

# Spread Eagle 2

**Tier 3**

**Abdominals, Erector Spinae, Triceps**

**Flexion/ Extension**

**Goal:** Mobilize the spine in flexion and extension while strengthening the triceps

**Pre-requisites:** Spread Eagle 1

**Contraindications:** Herniated Disk, Shoulder Girdle Instability

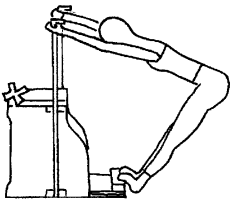
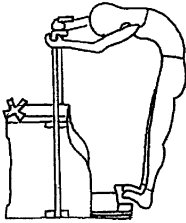
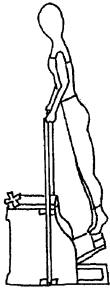
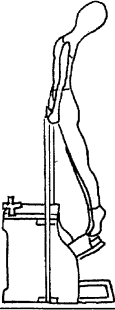
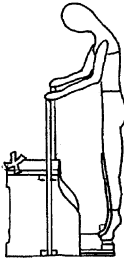
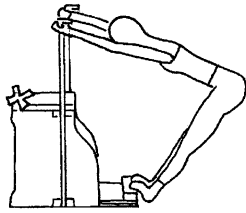
**Equipment Set-Up:** Standing on Pedal, facing chair  
Repeat 3-5 times

**2 Heavy low, 1 Light top; Handles all the way down**

**Exercise Set-Up:**

Pelvis: Neutral  
Spine: Neutral

Arms: Holding onto backs of handles  
Legs: Adducted, parallel, balls of feet on pedal

<p align="center"><u>Starting Position</u></p> 	<p align="center"><u>Exhale</u></p> 	<p align="center"><u>Inhale</u></p> 
<p>Standing on pedal facing chair, hips flexed, arms long hands holding back of handles, spine and pelvis in neutral. Legs straight, parallel and adducted with balls of feet on pedal, scapulae stabilized.</p>	<p>Curl the tailbone under and articulate the spine through flexion to bring the weight over the feet.</p>	<p>Once the spine articulates to neutral, change the grip so the hands are on top of the handles and press the body up.</p>
<p align="center"><u>Inhale(cont.)</u></p> 	<p align="center"><u>Exhale</u></p> 	<p align="center"><u>Inhale</u></p> 
<p>Continue spinal articulation, extending the thoracic spine and lifting the sternum toward ceiling.</p>	<p>Initiate articulation of the spine with cervical flexion as the elbows bend the lower the body. At bottom, pelvis is neutral with cervical &amp; thoracic flexed.</p>	<p>Continue to roll spine through flexion (pic #2) and return to starting position.</p>

**Notes:**



**MARKS THE SPOT WHERE SOMEONE SHOULD SIT TO BALANCE THE CHAIR!!**

**! Watch Out For...**

- Loss of scapular stability
- No articulation of spine
- Overextension of cervical spine
- Neck and shoulder tension

## Modifications

#1 Increase or Decrease Spring Tension – as necessary to provide more or less support

