



1. Back-to-Back Sitting Pike

- Start by sitting back to back.
- Get into the sitting pike position.
- Extend your arms out to the side at shoulder height.



How else could you position your arms? Stretched above your head? Out in front of you? Make sure you both have your arms in the same position to create a mirror image.



2. Side-by-Side Tuck on Back

- Position yourselves side by side on your back.
- Get into the tucked position on your back.





3. Head-to-Head Supported Straddle

- Start by facing one another.
- Lean forward into the supported straddle position.



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4. Feet-to-Feet Straddle on Back

- Start by lying down on your back opposite one another.
- Get into the straddle position on your back.
- Try to get your bottoms, legs and heels in contact with one another.
- Extend your arms out to the side at shoulder height.



How else could you position your arms? Stretched above your head? Down by your side? Make sure you both have your arms in the same position.

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1. Back-to-Back Pike V-Sit

- Start by sitting back to back.
- Get into the sitting pike position.
- Using your arms as support, raise both legs off the ground.
- Keep your legs and feet squeezed tightly together.



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2. Side-by-Side Back Support

- Start by lying down on your back next to one another.
- Get into the back support position.
- Your legs need to be squeezed tight and feet together.



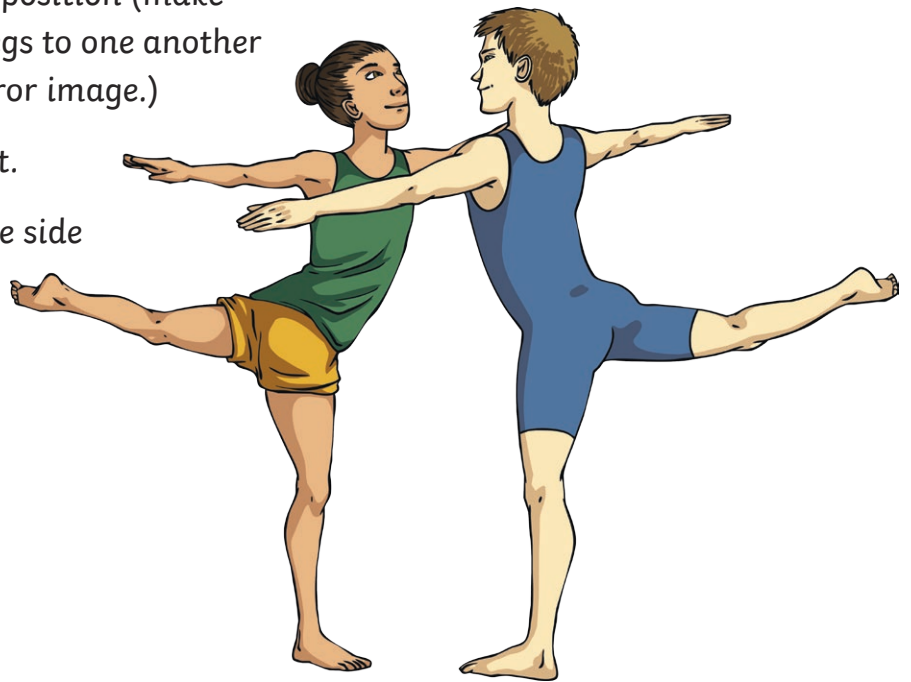
You could try raising one leg off the ground. Make sure you both have your legs in the same position to create a mirror image.

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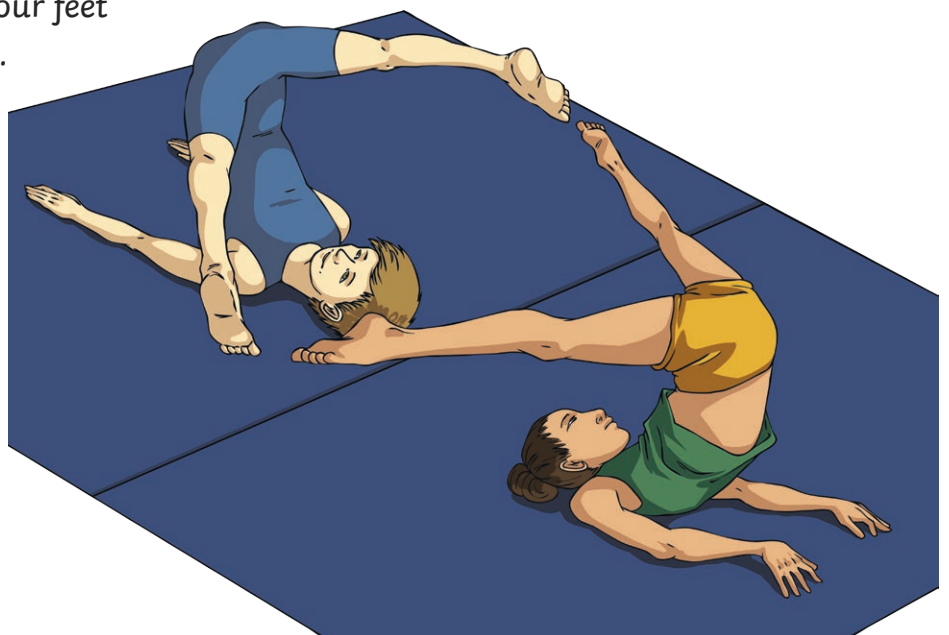
3. Chest-to-Chest Arabesque

