

ADV BELLY SELF ADJUST TOOL SEQUENCE

O.P. Lie on your belly. Knees Bent. Feet toward Ceiling.

1. Glue knees and ankles together.
 - a) Cheek on comfortable side, on back of same side hand; other hand under that one. Slowly drop your glued heels to the floor behind you. Don't let ceiling heel slide! Don't let ceiling knee slide in relation to the floor knee. IT STAYS ON TOP OF FLOOR KNEE b) Reverse everything to other side.

(A generalized twist FROM THE PELVIS UP TO THE CERVICALS, constraining at the base of the skull.)

2. a) **Keep knees glued together, but feet wide apart.** Bring hands into push up position. Raise your head to look at the same side heel. (A GENERALIZED TWIST FROM THE CERVICALS DOWN TO THE PELVIS Pelvis constrained by having knees together and feet apart not able to rotate, pushes all the information and challenge into your upper and middle ribs.) b) Reverse everything to other side. c) now repeat the move first side but this time **you allow the triangle to lift and tilt behind you.** Movement flows into pelvis. d) reverse everything to other side.

3. not taught yet

4. Put hands in push up position and **feet hip width apart up to ceiling. Look over nose pointing shoulder.** Turn completely to see your toes on the same side. **Behind elbow raises. Forward elbow drops. Feet tilt behind you.** (You have a full body, kinematic linkage of info because the pelvis is allowed to rotate backwards.) Reverse everything to other side.

5. Ending in length

- (1) Drop lower legs to floor. Put hands onto push up position and push with straightened arms to bring head up and extend and lengthen spine..
- (2) Then, moving your pelvis backwards, coming onto your knees, push backwards and lengthen your spine. Put extension thru your back by lengthening toward your head and your tailbone at the same time

Turn your toes under and roll up to stand.

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