

Assessment

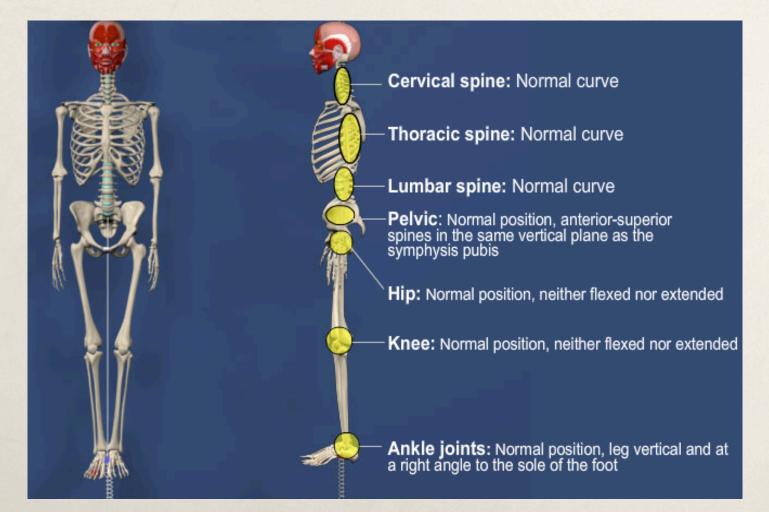


Intervention



Chris Balser

Standing Assessment



Standing Assessment



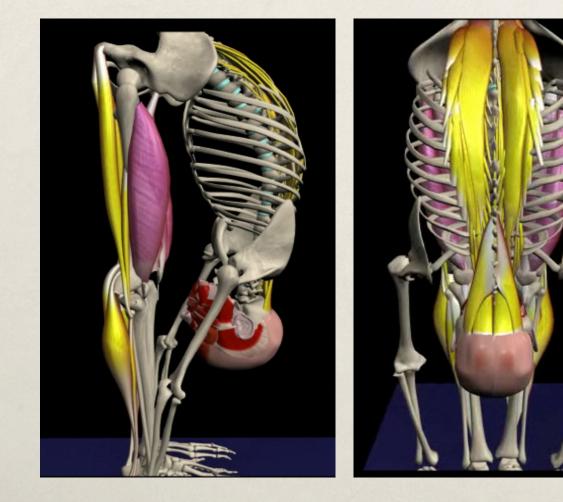
Single Leg Squat

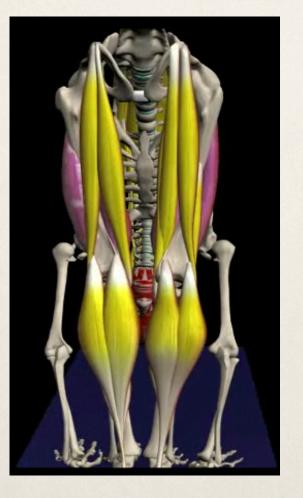


Single Leg Squat



Forward Fold

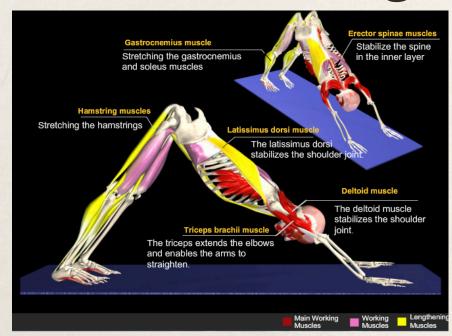


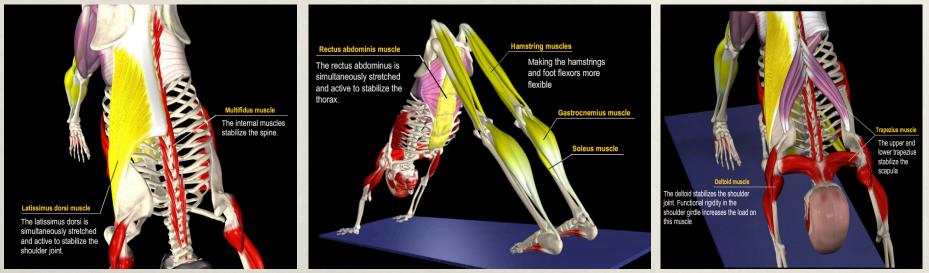


Forward Fold



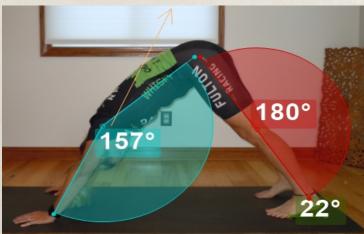
Downward Facing Dog





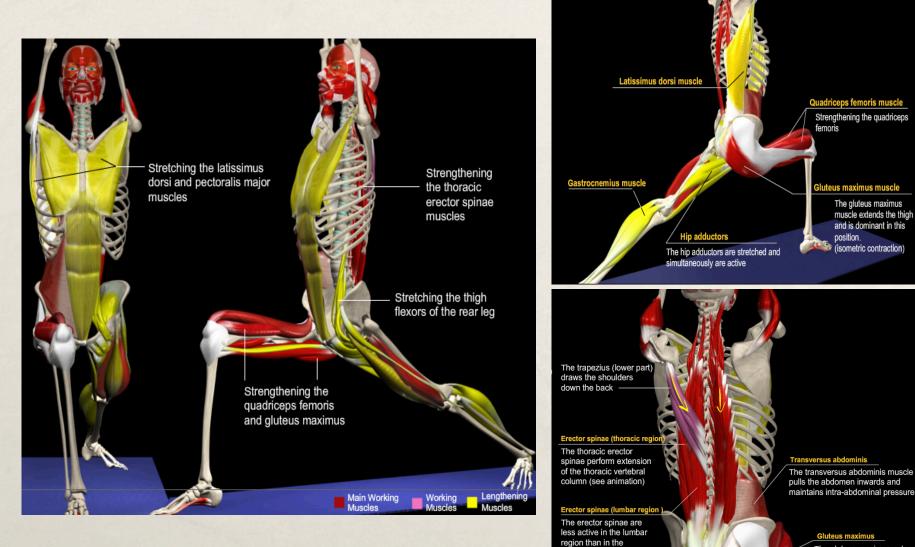
Downward Facing Dog







Standing Lunge



thoracic region

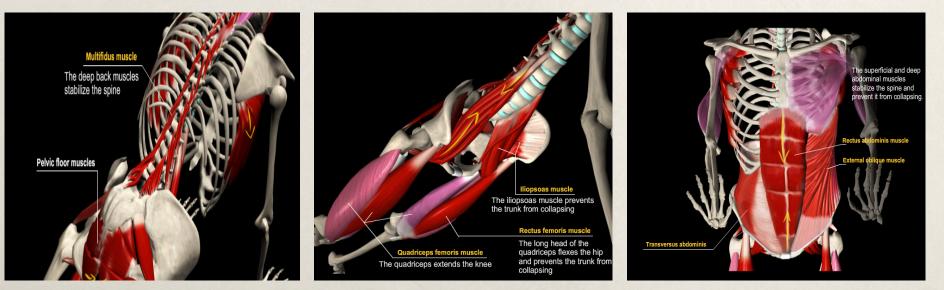
