

## Alignment and Flexibility Exercises – Section 2

**Candidate faces the camera** in a natural position – arms by the side and feet parallel (together). By quarters, turn to face the side, back and front again. Hold each position for 3 seconds. (**front, side, back, – Position 1**)



Repeat step 1 with your arms lifted above your head. Hold each position for 3 seconds (**side, back, Positions 2**)

**Face side on to the camera** – Standing, legs straight, feet parallel and hip width apart, bend forward and touch hands on the floor. Hold for 3 seconds (**Position 3**)



**Face side on to the camera** – from a standing position, roll slowly down through the spine and then return body to vertical position. (**Position 4**)



**Face side on to the camera** - standing feet together, keep back vertical – bend the knees over feet. Hold for 3 seconds. (**Position 5**)

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**Candidate faces the camera** - standing in 1<sup>st</sup> position – bend knees (demi plie – make sure knees are over feet) Hold for 3 seconds. **(Positions 6)**

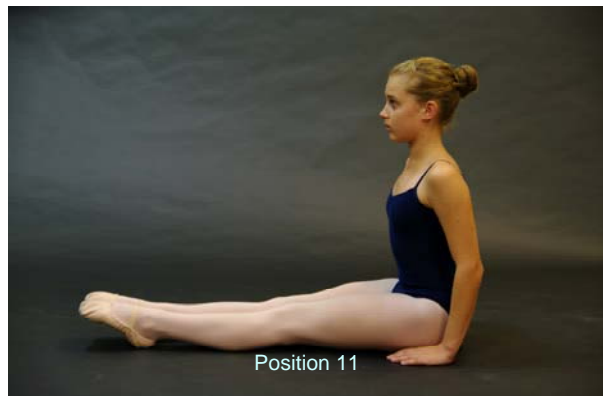
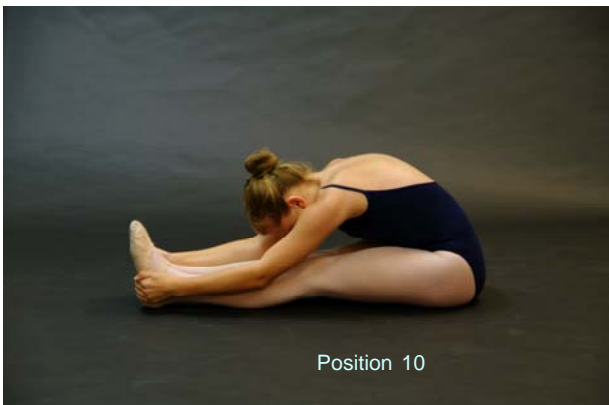
**Face side on to the camera** standing in 1<sup>st</sup> position – bend knees (demi plie – make sure knees are over feet) Hold for 3 seconds **(Position 7)**



**Face side on to the camera** - sitting position sitting on the floor, soles of feet together and knees open (basic or frog position). Back straight, arms down. Hold for 3 seconds **(Position 8)**



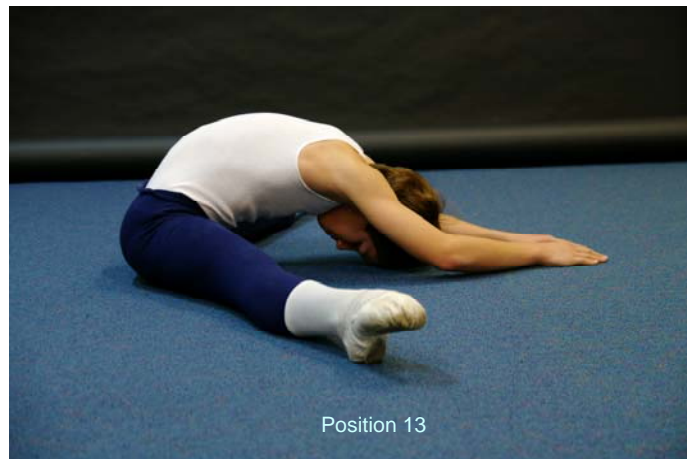
**Face side on to the camera** - sitting position sitting on the floor, soles of feet together and knees open (basic or frog position) – bend forward over legs, arms stretched forward. Hold for 3 seconds **(Position 9)**



**Face side on to the camera** -sitting position – legs together and extended forward, back extended and bend forward over legs feet flexed. Hold for 3 seconds **(Position 10)**

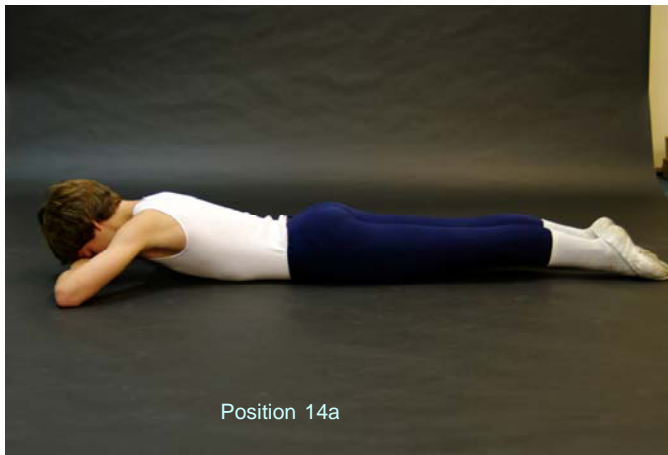
**Face side on to the camera** - sitting position – legs together, back upright position and toes pointed. Hold for 3 seconds **(Position 11)**

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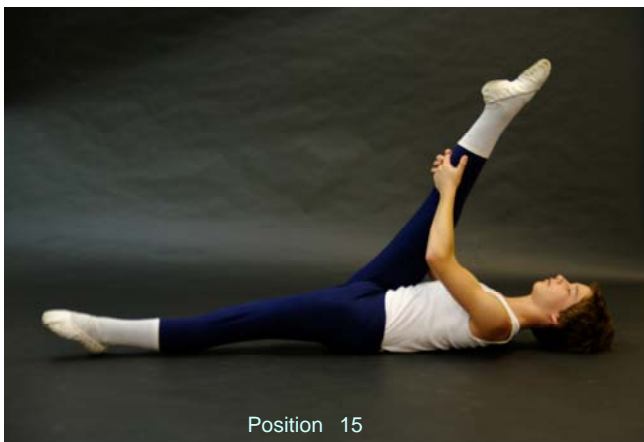


**Face side on to the camera** – Sitting position legs extended to either side of the body - back extended and straight, arms down, hands in front. Hold for 3 seconds (**Position 12**)

**Face side on to the camera** - legs extended to either side of the body - back extended and forward bend, arms extended to the front. Hold for 3 seconds (**Position 13**)



**Face side on to the camera** - lying on stomach legs extended, hands under shoulders (**Position 14a**) arch the body up and then lift arms to side to show balance, keep hips on the floor. Hold for 3 seconds (**Position 14b**)



**Face side on to the camera** – Lying flat on back, lift leg with hands in a forward position (over head – keep body in a lengthened position) Hold for 3 seconds (**Position 15**)