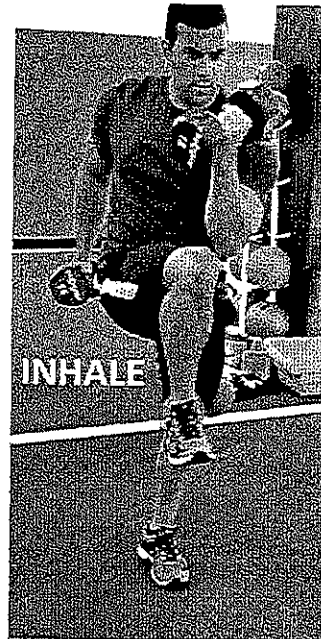
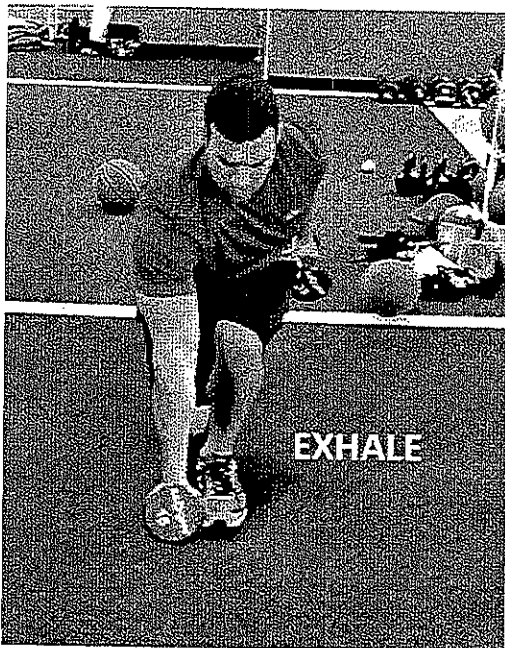




LEFT BACKWARDS LUNGE CROSS CONNECT

LEFT AIC/RIGHT BC INTO RIGHT AIC/LEFT BC



Set Up

Begin in half kneeling with right knee down and right hand reaching to left foot.

Check

Body weight should start over left hip.
Keep left foot flat and press into left heel.
Exhale and line up your thorax over your left pelvis.

Move

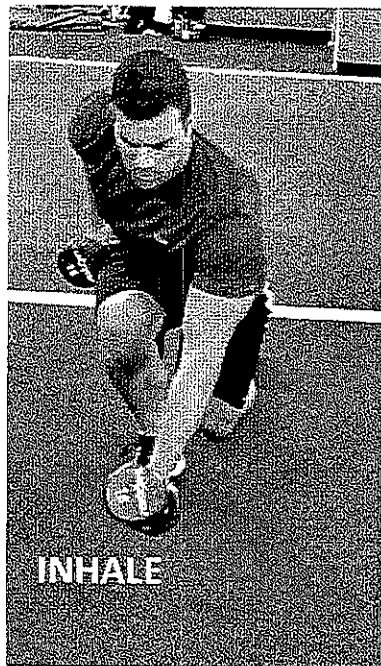
1. Fully exhale in the start position to shift your thorax to the left over the left hip.
2. Inhale as you push up through your left heel to stand simultaneously raising right knee to connect your left elbow to your right knee. Pause to establish control.
3. Exhale and lower back down to the start position reaching right hand toward your left foot while sitting back into your left hip.
4. Repeat steps 2 and 3 in sets of 5-10 reps.

Control

Keep right hip forward and your left hip back while doing the cross connect.
Keep thorax positioned over to the left and keep the left abdominals engaged.
May start off with no weight.

RIGHT BACKWARDS LUNGE CROSS CONNECT

RIGHT AIC/LEFT BC INTO LEFT AIC/RIGHT BC



Set Up

Begin in half kneeling with left knee down and left hand reaching to right foot

Check

Press into your right arch. Keep your left hip slightly behind the right.

Do not over engaged back muscles to stand up tall. Allow trunk to slightly come forward and round so you can concentrate on your hips.

Move

1. Fully inhale in the start position to retract your left ribs back over the left hip.
2. Exhale as you push up through your right arch to stand simultaneously raising your left knee to connect to your right elbow. Pause to establish control.
3. Inhale and lower back down to the start position reaching left hand toward your right foot while keeping your left hip slightly behind your right.
4. Repeat steps 2 and 3 in sets of 5-10 reps.

Control

Watch that left hip does not drop lower than the right or come forward ahead of the right.

