

## Mat Supine 1 Cluster Plan

Category	Start position	Layer	Basic movement	Repetitions
<b>Knees to chest</b>	Lie on back Legs long Arms by your side	<b>Layer 1</b>	Pull knees to chest Face to knees and hold	20 seconds
<b>One Leg Stretch</b>	Chin to chest Pull one knee to chest Float other leg	<b>Layer 1</b>	Switch legs	10 each side
<b>Double Leg Stretch</b>	Chin to chest Pull both knees to chest (tuck)	<b>Layer 1</b>	Stretch both legs long, press arms by sides Return to the tuck	10 (OK to return/stay at One Leg Stretch)
		<b>Layer 2</b>	option to take arms long overhead as legs extend Return to the tuck	10 (OK to return/stay at One Leg Stretch)
<b>Shoulder Bridge</b>	Lie on your back Knees bent Feet flat	<b>Layer 1</b>	Hips up Hips down	10
<b>Criss Cross</b>	Lie on back Hands behind head, chin to chest Both knees to chest (tuck)	<b>Layer 1</b>	Keep the elbows wide Elbow to opposite knee Switch	10 each side OK to return to One Leg Stretch
<b>Single Leg Tuck Up</b>	Lie on back Arms overhead Legs long	<b>Layer 1</b>	Roll up and grab one bent leg to chest other leg stays down switch and repeat	5 each side OK to return to One Leg Stretch
<b>One Leg Circle</b>	Lie on back One leg vertical Other leg long on mat Arms wide to a T	<b>Layer 1</b>	Leg crosses body Circle down around and back Change direction Shoulders pinned to mat	5 each direction on each side (total 20 movements)