

Movement Index Module 1: Foundations

Movement	Timestamp
LESSON 1: THE SPINE	
Macro-level segmental articulation	2:30
Micro-level segmental articulation	6:30
Segmental cat-cow	6:45
Hinge point training: isolating vertebral movement	9:05
Spinal flexion with wall feedback	13:55
Spinal extension with wall feedback	15:50
4-D Spinal rolling <ul style="list-style-type: none"> - Forward flexion - Lateral flexion - Extension 	17:18 19:18 20:30
LESSON 2: THE INNER UNIT	
360 degree breath (inner unit and TVA explained)	0:30
Intra-abdominal pressure explained	3:42
Quadruped with dowel feedback (training the inner unit in a static position)	6:48
Adding perturbations to quadruped with dowel (contralateral movements)	10:03
Adding progressions to quadruped with dowel (floating knees)	12:30
Quadruped with block on pelvis	14:20
Training the inner unit through movement (bird-dog variation)	15:24
Contralateral crawl	16:45
Marching plank	18:00

Travelling plank	19:37
Rotating quadruped	20:27
Exploring the rectus abdominis	22:30
Seated curl ups with progressions	22:40
Side bend side plank	25:55
LESSON 3: THE LOWER BODY	
Movement of the pelvis in isolation	0:00
Hamstring kickbacks	2:40
Hip hinge starting with isometric contraction	3:25
Adding load to hip hinge with body weight	4:50
Quadruped hip CARs	6:00
Adding load to hip CARs	8:30
Strict hip CARs	9:00
Side-lying hip CARs	10:15
Internal hip rotation	11:38
90-90 position	13:00
Irradiation in 90-90	14:50
Foot massage with dowel	16:09
Balancing on one foot on dowel	18:20
Toe manipulation	19:25

Fingers in toes ankle circles	20:35
Active toe hinge for extension	22:30
Toe knee rockers	23:40
Isolating feet with heel lifts in toe squat	25:15
Toe squats	26:10
Toe heel rockers	26:41
Combat stance with active dorsiflexion	27:48
LESSON 4: THE UPPER BODY	
Wrist prep	1:07
Adding load to wrist prep	2:15
Wrist CARs	3:20
Wrist CARs on blocks	4:10
Finger taps	6:15
Palm raises	7:54
Scapular mobility	9:57
Open chain scapular CARs	11:45
Closed chain scapular CARs with block	12:55
Scapular pushups	13:20
Shoulder CARs	15:20
Shoulder CARs with irradiation	16:45

Shoulder CARs in quadruped	18:35
Shoulder CARs in child's pose	19:45
Prone cobra	21:38
Prone shoulder series <ul style="list-style-type: none"> - Retraction - Rotations - Capsular rotations - Retraction and external rotation (pulling) 	24:03 25:03 26:00 26:35
Active sphynx	27:05
Eccentric push ups	28:13
Prone hand hovers	29:23
Air chin-ups	30:20
Partner row	31:37
Cecily's sun salutation explained	34:21