- Start by facing one another.
- Get into the arabesque position (make sure you lift opposite legs to one another so that it creates a mirror image.)
- Keep your chest upright.
- Extend your arms to the side at shoulder height.



4. Feet-to-Feet Straddle on Shoulders

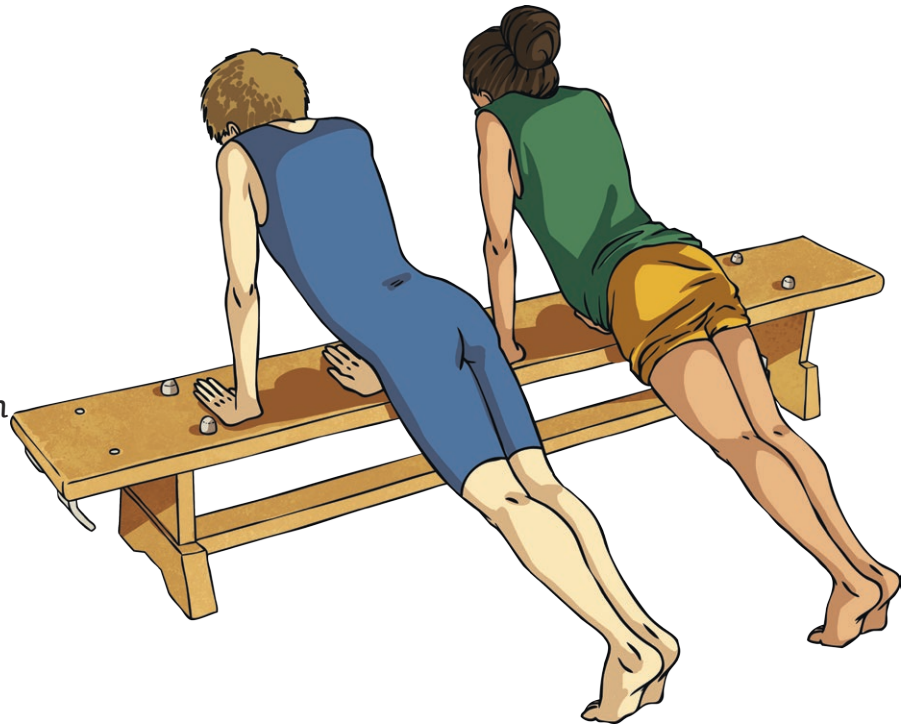
- Start by sitting back-to-back and get into the straddle position on your shoulders.
- Stretch your legs so your feet are beyond your head.





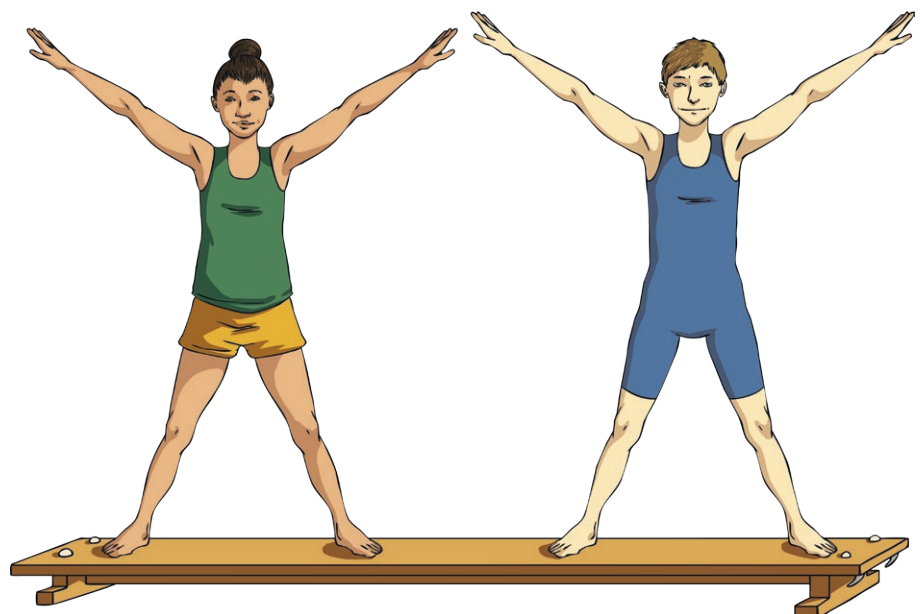
1. Side-by-Side Front Support

- Start side-by-side and rest your hands on the bench shoulder width apart.
- Stretch your legs out straight behind you to make the front support position.
- Make sure your bottom is not sticking up in the air and you have a straight back.



