

Preparatory Exercises

Torso: Lateral Flexion

Starting Position: erect, feet parallel and separated hip width apart.

It is fundamental to maintain abdominal control during the whole exercise.

Inhale and shift the weight onto the right foot bending to the left side. Exhale and return to the starting position.

Inhale and shift the weight onto the left foot bending to the right side.

To be repeated from 20 to 30 times in total.



Variation: while moving the weight onto the right foot, inhale and raise the right arm, keep the abdomen firmly engaged and flex the torso to the left. Maintaining the abdominal control and breathing spontaneously, stabilize the center and then raise the left foot from the ground, remaining in balance on the right one. Hold the position for 20 to 30 seconds, then repeat on the opposite side. This variation helps refine balance and perfect the awareness of the barycenter.

Contraindications: some typologies of slipped discs.

Benefits: increases flexibility of the spine; improves awareness of the abdominal area and the body center.