

# Spine Lengthening Squat

(complicated; and worth it)

- 1- Stand with your feet hip width apart.
- 2- Feel your feet connected to the ground, both your heels and the balls of your feet.
- 3- Squat, bending your knees, and strongly pushing your bottom back.
- 4- Use isometric contraction (meaning with no actual motion) as if you are pulling your knees together and rotating your thighs inward. Your knees remain directly over your feet. Ideally, you'll feel as though your hips are pushing lateral or outward.
- 5- Activate your core muscles, brace your abdomen, keep your spine in neutral.
- 6- Lengthen through your tailbone, pulling your tailbone down toward the ground, but keep your bottom back, and keep your spine in neutral.
- 7- Hold for 20-60 seconds, can use one time as "reset", or repeat 3-5 times.
- 8- As you slowly come out of the posture, feel the length and strength in you spine, feel taller and straighter.
- 9- Version 2- use poles- as you gently push down on the poles, feel the lift of your upper body, see picture
- 10-Version 3- Lift your arms forward and upward, lead with your thumbs, till your arms are overhead, feel the length in your arms and in your whole spine, reaching upward with length.
- 11- Version 4- (not pictured) (This may be the best one), like version 3, but either support your arms up, against a wall, or ideally hook your hands over a tall cabinet or the top of a door or door frame. Use your arms to pull down to get more traction through the whole spine.

*(the complicated part, you are doing multiple isometric contractions of one muscle against another to get the optimal effect, while standing still.)*