The gluteus maximus extends the thigh and is dominant in this position

Standing Lunge



Plank

<text>



Plank









Side Plank



Side Plank

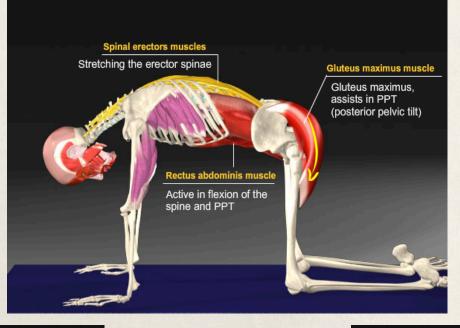


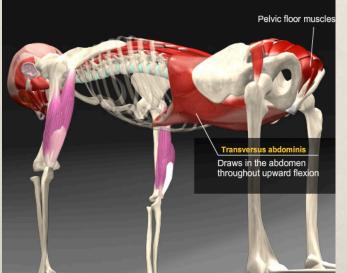


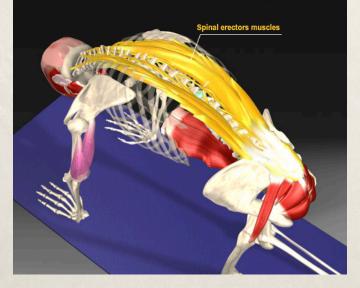




Quadruped - Cat/Cow







Quadruped - Cat/Cow







Cobra

Draw the elbows close to the sides of the body while pressing the shoulder blades towards the upper back and pushing the center of the chest forward.

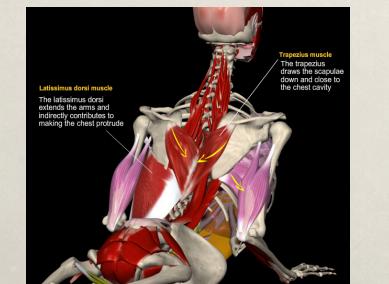
You can use the image of a flashlight beam shining forward and upward from the center of the chest bone.

