

## BACK BEND

## BB08

### DIRECTIONS:

Face the anchor and stand far enough away to ensure there is no slack in the rope. The more tension the better. Slowly bend your knees, hips, upper body and head backwards. Relax for 1 minute while inhaling and exhaling. Allow the power assistance of the rope to pull you back up.

It is important to slowly work at back bending. A good backbend can heal the spine from a lifetime of slouching – but not overnight.

### BENEFITS

Backbends are beneficial for the spine and for opening the front of the body. Deeper backbends open other areas of the body, including the shoulders and hips. You can feel the tension in the back and spine released when you perform backbends.

Backbends help to realign and improve your posture. Often, people spend the day hunching forward and the backbend poses counter this forward bending motion to keep the spine correctly aligned while helping to prevent back pain that can result from slouching and hunching.

Backbends stretch and strengthen the critical iliopsoas muscles, which lay deep in the abdomen and pelvis binding the legs to the spine. The iliopsoas functions as a vital postural muscle, but is susceptible to shortening due to excessive sitting. This shortening results in tightness in the hips, which in turn can tighten the low back.