be parallel or turned out.

MOVEMENT: Bend and stretch the elbows three times. After the third pump, keep your arms extended and slowly raise the pedal, arching your spine and lengthening the crown of your head toward the ceiling, keeping the back of your neck long. Repeat entire exercise 3-5 times. To dismount, bring one hand to the seat and lower your feet to the floor.

BREATHING: Inhale as the elbows bend. Exhale as they extend. Inhale to arch up. Exhale to lower back down.

CUES: As you pump the pedal, your hands should be angled slightly inward, so your elbows bend slightly outward. This prevents the elbows from banging on the chair. As you rise up in the arch, rotate your upper arms under so the hands point straight ahead and the triceps are engaged. Keep your body reaching in opposition from head to toe; whether straight or arched, it stays long and lean.

safety tips for mounting and dismounting

- Always face the chair when you bring the pedal down with your feet.
- Never stand on the platform or base while bringing the pedal down.
- Lean your body weight into the chair when bringing the pedal down or releasing it back up. Never lean back to take the weight off the pedal.
- Always release the pedal slowly.
- Always work barefoot and use a sticky mat to prevent slipping.
- To change the springs, always stand behind the chair and squat.

