

Teaser Series 2 (cont.)

#2 Bend Elbows

Tier 3

Abdominals, Hip Flexors

Flexion

Goal: Strengthen the abdominals and hip flexors to mobilize the body into the “teaser” position and increase their endurance against the movement of the arms

Pre-requisites: Teaser 1, Teaser Series 2-#1

Contraindications: Herniated disk, Lower Back Pain or issues, certain shoulder girdle issues

Equipment Set-Up: Supine, head towards uprights

Push-thru bar, above

1 Spring

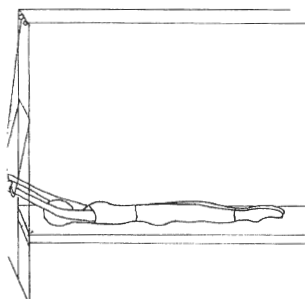
Repeat 3-5 times

Exercise Set-Up:

Pelvis: Neutral
Spine: Neutral

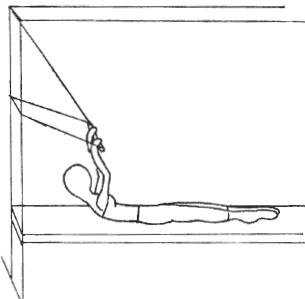
Arms: Shoulder width apart, holding bar
Legs: Adducted and parallel, knees extended

Starting Position



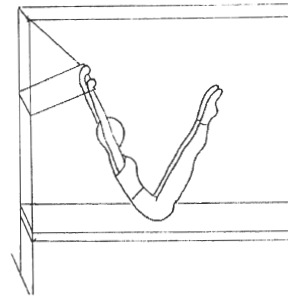
Lie supine holding push-thru bar with arms shoulder width apart reaching behind head. Pelvis and spine are neutral, and legs are straight, adducted and parallel.

Inhale



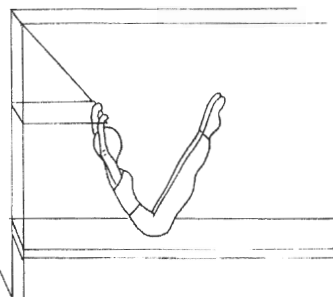
Bend elbows to pull the bar past the forehead, simultaneously curling the head and shoulders off the mat.

Exhale



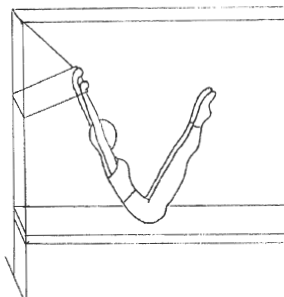
Continue to curl the spine off the mat and flex the lumbar spine strongly before lifting the legs. Continue to lift the legs and torso until weight is balanced in back of the sits bones with arms overhead.

Inhale



Bend the elbows without losing torso or shoulder girdle stability.

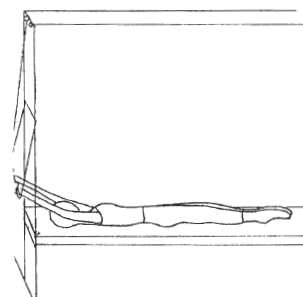
Exhale



Straighten the elbows, maintaining the “teaser” shape.

Repeat 2-5 times, then...

Inhale - Exhale



Inhale to Stay, then roll down one vertebra at a time, lowering the legs. Allow the lower back to reach the mat before the legs do, then lower the torso to the starting position and press the arms overhead.

Notes:

! Watch Out For...

- Popping abdominals or ribs
- Loss of rib to hip connection
- Lack of articulation in spine, especially lumbar
- Torso or legs dropping when arms move
- Loss of shoulder girdle stability
- Neck and shoulder tension
- Use of momentum

Modifications

#1 Squeeze foam cushion between the knees – to facilitate a stronger adductor connection to assist abdominal connection

