

I- Mtone 3

Lying Twisters

Purpose: Strengthening the connection of the opposite hip and shoulder for improved tone of the torso

Numbers: Individually

Resources: Floor space and mats



Integration play

- Lie down with your back on a mat. You are going to strengthen the X muscle in your body! This X connects your shoulders to your hips.
- To make the X muscle strong, begin with your fingers resting behind the ears and slowly lift the left knee and turn the right shoulder. Connect the elbow to knee. Come back to the start position and repeat with the other side.
- Feel an X connecting your hips and shoulders together. Feel this X lifting and lowering you as you do this activity. Repeat 8 - 20 times

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I- Mtone 4 The Balanced Warrior

Purpose: Overall tonifier with emphasis on stability

Numbers: Individual

Resources: None



Activation Play

- Stand with legs just over shoulder width apart. Turn the left foot and knee so they are pointing to the left side. Right foot pointing forwards. Your arms lift straight up so they're at shoulder level. Turn the head to the left and look over the fingers.
- Keeping the right leg straight and hips and shoulder facing forward, extend the left knee. Hold this position for 20 - 30 seconds feeling the muscles lengthening and strengthening in the bent leg and bottom .
- Come up straight and repeat twice. Swap sides and repeat.

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I- Mtone 3

8-9 Years

Modification and Expansion

- Focus on the X – feel the connection with small movements of opposite shoulder and hip
- Keep the knees bent and reach forward with the hands. Opposite hands and knees connect.
- Slow the movement down. Greater control of the core muscles with a slow lift and lower.



Teaching/Observation Points

- ☺ Do not allow the use the hands to pull the head and upper body forwards.
- ☺ The twist and contraction is done using the core muscles (stomach muscles).
- ☺ Emphasis placed on feeling the connection, X, between shoulders and hips.

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8-9 Years

Modification and Expansion

- In pairs - partner stands behind and supports the arms.
- Hands rest on hips instead of being lifted.
- Lengthen the gap between the legs, go lower and stay there for longer.



Teaching/Observation Points

- ☺ Arms out straight with fingers pointing and eyes looking past the fingers.
- ☺ Hips straight and facing forwards.
- ☺ The bending knee does not go beyond the toes.