## Spread Eagle 2

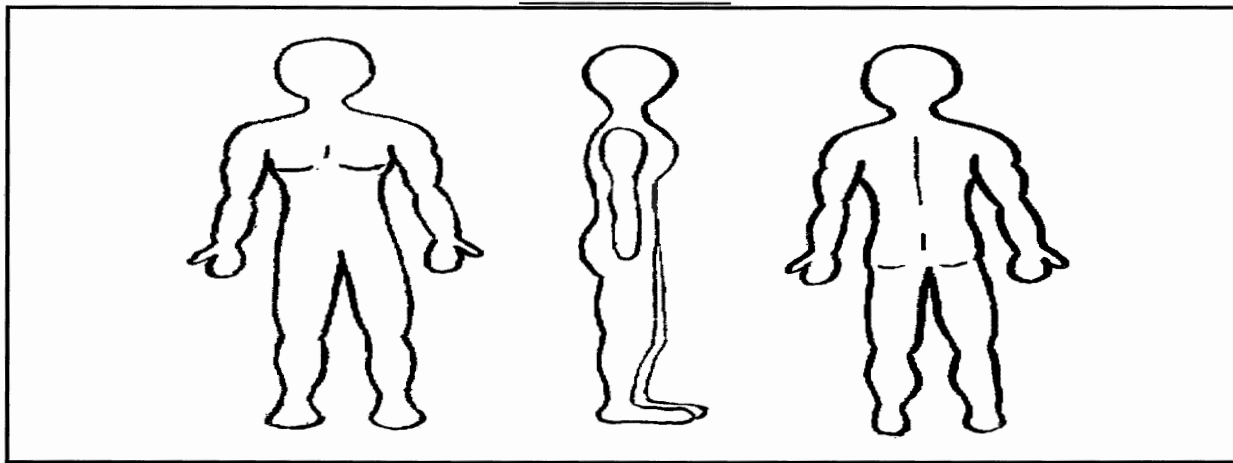
### Tier 3

**Abdominals,  
Erector Spinae,  
Triceps**

**Flexion/ Extension**

**Possible Props:**

## Biomechanics



**Mobilizers:** Rectus Abdominis, Obliques, Gluteus Maximus, Hamstrings, Erector Spinae; Biceps, Triceps

**Stabilizers:** Transversus Abdominis, Pelvic Floor Muscles, Shoulder Girdle Stabilizers

### Notes:

### Cueing at a Glance:

Exhale: Curl the tailbone under and articulate the spine through flexion and into neutral with the weight arriving on the feet

Inhale: Press into the handles to lift the body and extend the cervical & thoracic spine

Exhale: Curl the spine from the head as the body lowers down through neutral and back into flexion

Inhale: Arrive at the starting position

# Side Leg Extension 1

**Tier 4**

**Abdominals, Shoulder Girdle Stabilizers**

**Neutral**

**Goal:** Challenge upper body and abdominal strength to lift the lower body

**Pre-requisites:** Elephant 1

**Contraindications:** Shoulder girdle issue or injury

**Equipment Set-Up:** Standing on pedal, facing side

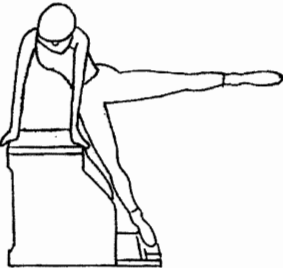
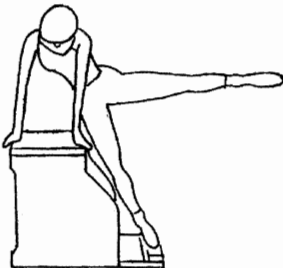
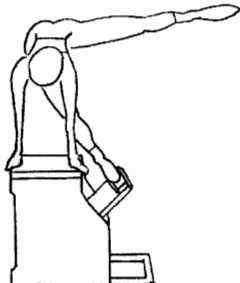
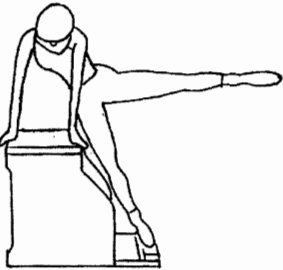
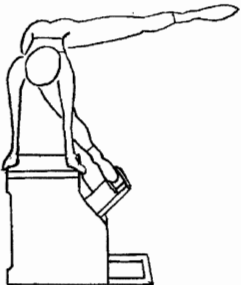
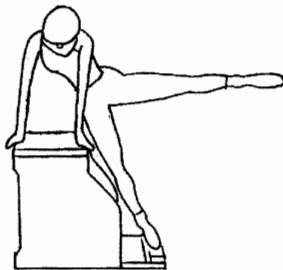
**One heavy top, One light top**

**Repeat 4-6 times**

**Exercise Set-Up:**

Pelvis: Neutral  
Spine: Neutral

Arms: One hand on the front edge and one on the back edge of the chair, opposite the feet  
Legs: Near leg on pedal, other abducted to hip height