#2 Bend the knees slightly – if stabilizing with legs straight is difficult

#3 Turn out the legs – sometimes helps to release hip flexors tension

Teaser Series 2

(cont.) #2 Bend Elbows

Tier 3

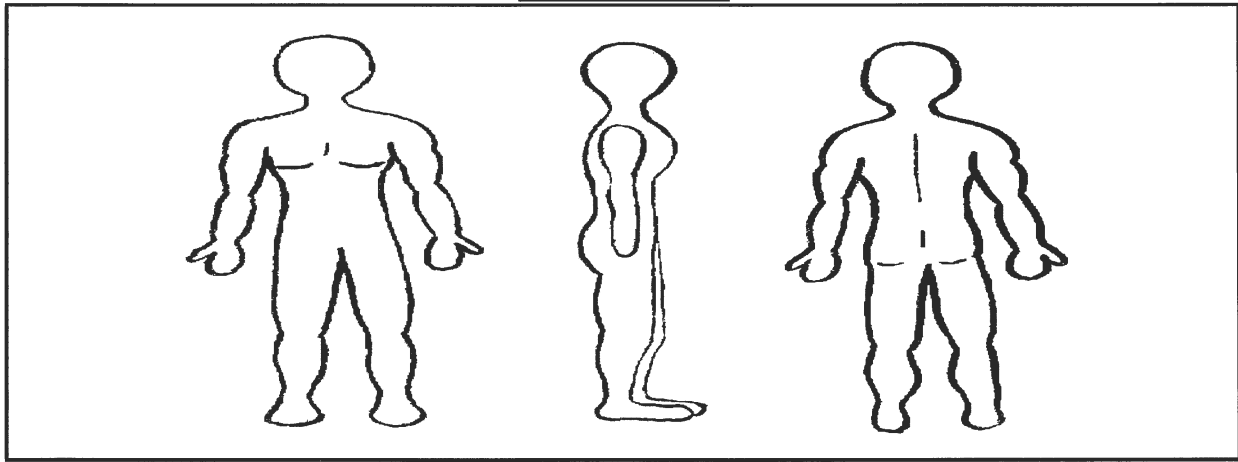
**Abdominals,
Hip Flexors**

Flexion

Possible Props:

Foam Cushion

Biomechanics



Mobilizers: Biceps, Latissimus Dorsi, Triceps, Rectus Abdominis, Obliques, Hip Flexors

Stabilizers: Transversus Abdominis, Pelvic Floor Muscles, Adductors of Femur, Vasti of Quadriceps, Shoulder Girdle Stabilizers, especially Middle & Lower Trapezius, Rectus Abdominis, Obliques & Hip Flexors during arm movement

Notes:

Cueing at a Glance:

Inhale: Bend the elbows and curl the head and shoulders off the mat
Exhale: Continue to curl the torso off the mat lift the legs to arrive at the "teaser" position

Inhale: Bend the elbows, maintaining the body's shape

Exhale: Straighten the elbows, maintaining stability

Repeat 2-5 times, then Inhale: Stay

Exhale: Deepen the lumbar curve, then lower the torso and legs to the mat and then press the bar overhead

Reverse Pull Up

Tier 5

Biceps, Latissimus Dorsi

Extension

Goal: Challenge the biceps and lats to lift the body while challenging the core stabilizers to stabilize the body in extension

Pre-requisites: Pull Up, Spread Eagle 1 2

Contraindications: Shoulder Girdle Issues or Injuries, Weak Abdominals

Equipment Set-Up: Standing on Cadillac, facing away

Trapeze

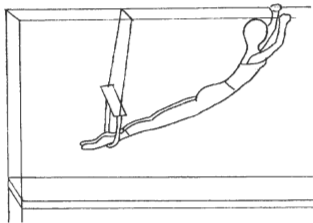
Repeat 4-10times

Exercise Set-Up:

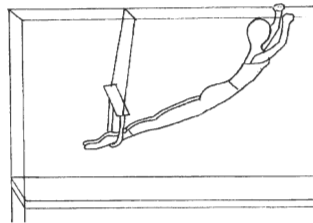
Pelvis: Anterior Tilt
Spine: Slight extension

Arms: Holding horizontal bars, elbows bent
Legs: Adducted and parallel, knees extended, feet hooked in strap

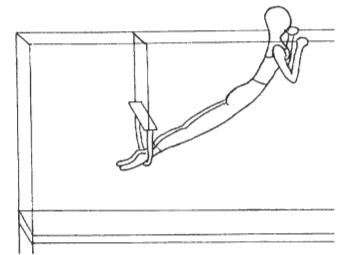
Starting Position



Inhale



Exhale

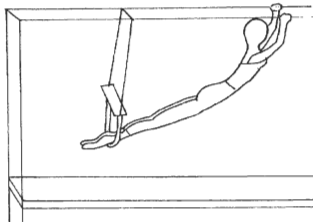


Stand facing away from the trapeze holding the horizontals and bend one knee to hook the foot in the strap of the trapeze. Then, stabilize the torso and lift the other leg and place it in the strap, adducted and parallel to the other leg. Spine and pelvis will be in slight extension. Elbows are bent.

