

WASHING MACHINE

POSITION

1. Feet hip width apart.
2. Arms relaxed by your side.
3. Swing your arms around your body. Make sure your back foot is pivoting as you turn (if body turns to right, left foot pivots).
4. Arms are COMPLETELY relaxed. As you turn, your arms should wrap around your body.
5. Progression – increase the speed of your ‘washing machine’.

NUMBER

x 5 each side



STEP 1



STEP 2

Make sure:

- Back foot is pivoting as you swing.
- Arms are relaxed.

Breathing:

- Rhythmically in and out with change of movement.

It is good for:

- Mobility and tension release ribcage, chest and upper back.
- Re-enforcing Twisting Principle.
 - Move feet.
 - Toes follows nose.

FIRST
move
warm-up

