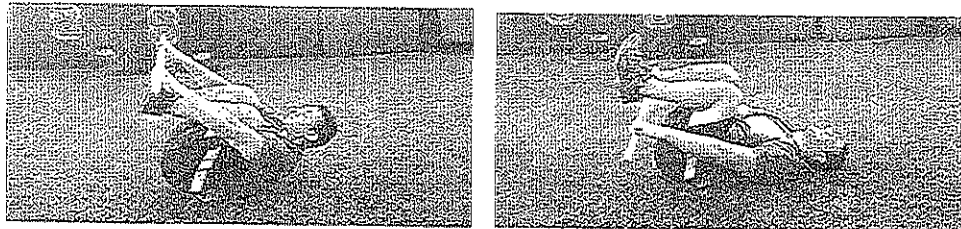
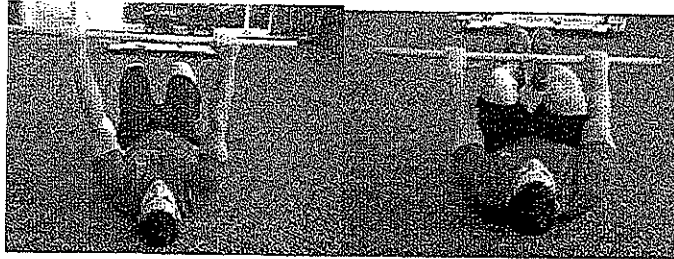


SUPINE REACH WITH BAR OVER FEET

This activity can be used as a screen and/or training exercise. The inability to perform this activity reflects compromised exhalation, rib and thoracic movement affecting core organization.



Set Up

Lay on your back with knees bent and feet flat on the floor and hold a light weight stick in your hands slightly wider than shoulder width apart.

Check

As you perform this activity you will want to check to make sure your head is not pushing down into the floor and that your ribs are turning down to rotate towards your hips as you reach your arms away.

Move

1. Fully exhale to reach the bar up to ceiling and to flatten low back into the floor.
2. Inhale into your back. Next exhale reach for your knees and you bring your knees up to slide the bar down the front of the shins.
3. Keep breathing throughout the movement and as you exhale try to reach a little further to get the bar down your shins, past your ankles and over your feet.
4. The head, neck and shoulders are allowed to come off the floor, but wrist and fingers should remain lightly gripped around the bar.
5. If you cannot go all the way around your feet, hold at the position you can go to and breath 4-5 times and with each exhalation try to reach a little further. If you can go all the way over your feet, hold at the bottom for 4 breaths and with each exhalation reach further way.
6. After full exhalation, pause your breathing to return to the relaxed start position.

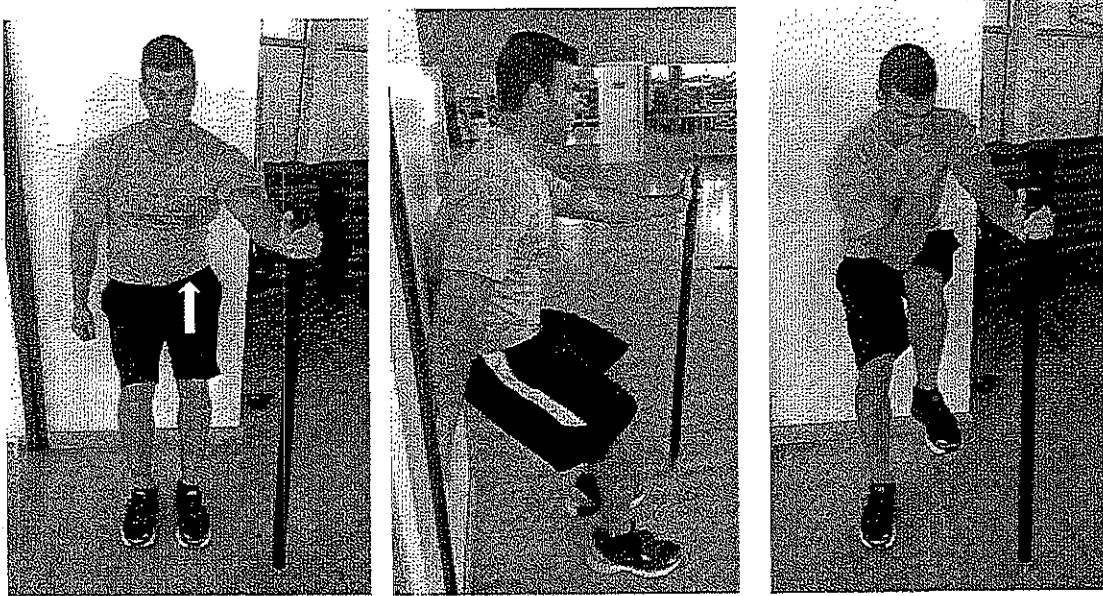
Control

If one half of the ribcage is more rigid or stuck in a pattern the bar will not remain horizontal but instead will dip lower on the restricted side. Work to keep it level.



