

GLASS WALLS

BB05

DIRECTIONS:

Standing or kneeling sideways to the anchor, hold the rope with the closest arm to the anchor. Gently pull your whole body sideways and away, including your neck, as if in between 2 glass walls. The free hand rests on the side of the hip and slides down to the knee. Control your sideways bend as you allow the rope to pull you back to the starting position. Repeat 10+ times per each side.

IMAGERY

Imagine yourself bending sideways in between 2 glass walls.
Do not allow any body part to touch the glass walls.

BENEFITS:

Side bends bring balance to your entire body. They stretch the body laterally from the top of the hip bone, up through the obliques and quadratus lumborum muscles, onto and through the armpit muscles and ending with the muscles on the side of the neck.

NOTES

Lateral flexion exercises are often neglected.
Lateral flexion exercises increase the body's natural range of motion.