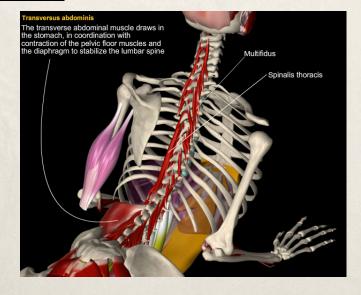
Trapezius muscle The trapezius draws the scapulae down and close to the chest cavity

The pelvic floor muscles maintain intra-abdominal pressure and help to stabilize the lumbar spine together with the other core muscles

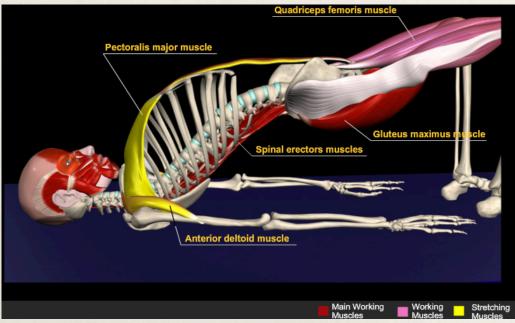
> Rectus abdominis muscle The rectus abdominis stretches and is active at the same time (active stretching (together with the other abdominal layers)

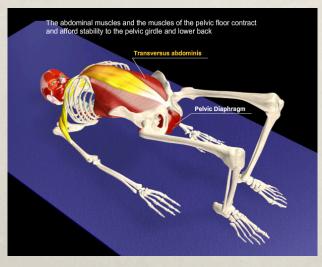
Main Working Working Stretching Muscles Muscles

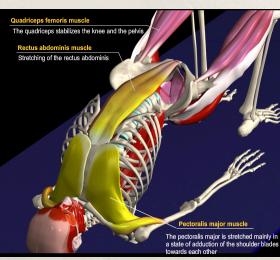


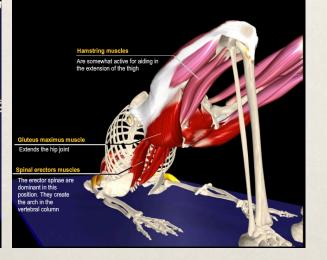


Bridge

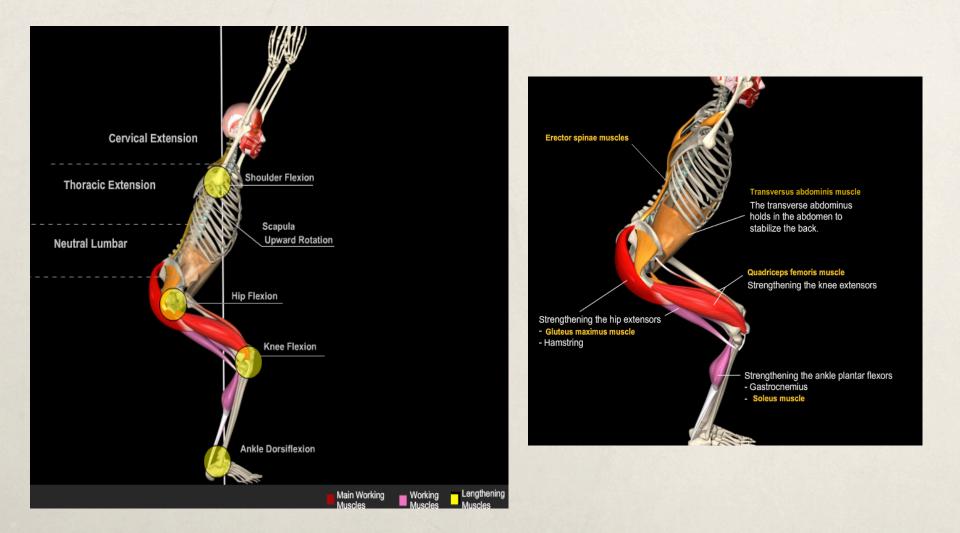




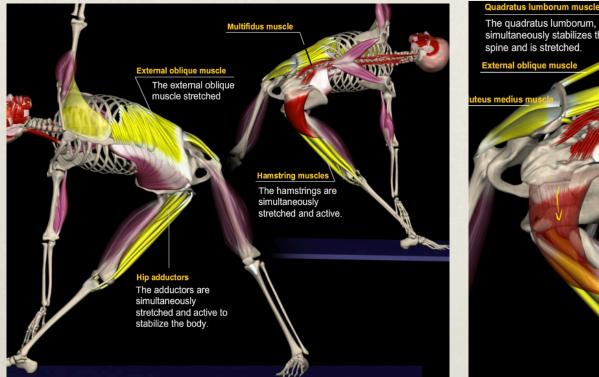




Awkward Chair



Triangle



The quadratus lumborum, simultaneously stabilizes the spine and is stretched.

Multifidus muscle

The internal erector spinae stabilize side flexion of the back, and perform rotation together with the rotators in the thoracic region of the spine

Quadriceps femoris muscle

On-Bike Intervention



Absolute Basics

Big Smile Balanced Arms Stable Trunk Happy Hips Neutral Pelvis **Effective Legs**

Stable Feet