

## WALL SLIDES

SS06

### DIRECTIONS:

Face the anchor and hold the rope with your 2 hands.

### SPINAL BRACING SEQUENCE

Step up the ladder one rung @ a time as follows:

- FEET facing forward - shoulder width apart
- KNEES are in neutral
- Squeeze and lock the BUTTOCKS
- Tighten the TUMMY
- SHOULDERS - lift up – then back – then down and lock
- NECK elongates up-up-up
- Pre ready position now set

Upon executing the Spinal Bracing Sequence above – bend the knees and begin to slide down the wall until thighs are almost horizontal – slide back up the wall. Repeat 10+ times or perform for 1 minute.

### IMAGERY:

Visualize a WALL supporting you from behind. Slide down the WALL keeping constant pressure on the WALL. Imagine your back as a board sliding down– from butt to head

### BENEFITS:

WALL SLIDES warm up the body in preparation for Deep Squats. Deep Squats are considered a superior functional fitness exercise because of the multitude of joints and muscles it activates. WALL SLIDES are the first of 3 in this squat progression series.