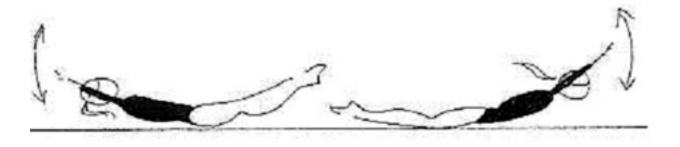
## **BADGE 4 SKILLS YOU CAN PRACTICE AT HOME**

Dish and Arch Rocks x 20 of each

Improving isometric strength in the core abdominal and lumbar back muscles.

Teaching points - The rocks should be smooth with a curved back hips up in dish, hips pushed down arms by ears in arch.



PIKE FOLD

Hold the shape for 30 sec's plus to improve your flexibility