2. Side-by-Side Star Shape Standing

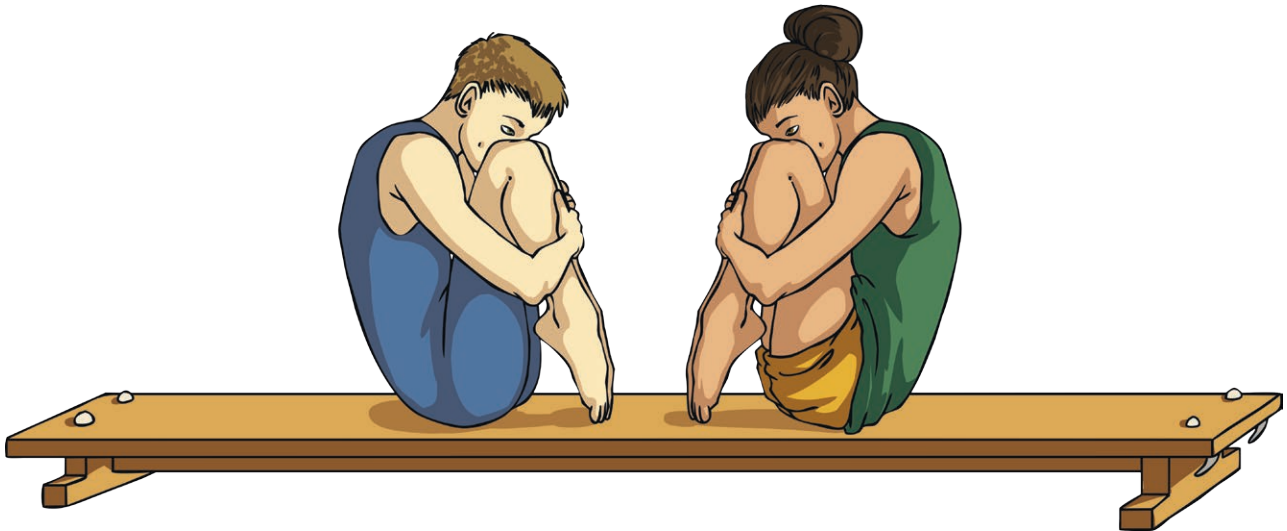
- Start by standing side-by-side on the bench.
- Get into the Straddle position standing (a star shape).





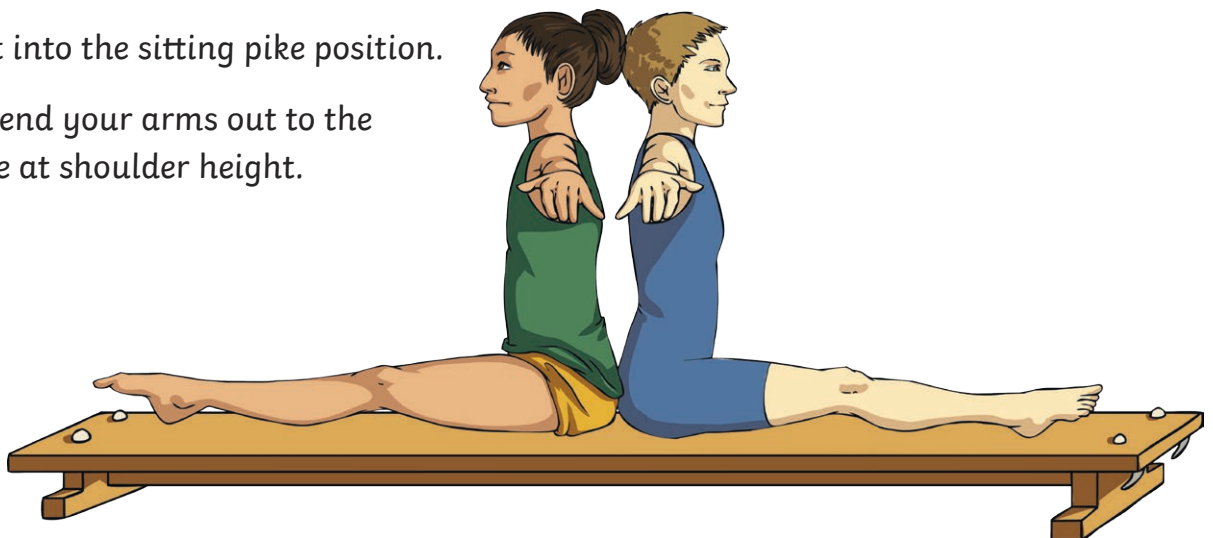
3. Face-to-Face Sitting Tuck

- Start by sitting face to face on the bench.
- Get into the sitting tuck position.



