INTEGRATED CONDITIONING

Pompeii

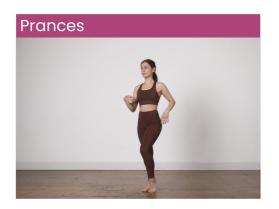
This popular song by British band Bastille is a great track to work on multiple stability and balance challenges, due to its unique lyrics. This sequence alternates between variations of the Adult Crawling exercise, standing balances with eyes closed, and sustained balances on rise, plus combinations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



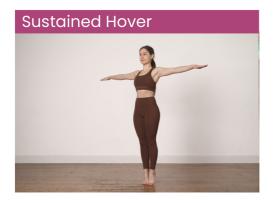
- Eh, eheu, eheu
- Eh, eheu, eheu
- Eh, eheu, eheu
- Eh, eheu, eheu



- 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



- 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)



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



- 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

Sustained Hover

Prances

- Adult Crawling #5 x 4
- Eyes Closed Balance

Sustained Hover

Eyes Closed Balance on Rise

Prances

- But if you close your eyes..
- How am I gonna be an optimist..?
- Eh, eheu, eheu...
- 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
- But if you close your eyes..
- How am I gonna be an optimist..?
- If you close your eyes..
- Eh, eheu, eheu...

