

BELLY/HANDS STACKED PUSHUP INTO EXTENSION

OP On belly put your hands one on top of The Other turn your head so you are looking to the left. Right hand on the floor left-hand on top of that. Looking to the left. Legs spread wide. Now reverse everything. Which

1.Just lift your right elbow from the floor just your elbow several times. Allow your head to roll this will depend on how high you lift the elbow and in what angle. Leave hand on floor. wrist-bends. What would it take for the elbow to lift higher? What is happening in the shoulder joint? In the shoulder blade? Is there movement in the ribs relative to the shoulder blade? What shifts in order to cause your Head to roll? What shifts in the rib and breast area of your contact with the floor ? At your collarbone. Does your pelvis roll right or left/ now Lift your left elbow ST. and repeat those investigations. How does your head roll now.? Now alternate lifting one elbow and then the other. Your Palms. stay glued. Really allow your head to roll by exploring the different tilting angles of your lifting elbows.

2.lift your left foot only the slightest amount off the ground just enough to clear your toes as you flex your ankle and release. Keep you're big toe your little toe and your heel in your awareness Toes stay long flex your ankle and release don't point your toes flex your ankle and release with out ever dropping the toes to touch the floor. now faster, emphasizing the bending at the ankle. Does this change the contact on the floor Now do it faster. Now repeat this with your right foot. Now slightly raise both feet. And flex and release both ankles keeping in your awareness the three points on each foot.

3.Rest both feet on the floor and explore lifting first one elbow and then the other did they get lighter? Difference in the movements Of the shoulders or the rolling of the head? Do you lift your elbow first and then press with your hand? Or press with your hand and then lift your elbow? Lie on your back and rest.

4.On belly repeat #2 but now with emphasis on pushing with the heel, lengthening the heel. now lift both elbows from the floor you straighten them And let your head lift. Press with both hands to lift yourself away from the floor. Head stays turned to the side. The extension in your low back. Do you push yourself all the way up to your pubic bone or stop at your belly. What becomes your base of support in the front part of your pelvis. Your hip joints? How do ribs in your thoracic spine organize to do this? what is happening in your neck? Does the curve of your neck change in lifting your head. Can your ceiling neck sidebend so your ceiling ear come closer to the top of your back. The floor side of your neck gets longer, the ceiling side gets shorter. The base of your skull moves relative to the top of your necked, your first vertebra. Make sure you are pressing equally with both hands. Rest on belly for moment. Now lift head small, quickly, using SB of neck. Now repeat full move but include movement in neck so top of head moves in an arc backward in space. How does this affect your thoracic spine. rest on back

We are looking at how ribs, spine, and facets in between the two can transmit and carry weight of head instead of neck in standing (thus freeing the neck more for its possible delicate adjustments in movement)

5. reverse everything Repeat #1-4

6. OP on belly - lift both feet in air, make circles with the feet at the ankles in opposite directions. Specifically pay attention to where the 2 heels the 2 big toes the 2 little toes are in space. Rest one if you need to clarify this first with one foot and the return to both. Don't disallow what is happening with the pelvis.

7. now push with hands lift your head using everything you've learned, keeping ;your head turned. do you want to add any side bending. Where is head moving in space re your tailbone rest on back.

8. reverse head and hands. Repeat #6 and 7.

9. OP looking left slightly lift 1 foot and pull the left knee underneath your stomach gradually not out to the side pull IT up to ceiling lift hip joint from floor flex foot bend ankle knee hip joint. what has to happen in spine in relation rt shoulder and upper ribs? rt elbow will start getting a little longer.. pay attention to spine between the shoulder blades. an extension on the diagonal with a bit of rotation goes toward floor. rest on Belly legs long. what is it like to lift the right elbow? Change hands and head repeat other side

10. OP now one knee dragged as much as possible under belly. flexing of ankle is connected to flexing of hip joint and of the knee. Then release and repeat other knee Alternate until you can keep one knee upward and then bring the other one up. your sitting bones being pulled to the ceiling. What is above the hip joints generates a push upwards and you get longer what is below the hip joints also continues upward.

11. OP, press into hands, completely straightening elbows, lifting head, arcing it backwards. Now change hands and repeat. How can weight of head dropping backwards become an advantage? only way if whole ball of head the entire massive weight of it drops back over the thoracic spine. . How is this reminding the system to support the weight of the head from the thoracics?

12 OP roll your head by lifting each elbow other elbow yields