4. Back-to-Back Sitting Pike

- Start by sitting back-to-back on the bench.
- Get into the sitting pike position.
- Extend your arms out to the side at shoulder height.

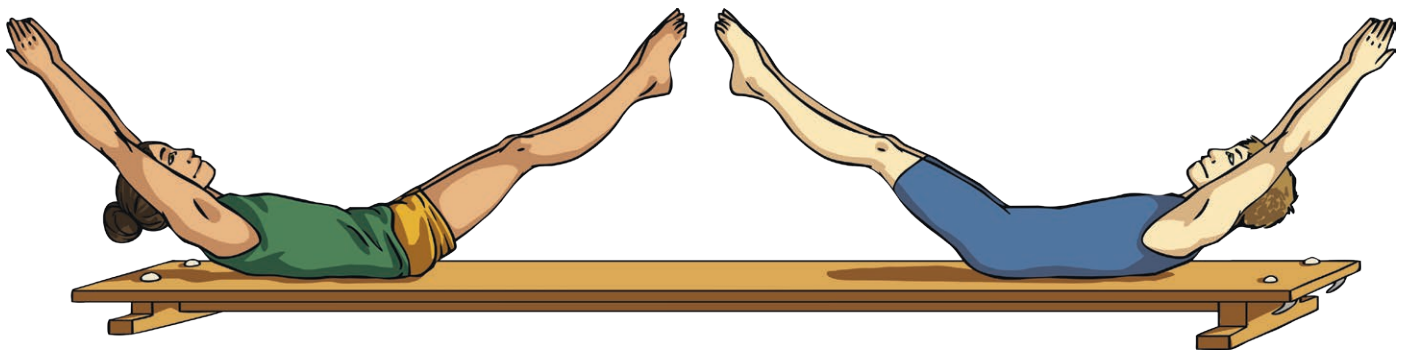


How else could you position your arms? Stretched above your head? Make sure you both have your arms in the same position.



1. Dish Position along Bench

- Start by lying along the bench on your back.
- Get into the dish position by lifting your arms and legs clear of the bench.
- Keep your back pressed down into the bench.

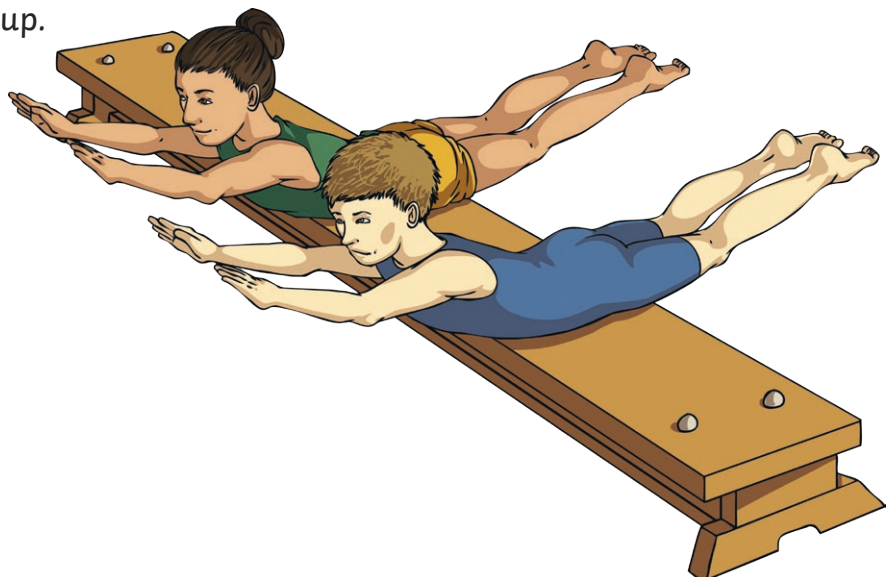


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2. Arch Position across Bench

- Start by lying across the bench side-by-side.
- Get into the arch position by lifting arms and legs up.
- Your hips and tummy should be in contact with the bench.



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3. Back-to-Back Sitting Straddle

- Start by sitting back-to-back with your legs either side of the bench.
- Lift feet off the floor to make the sitting straddle position.
- Extend arms out in front of you at shoulder height.



How else could you position your arms? Stretched above your head? Make sure you both have your arms in the same position.



4. Side-by-Side Front Support

- Start by kneeling on the mat with your back to the bench, side-by-side.
- Lift your legs up to rest your feet on the bench. Your hands should be taking the rest of your body weight.
- Make sure your arms are shoulder width apart and straight.
- Your body should also be straight.

