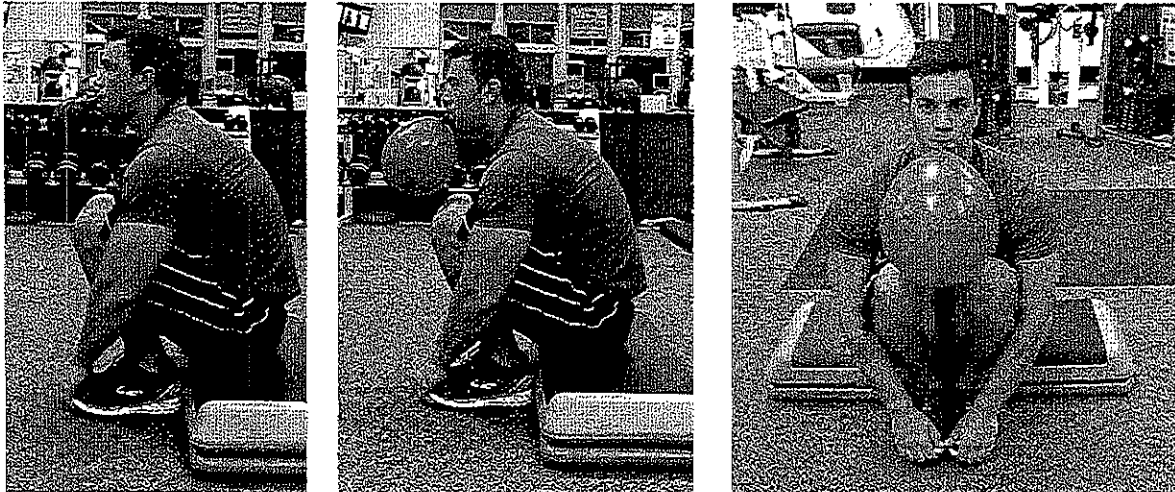




## STAIR SHORT SEATED BALLOON

### PARAVERTEBRAL INHIBITION RIB IR AND THORACIC RETRACTION



#### Set Up

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Sit on a 6-inch step with your feet together, knees bent and knees together. Round out your back and roll your pelvis back, feeling your "sit bones".

#### Check

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Feel your left sit bone, left heel, and your left abdominals as you exhale into the balloon.

#### Move

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1. Inhale through your nose and feel your rib cage retract back
2. Slowly blow out into the balloon. Pause.
3. Without pinching the neck of the balloon and keeping your tongue on the roof of your mouth, take another breath in through your nose.
4. Slowly blow out again as you stabilize the balloon with your hand. Pause and repeat for 4-5 breaths before taking the balloon out of your mouth.
5. Let the air out of the balloon. Relax and repeat the sequence at least 4 more times.

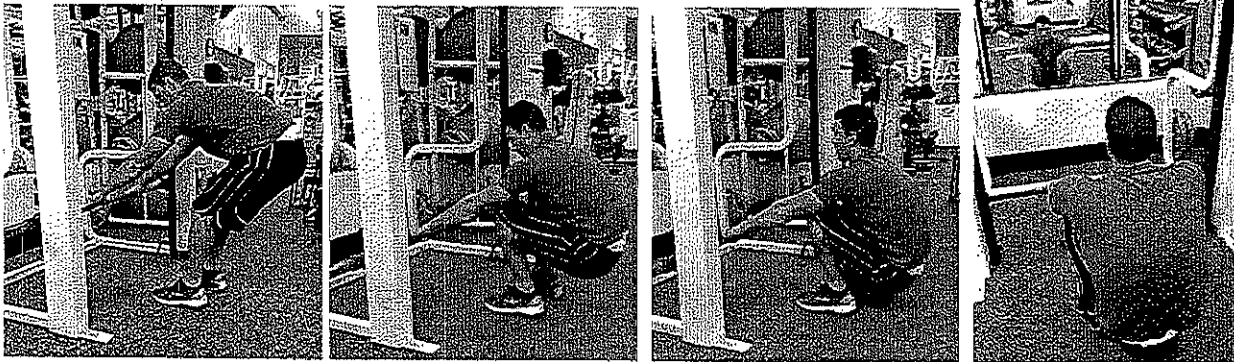
#### Control

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Do not strain with your neck or tighten your cheeks as you blow into the balloon. Attempt to expand air into the back of the rib cage without elevating your shoulders as you inhale.

