

## ADVANCED THORACIC TWIST BELLY S A T

**Original Position** On Belly, head on more comfortable cheek.

**BK.** Lower legs point to ceiling, two heels glued together, toes out to each side to constrain pelvis. Hands in push-up at all times. elbows in line with shoulders / elbows over wrists. On chosen cheek. Shoulders toward floor as much as possible.

### PELVIS DOESN'T MOVE

1. OP Slide floor cheek forward by pushing with behind hand, behind shoulder blade moves toward spine. Behind shoulder stays toward floor. Then head lifts, turns toward front shoulder. Upper spine and ribs rotate backward.
2. OP Press the floor with the forward hand. Forward shoulder lifts toward ceiling. The forward shoulder blade rolls around the upper ribs and moves toward the spine. the upper spine and ribs roll backward, slightly rolling the neck and head backwards. The behind shoulder dips even more toward the floor. Then the head can increase the twist by slightly lifting and looking toward the front shoulder.
3. OP Repeat #2, but now start with the forehead on the floor. how is this different. can you feel that your roll more on your floor ear as your nose rolls toward the ceiling before your head raises to look toward the front shoulder? (rotating on “central axis”)
4. OP Now behind shoulder lifts, behind shoulder blade rolls toward spine. Your nose is rolled towards the floor. How does that change the twist?

### NOW PELVIS MOVES-ADDING LUMBAR ROTATION TO THE TWIST

5. OP Change lower legs to bent and **glued together at knees and ankles.** Repeat #1 - 4 with lower legs tilting behind you and then toward your nose. The ceiling knee lifts.

### NOW ADDING IN HIP SOCKETS TO THE TWIST

6. OP Change lower legs to bent and **hip width apart.** Repeat #1 - 4 with lower legs tilting behind you and then toward your nose. Knees tilt but do not lift from floor. *(Do not give this SAT to anyone who has not already had Advanced Thoracic Spine Twist/Belly/Pushup)* HG CFR(r)

