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THE BANNISTER METH STRETCH TO PERFO



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Objective

To provide a pain free, and lifestyle.

- Like many people, I had realized as lack of flexibility probably had something discomfort I experience living in a fit lifestyle.

- "The Bannister Method" is designed muscular balance, strength, flexibility, bringing energy into the body. The best that we have no traditions. You can maximize capacity to function the way you need particular lifestyle. It consists of a fusion based core work, Active Isolated (A-I) clients/members will feel comfortable leaving them rejuvenated in a

- non-competitive environment.

- The class is comprised of 5 progressions to increase strength, core strength, flexibility. It consists of a fusion of:

1. Standing Flexibility Stretch
2. Standing Core Balance
3. Increase Core Strength
4. Strengthening the muscles
5. Flexibility-- A-I Stretch



Key Component

- The Keys to
- “The Bannister format are:
 - • Positioning
 - • Alignment
 - • Centering
 - • Core Bracing
 - • Isolation of Groups
 - • Movement
 - • Flexibility
 - • Fun and p

INSPIRE
change
IT'S WHAT WE DO



Position Sequence

- Exercises from The Bann should include:
 - Core heat builder w variations
 - Core Bracing/Balan Exercises
 - Strengthening core
 - Pushups
 - Side Planks
 - Thigh/Hamstring s
 - Glutei Strengthene
 - Glutei/Hip flexors S
 - Flat Back Center F
 - A-I/P&F Towels/Ro
 - Final Stretches



Five Key Poses we during the flow

1- STANDING
STRETCH

2-HIGH LUNGE

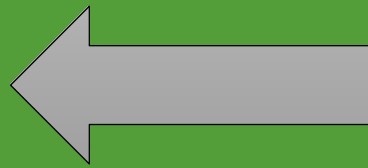
3-SPINAL BENDING

4-PIGEON

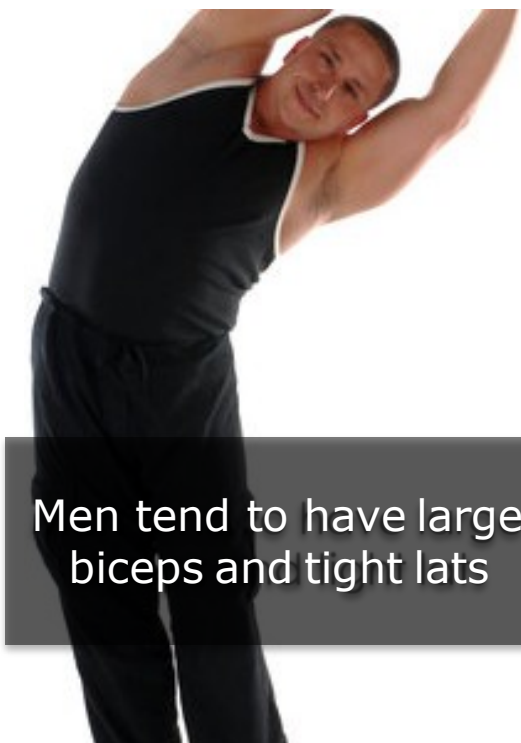
5-GLUTS/HAMSTERS



Correct!! Arms engaged, abs in engaged, legs connected.



Start Spinal



Men tend to have large biceps and tight lats



Wrong!!!...Arms must be engaged squeezing the head



High Stre exe

How to:

Exhale and step forward between your feet, aligning your knees with your ankles. Keep your **left** foot flat on the floor.

Inhale and raise your hips up and back, keeping your arms wide and your feet flat. Raise them over your head, facing.

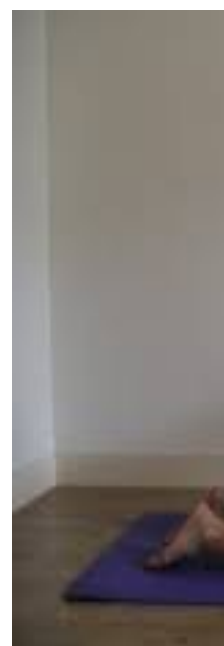
Be careful not to arch your lower back. Let your tailbone toward the floor, reach back through your back thigh. This will bring you deeper into the pose. Support your weight with your hands toward your thighs.

HOW TO:

THIS POSE IS A GREAT BACK STRENGTHENER! WE START IN PLANK POSITION AND PLACE ONE HAND AND THE OPPOSITE KNEE ON THE GROUND. RAISE THE OPPOSITE ARM AND KNEE SO THE LEFT LEG AND THE RIGHT ARM ARE OFF THE GROUND AND HOLD THEM UP. HOLD FOR 30 SECONDS AND SWITCH SIDES. BE MINDFUL TO CONTRACT THE GLUTS AND THE TRAPEZIUS WITH AN EMPHASIS ON BALANCING THE OPPOSING FORCES OF EACH LIMB EQUALLY.

TO ADD PROGRESSIONS.

FIND THE BALANCE BETWEEN YOUR HANDS AND KNEES, ENGAGE YOUR CORE....PRESS THROUGH YOUR HANDS, AND SLOWER LIFT YOUR KNEES OFF THE MAT...FINDING THE BALANCE BETWEEN YOUR HANDS AND TOES...



Crescent Lunge with a Hip Opener Stretch

Benefits:

Create Flexible strength. Promotes stability in the front of the torso, Tones the lower body. Stretches the chest, lungs, shoulders, arms, neck, belly, groins, (psoas) and the muscles of the back. Strengthens and stretches the thighs, calves and ankles.



How to:

Step your right foot forward between your hands over the heel. Then lower left knee to the floor and keeping the right knee fixed in place, slide the left leg back until you feel a comfortable stretch in the left front groin. To add on...roll your right foot onto the side of your toes...it will allow for a deeper groin stretch. Gentle open the right knee outward.



Side Lying Stretches

- - **Side-Lying Stretch or "Banana" pose** is a more active pose than the side-lying relaxation pose. This position stretches the intercostal muscles which may help improve respiration and can aid in long-term breathing issues such as asthma. Side-lying stretch may also relieve minor back aches. This pose will increase energy in the body.
- - **To setup this pose,** you will want to have several a bolster or pillow, and perhaps a yoga block. Use your pillow or of yoga block at your right or left hip. Roll your body over your props ensuring your side body at your waist is making contact with the prop. Your hips or shoulders will not touch the floor in this position. You can rest your head on your lower arm or place a blanket between your head and arm for more support. Your top arm will reach over your head. You should feel a stretch in the side body facing the ceiling. If you do not feel this stretch, place more height underneath you. If you feel any pinching in your back, come out of the pose and readjust your props. Your legs may fall to the mat naturally or you may stretch your top leg in the same direction your body is facing for more activation in the legs.



Supine Ham Stretch on the floor



RORY EARNST

- **How to:** Loop a strap around the left foot and hold the ends with both hands. Inhale and straighten the right leg, pressing the Right heel towards the ceiling and lengthen the leg by pressing the left into the floor. The towel/strap broadens the base of the leg across your back. Keep the head high on the strap as possible and the shoulder blades lightly in contact.
- You can easily do the same stretch in a lateral side position. Once returned to vertical release the leg in place for 30 seconds, then slowly release as you extend the right for the same length.

Note Page



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