## SUPPORTED REVERSE SQUAT INHIBITION

### SQUATTING BAR REACH



#### Set Up

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Position yourself in front of a squat rack and place a bar on the inside of the rack as pictured above. Keep your feet shoulder width apart and pointed straight ahead.

#### Check

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Arms remain extended. Feel your weight into your heels.

#### Move

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1. Fully exhale and round out your back as you tuck your buttocks under you. Pause.
2. Keep your weight through your heels and hold onto the secured bar. Lean back and lower your buttocks down into the squat position. Squat as far down as you can without letting your heels come off the floor.
3. Hold this position for 4-5 breaths. Attempt to keep your rib cage retracted and expand your back with air on each inhalation.
4. On the final exhale, slowly stand up by pushing through your heels, keeping your back rounded.
5. Repeat 4 more times.

#### Control

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Do not hold your breath. Keep your rib cage retracted and weight into your heels.



## 90-90 BOX HEEL DIG SHIN BAR SLIDE

### 90-90 HAMSTRINGS WITH BAR REACH



#### Set Up

Lie on your back with your heels resting on a box so your knees and hips are bent at a 90 degree angle. In the above picture, instead of a box, the smith machine bar is lowered down and used for the heels to dig into. Ball or towel roll may be placed in between the knees.

#### Check

Maintain heels into the box and feel hamstrings engage throughout the exercise.  
Maintain thorax retraction while reaching towards your shins.

#### Move

1. Inhale through your nose and exhale through your mouth, dig both heels into the box. You should feel both hamstrings engage and your oblique ab muscles draw down your ribs toward your hips.
2. Inhale and retract your thorax, keeping your lower back on the floor reach both arms up toward your knees so your shoulders and head come off the ground.
3. Exhale and slowly slide your hands along your shins rounding your back to turn your ribs down toward your waist line a little more with each exhalation.
4. Maintain your position and inhale, feeling your back lower ribs fill up with air.
5. Exhale and slide your hands down your shins further.
6. Repeat for 5 breaths attempting to advance your hands a little more with each exhale.

#### Control

Do not hold your breath.

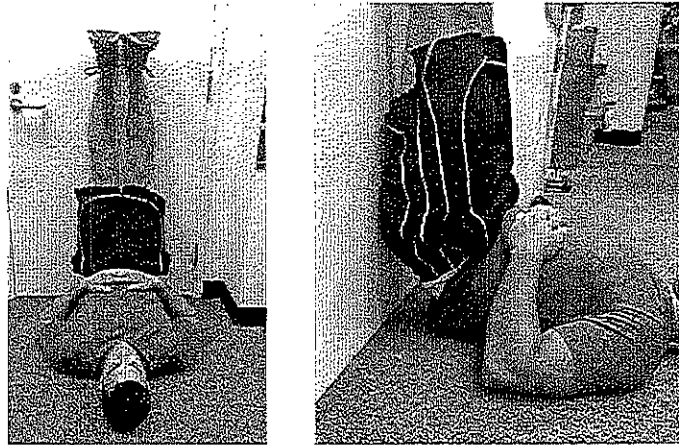
If you feel hip flexors engage, restart exercise and make sure heels are pressed into box and hamstrings are active throughout.

When reaching on your exhalation slowly peel your back off the floor turning down ribs to anchor your lower and middle back to the floor.



## THORACOLUMBAR RELEASE

### DORSAL THORACIC INHIBITION



#### Set Up

Lie on your back with your legs straight and placed on a wall in front of you. Place your hands on your lower rib cage

#### Check

Get as close to the wall as you can. Heels and calves should rest on the wall. Upper chest and shoulders should remain relaxed.

#### Move

1. Inhale through your nose. As you exhale, guide your lower ribs down.
2. Pause and walk your heels up the wall as you perform a pelvic tilt to raise your hips further up toward the ceiling.
3. Hold this position while you take 4-5 breaths in through your nose and out through your mouth.
4. Repeat 4 more times.

#### Control

Avoid breathing with your neck and shoulders. Avoid belly breathing. You should feel a stretch in your lower back and think about breathing into your back and sides of your ribcage.

Extras: After you have done as few sets as described above you can add some variations such as elongating the heels walking one heel at a time up the wall an inch more each time 3-5 steps and reach hands toward knees sliding up your shins as you maximize exhalation with several breaths.