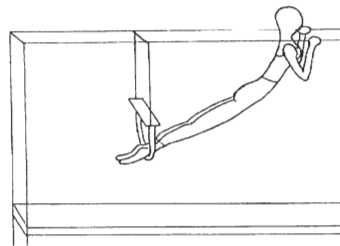
Allow the elbows to straighten to lower the body, keeping the pelvis and spine stable in extension and only lowering to the point that the shoulder girdle can remain stable.

Bend the elbows to lift the body up as high as strength will allow, maintaining torso stability.

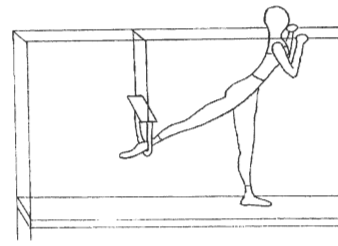
Inhale



Exhale



Inhale (Finish)



Straighten the elbows again, lowering the body only to the point that the exercise can be repeated and keeping the knees as straight as possible.

Bend the elbows again to lift the body in the arc shape.
Repeat the lift a total of 4-10 times, then..

Lower one leg then the other to finish the exercise

Notes:

! Watch Out For...

Loss of abdominal support
Loss of shoulder girdle stability
Knees bending
Neck and shoulder tension
Elbows straightening too much

Modifications

#1 One Leg – To challenge torso stability, particularly against rotation. Bend the free leg so that the toe and the knee are in line

Reverse Pull Up

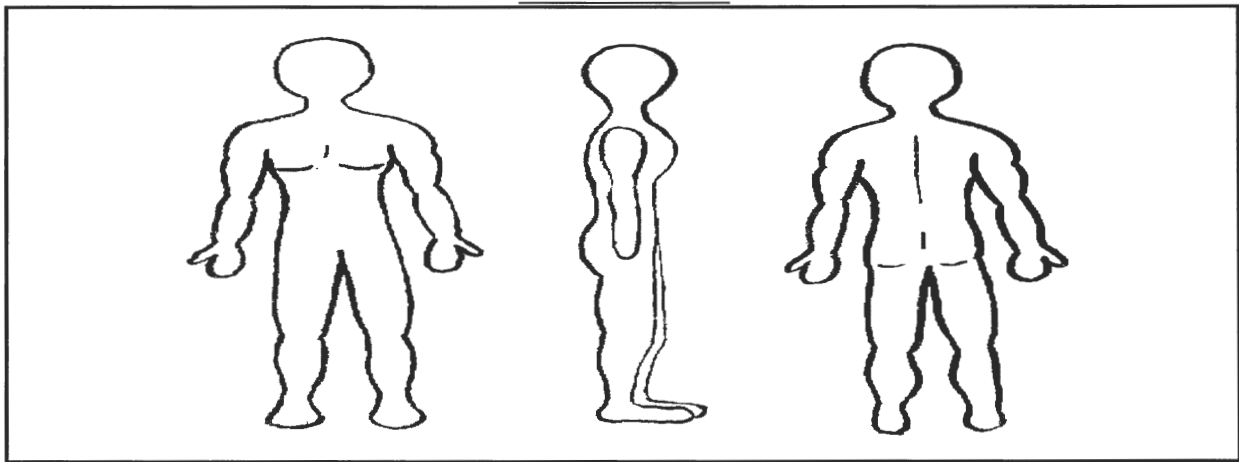
Tier 5

**Biceps,
Latissimus Dorsi**

Extension

Possible Props:

Biomechanics



Mobilizers: Biceps, Latissimus Dorsi, Brachioradialis

Stabilizers: Pelvic Floor Muscles, Transversus Abdominis, Gluteus Maximus, Adductors of Femur, Vasti of Quadriceps, Shoulder Girdle Stabilizers, especially Middle & Lower Trapezius, Rhomboids

Notes:

Cueing at a Glance:

Exhale: Stabilize the torso and pelvis to place both feet in the trapeze

Inhale: Straighten the elbows to lower the body

Exhale: Bend the elbows to lift the body up, maintaining stability
To FINISH

Inhale: Release one leg, then the other