

Fascia Fundamentals



FINDING BACK SPACE

Goal: Let go of charge

Find breath, feel breath from nose, throat, to pelvis. Breath is long and wide. Breathe into arm pits.

Fall into space between shoulder blades

Feel breath fill back ribs.

Cadillac:

Rollback

Footwork

Reformer:

Footwork

Arm series

Frog and leg circles

Chair:

Footwork

Spine corrector:

Overhead reach with bar

Roll back

Leg series

STANDING WITH PELVIS AT HOME

Goal: standing posture

Sternum sees sacrum: one hand on sternum, one hand on sacrum

Humerus heads wide

Pubic bone sees coccyx: let abs go, femur heads fall to back of hip socket, pelvis falls into home when front lets go

Let go of glutes, greater trochanters wide

Sitz bones are wide, let go of glutes, heels look away from each other

Cadillac:

Footwork

Leg springs

Arm springs

Standing arm springs

Kneeling chest expansion

Wunda chair:

Footwork

Standing pumping: front, side, crossover

Reformer:

Footwork

Reach and pull/arm series

Frog and leg circles

Chest expansion

Kneeling arms

UPPER V

1) PALM TO PELVIS SUPINE

Goal: Freedom of movement in shoulder girdle, shoulder stability

Arms reach overhead, keep arm pit. Shoulders stay wide.

Feel stretch from pelvis up thru lats to palms

Feel stretch from palm to pubic bone

Stay behind the sternum. See if ribs can stay on the floor without pushing ribs down.
SPACE!

Cadillac:

Standing arm springs: shave

Leg springs

Teaser on the tower

Spine corrector:

Overhead reach with bar

Reformer:

Reach and pull arms/circles

Short box: flat back hinge

Swan on the box

2) Y ARMS

Goal: range of motion, stability, space

Supine, arms in Y shape, feel and keep the space between the shoulder blades

Sternum softens and fall into back space

Stay behind sternum

Feel upper v from palm to pubic bone

Cadillac:

Leg springs

Push through long

Reformer:

Semi-circle

3) T-ARMS

Goal: range of motion, stability, space

1. Supine: arms at 90 degrees

When arms open keep space between shoulder blades, stretch wrists to feel forearm stretch

2) When arms close, collar bones stay wide, pecs stay quiet. Arms pull the back around. At 90 degrees let finger tips touch, find space to drop shoulders, notice if pecs are on and let them go.

Cadillac:

Arm springs with leg springs

Hug a tree

Reformer:

Rowing series/Hug a tree

Mat:

Saw

Spine twist

4) WIDE ELBOWS Deep back arm line

Goal: Finding back sling of arms

1) Supine or standing. Interlace fingers and put at base of skull. Elbows wide, space between shoulder blades.

2) Elbows close, chest stays open. Shoulders stay wide.

Standing: watch shoulders to not lift

Supine: Make sure shoulders stay wide.

Lengthen triceps out and around elbow bone to stretch DBAL

Cadillac:

Standing arm springs

Standing Push up
Teaser on the tower

Reformer:

Rowing series: Shave the head
Swan on the box

Chair:

Eagle

5) HEAD LIFT/HUNDRED

Goal: Find sling in deep back arm line.

Supine. Axial elongation of spine as head lifts.

Arms pick up the shoulders and head. Deep back arm line supports the head.

As axial elongation happens, legs get picked up by psoas.

Cadillac:

Rollback

Spine Corrector:

Roll back

Pedi-pull:

Arms up and down, circles, diagonals, triceps

Knee bends with arms

Roll down

Reformer:

Hundred

Reach and pull/arm series

Mat:

Hundred

Roll up

Ab series

Neck pull

Teaser

LOWER V

1) PLANK

Goal: Load distribution through arm lines, lats, and hamstrings

Hands and knees or hands and toes

Step one leg back at a time. Press through big toe to activate hamstrings. 80% of weight is distributed through hamstrings.

Stand in hands, don't push in hands.

Find pelvis home.

Cadillac:

Standing arm springs

Arm spring in the leg springs

Chair:

Pull up front and side

Frog facing front

Reformer:

Long stretch series

Snake and twist

Balance control front

Mat:

Leg pull front

Push up

Chair:

Going up front

2) BACK PRESS BRIDGE

Goal: Backside arm lines and hamstrings, activation for inversions.

Pelvis home.

Supine. Knees bent with feet sitz bone width.

Contact of palm on mat activates upper V (palm to pelvis)

Arms press back while knees pull forward

Keep hip pits as hips lift. Hamstrings activate. Let go of glutes. Feel hamstrings, lats and triceps.

Cadillac:

Shoulder roll down

Breathing

Arm springs

Wunda Chair:

Bridge

Low frog supine

Table

Reformer

Short spine massage

Pelvic lift

Long spine massage

Mat:

Shoulder bridge

Roll over

Jack knife

3) LEG LIFTS FROM SUPINE

Goal: Coordination of arm lines and hamstrings for inversions. Upper V activates lower V

Pelvis starts at home.

Contact of arms drops sitz bones. Heavier the sitz bones, lighter the legs. Bring legs parallel.

Press of arms lengthens spine, psoas lifts legs.

The more arms reach, the longer the spine, the lighter the legs

Cadillac:

Leg springs

Push through

Teaser

Chair:

Footwork

Torso press

Reverse Swan/Teaser II

Horse back

Reformer:

Footwork

Hundred

Reach and pull arms

Long box: teaser

Long spine massage

Mat:

Hundred

Roll over

Single leg circle

Teaser

Hip circles

Leg pull back

SPINE EXTENSION

Goal: Lengthening and extension of spine without compression.

Superficial front line: pubic to sternum/Sternocleidomastoid to ears

Pull forward with arms, shoulders widen, back widens.

Sternum and front ribs pull forward.

Glutes off.

Cadillac:

Swan

Flying Eagle

Thigh stretch

Chair:

Swan Dive
Flying Eagle

Reformer:

Long box: pulling straps 1 & 2
Chest Expansion
Thigh Stretch
Snake

Spine corrector:

Swan Dive
Grasshopper

Mat:

Swan Dive
Single/Double leg kick
Swimming
Rocking

Ladder barrel:

Swan Dive

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