<p style="text-align: center;"><u>Starting Position</u></p> 	<p style="text-align: center;"><u>Inhale</u></p> 	<p style="text-align: center;"><u>Exhale</u></p> 
<p>Stand on the pedal facing side, with the heel of the near leg lined up with the back edge of the pedal. Place the hands on either side of the chair, opposite the foot. Spine and pelvis are neutral. Legs are parallel with knees extended, with the far leg abducted hip height, if possible.</p>	<p>Prepare, fortifying the abdominal connection and shoulder girdle stability.</p>	<p>Press into the hands to allow the pedal to rise, maintaining the leg in abduction.</p>
<p style="text-align: center;"><u>Inhale</u></p> 	<p style="text-align: center;"><u>Exhale</u></p> 	<p style="text-align: center;"><u>Inhale</u></p> 
<p>Lower the body slowly with control, not allowing the pedal to touch down fully.</p>	<p>Lift the hips up once again, stabilizing the shoulder girdle and controlling the height of the lift.</p>	<p>Lower the body to repeat, or on the last repetition, lower the body fully to the starting position.</p>

**Notes:**

**! Watch Out For...**

- Loss of scapular stability
- Inability to control the movement
- Heel lifting off the back end of the pedal
- Shoulders moving too far over the wrists
- Shoulders elevating
- Neck and shoulder tension

## Modifications

#1 Flex the spine to provide more abdominal support and allow the abdominals to assist in the movement

#2 Place the free leg on the pedal – to allow the body to learn the abdominal work required before adding leg abduction

## Side Leg Extension 1

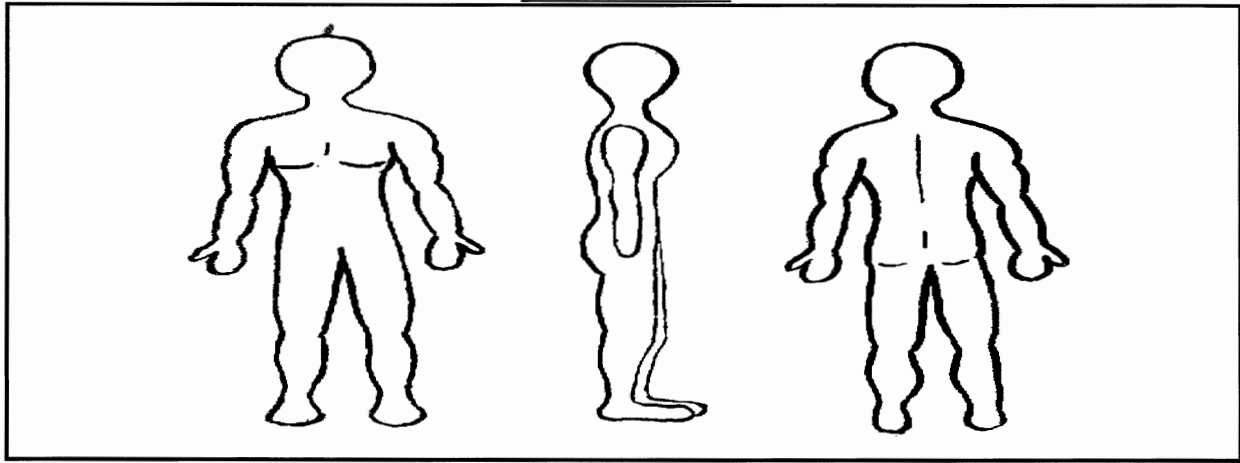
### Tier 4

**Abdominals,  
Shoulder Girdle  
Stabilizers**

**Neutral**

### Possible Props:

## Biomechanics



**Mobilizers:** Latissimus Dorsi, Posterior Deltoid, Triceps, Hip Flexors (minimally)

**Stabilizers:** Pelvic Floor Muscles, Transversus Abdominis, Multifidus, Obliques, Vasti of Quadriceps, Shoulder Girdle Stabilizers, especially Middle & Lower Trapezius

### Notes:

### Cueing at a Glance:

Inhale: Prepare

Exhale: Lift the hips up as high as stability and control can be maintained

Inhale: Lower the body without allowing the pedal to fully touch down

Exhale: Repeat, maintaining the leg in abduction

Inhale: Lower the body with control