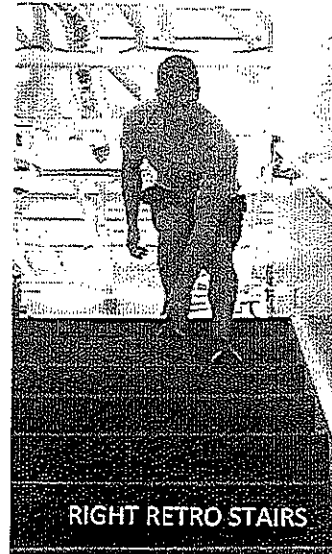
Keep thorax position over the left so left abs stay engaged.

Keep pelvis shifted left so that right knee does not dip inward.



RETRO STAIRS

THORACIC ABDUCTION WITH AF EXTENSION



Set Up

Prepare to walk up a flight of stairs backwards. Stand with your heels placed in front of the stairs and point your toes forward. Fully exhale and bend forward to reach your right hand toward your left foot.

Check

As you advance up the stairs keep your feet pointing straight ahead neutral and parallel with each other.

Move

1. Advance your left foot up a step behind you.
2. Shift your left hip back and over your left heel. Align and shift your thorax over to the left as well.
3. Place your weight through your left mid-foot/heel, and begin lifting your right leg to the step keeping your weight shifted over to the left. You will be using your left leg to advance yourself up to the next step.
4. Continue to advance up the stairs until you have completed 1 flight always leading with your left foot. You should feel your left outer hip (buttock) engage.
5. Relax and perform 1-2 more flights (10-12 steps).

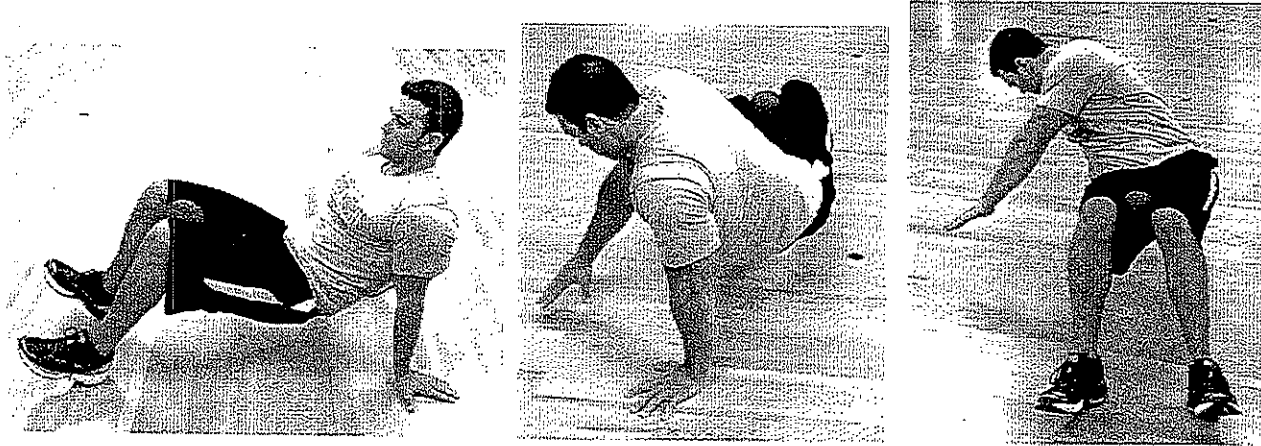
Control

Do not let your left knee turn out to the side, pull the left knee in to align under your zipper line of your pants. Your zipper line should be lined up over your left great toe as you push up to advance up the step. May reverse directions and do sets with the right leg advancing up the stairs, and also may alternate the stepping sequence as you advance and can coordinate your thorax shift



CRAB WALK REACH AROUNDS

LONG SEATED LEFT AFIR WITH ALTERNATING TRUNK ROTATION



Set Up

Start in the tabletop position with your arms behind you propping your body up. Knees are bent and heels are digging down into ground. Place a ball between your knees to help control hips and the lower trunk.

Check

Shift your left hip back behind the right and squeeze the ball with the left thigh. Hold the left hip and pelvis up towards the left anterior rib cage with the left abdominals.

Move

1. Fully exhale to get the anterior ribs down and in. Dig heels into the floor to lift buttocks and perform a posterior pelvic tilt.
2. Inhale and shift left knee back behind the right.
3. Exhale reach right arm across your body to rotate trunk around and try to touch the ground on the left side of the body (or reach as far as you can for a stretch).
4. Return back to start position keeping buttocks lifted and left hip shifted.
5. Inhale reach left arm across your body to rotate trunk around to try to touch ground on right side of the body. (or reach as far as you can for a stretch).
6. Exhale return to initial position
7. Alternating and reach around each way in sets of 3-5 reps with a left hip shift and active left abdominals.

Control

Hips may displace laterally a little, but do not allow them to translate outside of the frame of the body. Rotate the trunk over the pelvis without the thorax translating outside the frame of the body.