

Movement Index Module 4: Floor Play

| Movement | Timestamp |
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| LESSON 1: GETTING COMFORTABLE ON THE FLOOR | |
| Equipment needed | 0:07 |
| Getting up and down from the floor | 0:20 |
| Getting up and down out of a seat | 1:32 |
| Spinal traction | 2:50 |
| Hip flexion seated in a chair | 3:57 |
| Foot mobility exercises | 4:45 |
| Different variations of getting up off of the chair | 5:45 |
| E.L.D.O.A Explained | 6:19 |
| E.L.D.O.A for L5/S1 | 6:45 |
| Squat with block support | 11:17 |
| Squat with heel elevation | 13:33 |
| Adding load to squat | 14:29 |
| Extending load in front of body in deep squat | 15:22 |
| Overhead press in squat | 15:51 |
| Glute squish | 16:17 |
| Active Figure-4 stretch | 17:39 |
| Active single leg Figure-4 stretch | 18:35 |

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| Sleeper stretch for internal hip rotation | 19:31 |
| Seated pelvic tilting | 20:55 |
| Demonstrating lack of pelvic mobility | 22:37 |
| Half-kneeling pelvic mobility | 23:48 |
| Myofascial stretch | 24:45 |
| Ankle squish | 26:33 |
| Sitting on the heels | 27:45 |
| Lateral hip drops | 27:56 |
| Barrel rolls | 28:56 |
| Prone thoracic twist | 29:47 |
| Soft roll with legs leading | 31:10 |
| Soft roll with arms leading | 32:40 |
| LESSON 2: SEATED POSTURES | |
| Equipment needed | 0:24 |
| Standing good-morning (hip hinge) | 0:32 |
| Seated good-morning (on blocks) | 2:18 |
| Seated good-morning (on floor) | 4:20 |
| Seated forward bend | 5:21 |
| Wide-leg seated forward bend | 6:14 |
| Seated butterfly stretch | 6:50 |

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| Twisted postures explained | 9:14 |
| Hinge-point training | 10:54 |
| Active seated twist with dowel assist | 14:52 |
| Active seated twist (Marichyasana C) | 16:23 |
| Hollow sphinx | 18:42 |
| Neck nods for cervical mobility | 19:30 |
| Floating quadruped with block perturbations | 20:55 |
| Reverse tabletop | 23:19 |
| Active shoulder extension | 24:19 |
| Active shoulder extension work prone using blocks | 24:45 |
| Boat pose | 26:19 |
| Hip flexion block hovers | 28:13 |
| Floating staff pose | 30:29 |
| LESSON 3: DYNAMIC FLOOR MOVEMENTS | |
| Wrist extension | 0:39 |
| Setting up wrists in quadruped | 2:11 |
| Contralateral and ipsilateral movements in quadruped | 3:30 |
| Flying bird-dog | 4:18 |
| Contralateral downward dog | 4:50 |
| Dynamic side plank | 5:30 |
| Crawling practice explained | 6:25 |
| Floating quadruped | 6:53 |
| Contralateral crawl | 7:24 |

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| Adding perturbations to floating quadruped | 8:37 |
| Dynamic lunges | 9:23 |
| Practicing jumping | 11:32 |
| Single leg jumping | 13:49 |
| Skater hops | 14:13 |
| Zen Archer (inspired by Ido Portal) | 15:43 |
| Hot Stepper (inspired by Fighting Monkey) | 17:11 |
| Touchpoint | 18:05 |
| LESSON 4: RESTORATIVE PRACTICES | |
| Equipment needed | 0:35 |
| Discussing the benefits of a restorative practice | 0:44 |
| Reclined twist | 5:21 |
| Supported forward fold | 8:58 |
| Reclined Cobbler's Pose/Reclined Butterfly | 11:13 |
| Legs up the wall | 14:44 |
| Savasana | 19:40 |
| Lumbar lordosis | 20:14 |
| Elevating the legs in savasana | 21:22 |
| Externally rotating the hips in savasana | 22:44 |
| Watching the breath in savasana | 23:51 |