

## THOR PISTOLS TT03

### DIRECTIONS:

Stand facing away from the anchor with hands together behind the butt. Keeping the upper back erect and vertically arched, gently draw both hands forward to the sides of the hips. Pistols return to behind the butt. Repeat 10+ times.

### IMAGERY

THOR, the Marvel Comic Hero, was a great mythical Norwegian Viking who carried the great, heavy, powerful and magical HAMMER of Justice. Thor had a huge chest (thorax) due to all the axing and hammering he did. He also rowed Viking boats and fought like a warrior.

### BENEFITS:

THOR PISTOLS help to keep the upper back and chest strong.

SLUMPING may begin to develop early in life. Muscle imbalance is created between the front and back of the body. The front muscles become short and tight while the back muscles become weak and overstretched. The long-term result is that the back loses its ability to hold us in an upright position. Slump of the midback—the thoracic spine—is called kyphosis.

As KYPHOSIS increases, the head gradually moves forward causing chronic tension of the neck. Increased KYPHOSIS can then lead to a collapsing chest, which in turn compresses the diaphragm at the base of the rib cage thus restricting the lungs' ability to expand and breathe freely.