SUPPORTED RIGHT CROSS CONNECTS

SUPPORTED RIGHT SQUAT WITH TRUNK ROTATIONS



Set Up

Stand with your back against the wall and slightly squat down. Use a stick or other support on your left side so you can push down to stabilize the left side back. Fully exhale to prepare for cross connects.

Check

Keep your right foot flat and press into your right arch. Keep your left low back and left buttocks on the wall.

Move

1. Inhale to shift left hip back into the wall. Feel your left lower back against the wall.
2. Exhale push down into the stick, shift over your left abdominals, and cross connect your right elbow to meet your left knee.
3. Pause, keep left hip shifted back.
4. Inhale return to the start position. Exhale cross connect.
5. Continue to stand on your right and perform in sets of 5-10 reps.

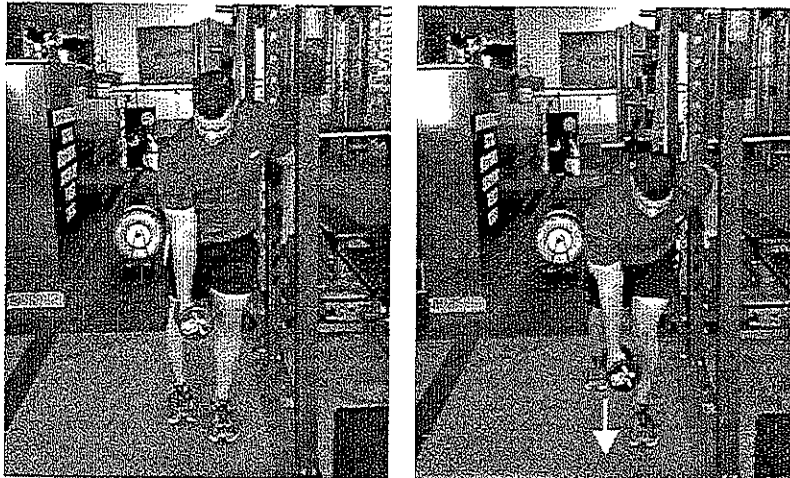
Control

Do not allow your weight to transfer to the front half of your foot.
Do not squat lower than you can control holding the left hip behind the right.
You should feel your right glute and left ab wall engage.



LEFT BECKMAN MODIFIED RDL

SINGLE LEG LEFT HAMSTRING WITH LEFT ABDOMINALS



Set Up

Stand with your left side next to an external support positioned at hip height. Place left hand in front of your torso to rotate the trunk right. Hold a light weight in your right hand. Fully exhale and press your left hand into the support feeling your left abdominals line up your thorax over your left pelvis.

Check

Keep your foot flat and press into your left heel.
Do not over engage back muscles. Allow your ribs to move as you reach forward.
Maintain a slight bend in your left knee.

Move

1. Inhale and reach right hand towards left ankle, hip hinging forward, allowing your right hip to come ahead of the left.
2. Exhale and push through left heel, to use left hip extension to stand while you dragging right heel along the ground to return to the starting position.
3. Perform in sets of 5-10 repetitions.

Control

Keep thorax positioned over to the left and left abs engaged.
Keep your right hip forward and your left hip back.
Maintain left pelvic elevation and right pelvic depression.
May place right foot on sliding disc to decrease friction.

TABLE TOP HIP LIFTS AF EXTENSION



Set Up

With your feet in front of you, knees bent and arms at your side, lift off your buttocks by digging your heels into the floor and tucking under your pelvis. Pull your shoulder blades down and together. Relax your head and neck.

Check

Keep your entire foot flat on the ground.

Move

1. Fully exhale to anchor your ribs down lift your hips to the level of your trunk squeezing your glutes. As you lift up your feet flatten to the ground and heels should be grounded.
2. Pause and hold at the top then inhale and lower back down.
3. Exhale and lift up again using your hamstrings and gluts and not your lower back. Pause, hold and inhale at the top to lower down.

Control

Feet and knees should remain hips width apart and should not turn outside the frame of the body. As you dig your heels into the floor, your feet should flatten the higher your hips lift and you can think about pulling your heels under you as they push into the ground. Be aware of your left heel and your right arch pushing down into the ground.

And do not lift too high or let your lower back go into extension. If you don't have the shoulder mobility, start doing this with your upper chest, shoulder and head resting on a bench or ball.

