

## INTEGRATED CONDITIONING

# Pompeii

This popular song by British band Bastille is a great track to work on multiple stability and balance challenges, due to its unique lyrics. This sequence alternates between variations of the Adult Crawling exercise, standing balances with eyes closed, and sustained balances on rise, plus combinations of the two for an extra challenge!

*"But if you close your eyes, does it almost feel like nothing changed at all?"*



# POMPEII (BASTILLE)

## Exercises

This is a great little sequence to practice the various levels of the Adult Crawling exercise. It fits well with the lyrics to include various eyes closed balances.

### Prances



- Eh, eheu, eheu
- Eh, eheu, eheu
- Eh, eheu, eheu
- Eh, eheu, eheu

### Adult Crawling #3 x 4



- I was left to my own devices
- Many days fell away with nothing to show
- And the walls kept tumbling down in the city that we love
- Grey clouds roll over the hills, bringing darkness from above

### Eyes Closed Balance



- But if you close your eyes, does it almost feel like nothing changed at all? (Right)
- And if you close your eyes, does it almost feel like you've been here before? (Left)

Sustained Hover



- How am I gonna be an optimist about this?
- How am I gonna be an optimist about this?

Adult Crawling #4 x 4



- We were caught up and lost in all of our vices
- In your pose as the dust settles around us
- And the walls kept tumbling down In the city that we love
- Grey clouds roll over the hills bringing darkness from above

Eyes Closed Balance

- But if you close your eyes..

Sustained Hover

- How am I gonna be an optimist..?

Prances

- Eh, eheu, eheu...

Adult Crawling #5 x 4



- Oh where do we begin? The rubble or our sins?
- Oh where do we begin? The rubble or our sins?
- And the walls kept tumbling down In the city that we love
- Grey clouds roll over the hills bringing darkness from above

Eyes Closed Balance

- But if you close your eyes..

Sustained Hover

- How am I gonna be an optimist..?

Eyes Closed Balance on Rise

- If you close your eyes..

Prances

- Eh, eheu, eheu...

Notes: